

# 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:

### DO THIS:



**Sore throat, Cough, Fever, or Breathless.**

**See doctor**



#### Chest Pains:

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

**See doctor**



**If you feel stressed or sad**

**We can help you.**

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

**SingHealth CCF@Expo**

**Doctor Clinic open**



**9am-12pm**



**2pm-5pm**



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

