

1. What kind of investigations will I need?

我需要进行什么样的检查？

If you are feeling alright, you may not require any investigations. If you are admitted to hospital, investigations e.g. blood tests, chest radiographs (X-rays) may be required depending on your clinical condition and progress.

如果您感觉良好，则不需要任何检验。如果您需要住院治疗，如验血或胸部 X 光等检查将根据您的临床状况和进展情况而定。

2. Is there any treatment for COVID-19?

COVID-19 有治疗方法吗？

Most patients will have mild symptoms, and do not need specific treatment. If you have symptoms like cough, fever, runny nose or sore throat, we will give you medications to help with those symptoms.

大多数患者的症状轻微，不需要特殊治疗。如果您有咳嗽、发烧、流鼻涕或喉咙疼痛等症状，我们将为您提供药物来缓解这些症状。

3. Will I die from COVID-19?

COVID-19 会致命吗？

It is normal to worry about how COVID-19 might affect you or your loved ones. In 80% of cases, infections from COVID-19 are usually mild and do not even need any treatment. There is a chance of becoming more ill, which happens more commonly in the elderly population or in those with significant pre-existing medical conditions. Only 5% of patients will require ICU care including breathing support or medications to support their blood pressure.

对于 COVID-19 如何影响您或您的亲人的担忧是正常的。在 80% 的情况下，COVID-19 的感染通常是轻微的，甚至不需要任何治疗。对于年长人士或有患重大疾病病史的人群，有一定概率该病毒会导致更严重的症状。只有 5% 的患者需要加护病房护理，包括呼吸的维持或支持血压的药物。

4. How much do I have to pay for treatment?

我需要支付多少医疗费用?

As of Singapore Government's announcement on 7 March 2020, if you are a Singapore Citizen, Singapore resident OR a long term pass holder, your hospital bill will be covered by the Government. This does not apply if you have left Singapore after 27 March 2020 and you are admitted as a suspected COVID-19 case within 14 days of returning.

如 2020 年 3 月 7 日新加坡政府所宣布, 如果您是新加坡公民, 新加坡永久居民或长期准证持有人, 您的住院费用将由政府支付。但如果您在 2020 年 3 月 27 日之后曾离开新加坡, 并且在返回后的 14 天内入院为疑似 COVID-19 病例, 以上将不适用。

5. I am worried about missing so much work. Will my boss fire me?

我担心因长时间错过工作, 老板会解雇我吗?

Your employer is legally mandated to allow your quarantine/treatment. Your employer is also legally bound to continue to pay your salaries even if you are not allowed to leave your dormitory (e.g. during the Circuit Breaker period). If your employer does not pay your salary within 7 days of the end of the salary period, he can be prosecuted by the Singapore Government.

按照法律要求, 您的雇主必须允许您进行检疫隔离和治疗。即使您不被允许离开宿舍(在此“断路器”期间), 您的雇主也有法律义务继续支付您的薪水。如果您的雇主在薪资期结束后的 7 天内没有支付您的薪水, 新加坡政府可以起诉您的雇主。

You can contact Healthserve (+65 3138 4443; call or Whatsapp) if you experience any difficulties with your employment situation.

如果您在就业方面遇到任何困难, 可以联系 Healthserve (+65 3138 4443; 致电或 Whatsapp 均可)。

Feeling lonely and stressed?

Check out some of the resources below:

感到孤独和精神压力?

您可以查看以下的资源

HealthServe Solidarity Wall: To read or post messages of support

HealthServe 团结公告栏: 阅读或发布相互鼓励的信息



HealthServe Virtual Counselling Clinic: Call/Whatsapp +65 3138 4443 to talk to a counsellor in your own language

HealthServe 虚拟心理咨询诊所: 致电/Whatsapp +65 3138 4443, 和我们的心理咨询师用您的母语沟通

Videos about coping with stress during this time

观看关于在这段期间应对压力的视频



Learn a new skill or do some activities

学习新技能或做一些活动



More resources can be found on our website:

我们的网站上有更多资源:



bit.ly/nuhs-covid19resource
www.facebook.com/projectclovenuhs

Information developed by a group NUHS doctors as part of Project Clove. Used with permission.

This material is prepared as part of the Project CLOVE (Call to Love) initiative, which is led by a group of NUHS doctors caring for COVID-19 patients.

Adapted from National Centre for Infectious Diseases (NCID) and <https://sudesnaroychowdhury.wixsite.com/covid/> with permission.

Last updated: 3 May 2020