# 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 :)



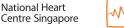












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