

WHILE WAITING FOR YOUR TEST RESULTS

A Guide for Migrant Workers

2nd Edition



*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.
But remember...

YOU ARE ONE OF US.



**WE WILL TAKE
CARE OF YOU.**



WELCOME



Behind our masks,
Are friendly faces.

You are not alone.

You are here because you may have
COVID-19 and are waiting for your
test results.

**You must protect yourself
and others.**



How can I protect myself and others?

In my daily life:



Always wear a mask, except when sleeping or eating.

Keep 1-2 metres away from others, even at mealtimes. Avoid crowds.



← 2 metres →



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.



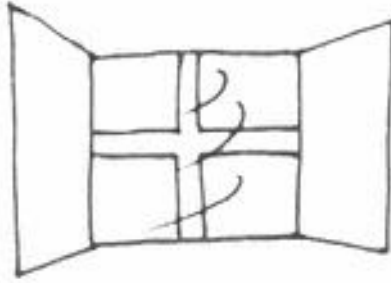
Don't touch your face.



Disinfect common surfaces like door handles and light switches frequently.



Avoid touching common surfaces like door handles and railings.



Keep your room well ventilated.

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 chudiyan (chorus)

Tamil: Oruvan oruvan mudhalali (chorus)

WHAT TO EXPECT

If you are tested positive, you may be transferred to a different facility so that we can monitor you closely and help you recover.

We will explain why the new place is the best for you.



If you are tested negative, you will be observed further to ensure that you are well.



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!

REMEMBER, WE CARE.

Should I be scared?

No.

Most Covid-19 cases are mild.

If you need medical attention,
we will care for 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>

Helpful resources:

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

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

WE ARE NOT SINGAPORE WITHOUT YOU.

