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



1. Every day - 3 TIMES - check your ✓ Temperature ✓ Oxygen level ✓ Blood pressure



2. If you have high blood pressure, high cholesterol, or diabetes: **Keep enough medicine for** one month.

If you need medicine, please see the doctor.

IF YOU FEEL:

Sore throat, Cough, Fever, or Breathless.

Chest Pains:

- for more than 15 minutes
- when Exercising or Working, then goes away when you rest.



If you feel stressed

DO THIS:

See doctor

See doctor

We can help you.

or sad

Tell us or talk to someone. WhatsApp the HealthServe **Help Hotline at** +65 3138 4443

SingHealth CCF@Expo Doctor Clinic open 仓 9am-12pm 仓 2pm-5pm















Translations are done by well-minded volunteers. Please excuse any minor imperfections :)



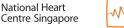












National Neuroscience Institute

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