THE DOCTOR SAYS:
You Must Do This To Keep Your Body Healthy

1. Every day – check your
- ✓ Temperature
- ✓ Oxygen level
- ✓ Heart rate

2. Brush teeth twice a day with toothpaste at least 2 minutes each time.

3. If you have high blood pressure, high cholesterol, diabetes, or other chronic medical problems
Keep enough medicine for one month.
If you are running out of medicine, please call the Medical Hotline at 9822 4921

IF YOU FEEL:

DO THIS:

Unwell
(e.g Sore throat, Cough, Fever, calf pain/swelling)

➤ **Call Medical Hotline at 9822 4921**
(If using telephone set in your room, please dial 9 before calling 9822 4921)

Chest Pains:
Breathlessness or any other medical emergencies

➤ **Call ambulance at 995**
(If using telephone set in your room, please dial 9 before calling 995)

If you feel stressed or sad

➤ **We can help you.**
Call CARE Helpline at 9151 5609
(If using telephone set in your room, please dial 9 before calling 9151 5609)
or
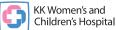WhatsApp the HealthServe Help Hotline at +65 3138 4443