

# OVERCOMING COVID-19 TOGETHER

A Guide for Migrant Workers



Endorsed by Ministry of Manpower

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](mailto:hello@kitesong.com).  
For facility-specific information, we recommend printing your own A5 insert.*

[www.kitesong.com/covid19](http://www.kitesong.com/covid19)



Dear Brother,

We know you may be worried or confused.

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

You are quarantined to prevent spread of the disease, to protect you and your friends.

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

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, and then your face.

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

If someone coughs, sneezes or touched 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.

Wash your hands frequently in case you have touched something with the COVID-19 virus on it.



← 1 - 2 metres →



Keeping your distance keeps you safe!



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

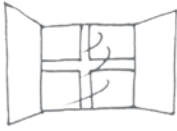
How can I keep safe?

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.



It is better to expose yourself to less people during this time.

## How can I protect myself and others?



Keep your room well ventilated.



Dispose your trash properly in a trash bin, not from a height.



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!



## COVID-19 can be spread in the bathroom.

Clean the bathroom regularly.

When cleaning the toilet, wear at least a face mask, face shield and gloves.



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



Flush the toilet after every use.



Where possible, flush the toilet with the lid closed to prevent spread.

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.



Wear a mask, even in the bathroom!

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

*Bengali: Arma korbo joy (chorus 2x)*

*Hindi: Bole chudiyen (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.

Contact your company doctor for medication refills. They should deliver them to you.



## 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 or inform your dormitory operator as soon as possible.



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 the following occur, it is urgent to get help quickly.  
Call your dormitory operator urgently.



High fever.



Vomiting heavily,  
unable to drink.



Unexplained  
chest pain.



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

## COMMON QUESTIONS



**Should I be scared?**

*No.*

*We care for you!*

*We'll do our best to give you medical care when you seek help.*

**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 from a doctor? 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.

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](http://bit.ly/hstok2me)



YOU ARE  
ONE OF US.

WE WILL TAKE  
CARE OF YOU!

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

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### Other helpful resources:

1. For COVID-19 facts visit [covid19.healthserve.org.sg](http://covid19.healthserve.org.sg)
2. For staying well visit [www.sgmigrant.com](http://www.sgmigrant.com)
3. Kitesong Global Facebook [@kitesongglobal](https://www.facebook.com/kitesongglobal)
4. Project Dorm Facebook [@ProjectDorm](https://www.facebook.com/ProjectDorm)

**Reflection Questions:**



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

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

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What three things can you be thankful for today?

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**Join the Contest: Socially distanced, humanly connected!**

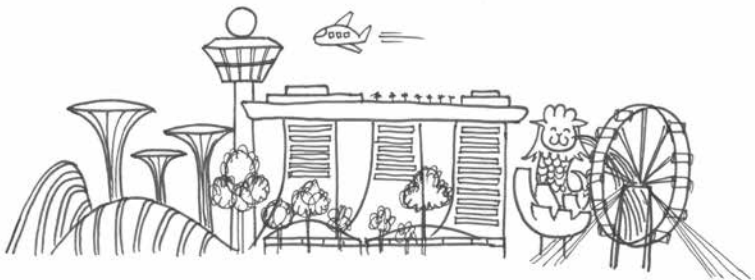
Using this booklet as inspiration, submit a creative piece for a chance to win a prize!

For more details, please visit [www.kitesong.com/covid19](http://www.kitesong.com/covid19) or the Kitesong Global Facebook page.

WE ARE NOT SINGAPORE WITHOUT YOU.



THANK YOU FOR BUILDING OUR NATION WITH US.



For more resources, visit  
[www.kitesong.com/covid19](http://www.kitesong.com/covid19)

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