

HOW TO PROTECT YOURSELF FROM COVID-19

A Guide for Migrant Workers

2nd Edition



Name
Age
FIN
Dormitory
Rm No.

This free booklet is available in Bengali, Tamil, Hindi, Chinese, Telugu, Burmese and Thai.

If you would like copies for your facility, please write to hello@kitesong.com.

For facility-specific information, we recommend printing your own A5 insert.



Dear Brother,

We know you may be worried or confused.

It is not easy to be away from home, especially during a disease outbreak.

Thank you for enduring this difficult time with us to prevent the spread of COVID-19. Well done! You've done great!

We are entering a new phase: the infection rate has dropped and we hope to transit you back to work.

You may get swabs and/or blood tests over the next few weeks.

Depending on the results, we may move people to different living spaces temporarily.

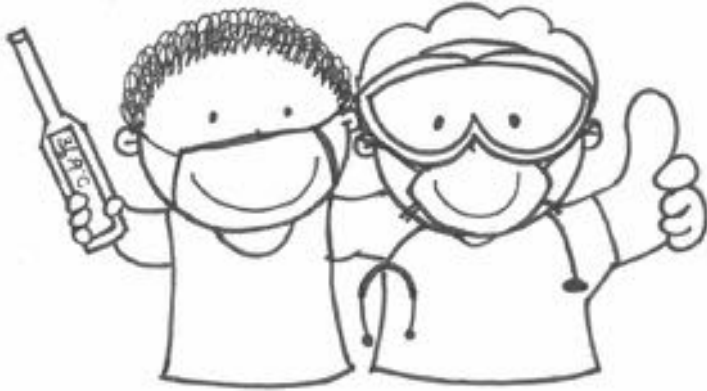
STAY STRONG!

**YOU ARE
ONE OF US.**

**WE WILL TAKE
CARE OF YOU.**



WE ARE FIGHTING
COVID-19 WITH YOU.



Behind our masks,
Are friendly faces.

You are not alone.



If we follow some simple rules,
we can get through this better together!



HOW COVID-19 IS SPREAD

COVID-19 is a disease spread by droplets and touching contaminated surfaces.

It is usually mild but can become serious in a small number of people.

If someone coughs, sneezes or touches something you touch, you could get it.

HOW CAN I PROTECT MYSELF?

Wear a mask except when sleeping or eating.

Keep a 1-2 metre distance away from others at all times, even at mealtimes.



← 1 - 2 metres →



Keeping your distance keeps you safe!



Hm, but there are so many people in my living space.

How can I keep safe?

Many rooms have no cases.

Follow the simple rules.

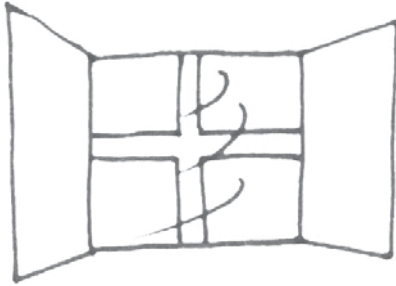
Stay within your group.

Do not mingle with men from other rooms.

They may have it, so only mix with your room mates.



How can I protect myself and others?



Keep your room well ventilated.



Cover your mouth with tissue when you cough or sneeze.



Throw your used tissue in a bin, then wash your hands.



Don't shake hands.



Don't touch your face.



Disinfect common surfaces like door handles and light switches frequently.



Avoid touching common surfaces like door handles and railings.

Plan a roster so everyone takes turns to clean common spaces like corridors. Room and level leaders can take the lead!



In the bathroom:



Rinse and clean the sink with soap and water after spitting.



Flush the toilet after every use.

Wash your hands often – before and after food, and after using the bathroom.



Wet your hands with clean running water.



Apply soap. Scrub and hum Happy Birthday* twice.



Rinse and dry your hands.

*For other translations, culturally relevant songs have been recommended:

Bengali: Arma korbo joy (chorus 2x)

Hindi: Bole chudiyān (chorus)

Tamil: Oruvan oruvan mudhalali (chorus)

HOW TO STAY WELL

Stay Physically Fit

Drink lots of water, at least 2 litres a day. Eat well.
Do light exercises in your living space.



SQUATS
20 times x 3 sets



PUSH UPS
20 times x 3 sets



LUNGES
20 times x 3 sets



OPPOSITE ARM
AND LEG REACH
20 times x 3 sets



Take your medicines if your doctor prescribes them.

Make sure you have enough medication.

Stay Mentally Strong

Stay connected with your loved ones!



Listen to music,
watch videos.



Pray or meditate.
But keep a metre
apart from others.

Don't mingle with
men from other
rooms.



Read only reliable
sources. Filter out
rumours. Stay hopeful!

WHAT I SHOULD KNOW

If you get any of these, it's important to get help early from the medical post.



Fever that comes and goes



Cough

Headache

Fatigue

Sore throat



Loss of
smell / taste

Runny/
blocked nose

Muscle aches

Diarrhoea



Getting medical help early protects yourself and others.

If you are above 45 years old or have chronic disease, eg heart or lung problem, get a medical check even if you feel well. The doctor can give you special attention and tell you when to come back.

If the following occur, it is urgent to get help.



High fever.



Vomiting heavily,
unable to drink.

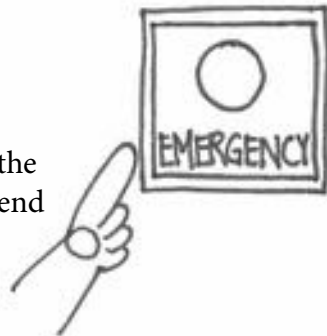


Unexplained
chest pain.



Difficulty breathing,
especially if you can't
talk or walk normally.

If you cannot walk to the
medical post, ask a friend
for help or press the
Emergency Button.



COMMON QUESTIONS



Should I be scared?

No.

We are here for you every day until this is over.

We care for you!

If you need medical attention, we will ensure you receive care.

**I had a swab and/or blood test taken recently.
What does that mean?**

*The results will tell us if you can return to work soon. Be patient!
Stay strong, brother!*



Should I worry about money?

No!

The Singapore government paid for all my medical bills.

My employer is working with the government to make sure my family receives money back home.

I can be at ease.



What will happen if I seek help at the medical post? I'm scared.

Like me, you may be transferred to a different facility, or kept here, where you'll be more closely monitored. But do not worry. I had a good experience and am fully recovered now.



REMEMBER, WE CARE.

This will be over soon especially if we work together. Follow our simple rules to prevent spread.



**YOU ARE
ONE OF US.**

**WE WILL
TAKE CARE
OF YOU!**

Healthserve would like to hear your story. Please share your journey or ask a question by:

HealthServe Whatsapp:
+65 31384443

or our tele-befriending service:
bit.ly/hstok2me

Want to make a Singaporean friend?
Sign up at <http://m.me/sgWePals>

Other helpful resources:

For COVID-19 facts
<http://covid19.healthserve.org.sg>

For staying well
<https://www.sgmigrant.com>



Reflection Questions:

What words of encouragement would you tell your family back home?

If your friend is discouraged, what would you say to encourage him?

What three things can you be thankful for today?

WE ARE NOT SINGAPORE WITHOUT YOU.



THANK YOU FOR BUILDING OUR NATION WITH US.



For more resources, visit
www.kitesong.com/covid19

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