



**WE ARE FROM  
SINGHEALTH AND  
WE ARE HERE  
TO HELP YOU**



**Coronavirus (COVID-19) is a new virus and it is dangerous**

- It spreads easily if a sick person is near you.
- The person who has it may not know that they are sick yet.
- They can sneeze on you, or cough and transfer the virus to you. Or, if you touch something that they have touched/sneezed/cough on to.
- You can get sore throat, fever, cough, runny nose, diarrhoea.
- Then you can find it hard to breathe.
- You must get hospital treatment, otherwise it will be more serious.

# 5 THINGS YOU NEED TO DO TO STAY SAFE



## KEEP YOUR DISTANCE & SPACE

To make it easy and safe for everyone.  
Stay at least 2 metres away from other persons.



## WASH HANDS OFTEN

Keeps the germs from transferring to your face (then into your body). Wash with Soap and water for at least 20 seconds to be effective.



## KEEP YOUR OWN SPACE CLEAN

So there are no germs to make you sick. Throw away all rubbish into proper bin, and close properly.



## WEAR A MASK WHEN WALKING AROUND

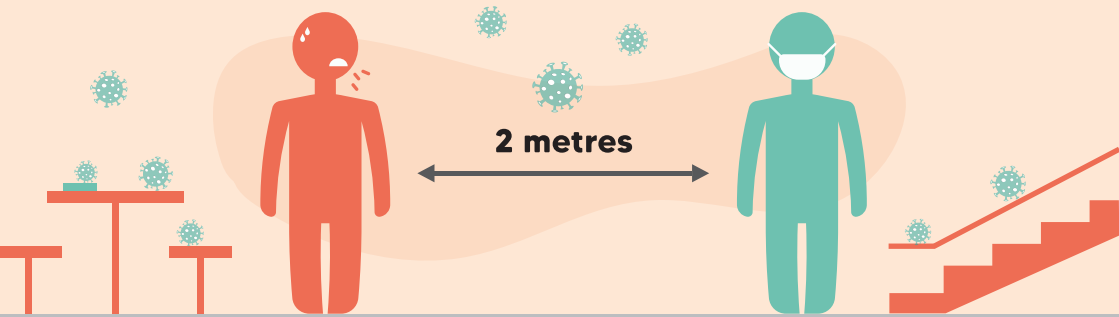
It is a very good way to help stop getting virus from others.



## LET THE DOCTOR DO A SWAB, IF RECOMMENDED

It is the best way to check properly.

# WHY YOU MUST WEAR A **MASK** & KEEP AWAY FROM OTHERS



**The COVID-19** virus is spread from one person to another who are **close together within 1-2 metres**.

This is mainly through droplets produced when an infected person **coughs or sneezes**.

These can land in your mouth or nose if you are nearby or **you breathe in** whilst it is still in the air nearby.

You can also get the COVID-19 virus by **touching things** like: **top of table, stairs, lift buttons or other surface** that has the virus on it and then touch your own mouth, nose or eyes.

If you have **sore throat, cough, fever, runny nose or diarrhoea,**

# PLEASE COME FOR A SWAB



- The doctor/nurse will take a **test sample of your tissue** from your **nose, throat or sputum (spit)**.
- We will conduct a special test to **check for the COVID-19 virus**.
- Test result will be ready **within 2 days**.



## If Negative Test Result

We will monitor you again. We may do one more test later to confirm if you are okay/clear or not.



## If Positive Test Result

- 1 Pack your things fast- Phone, Charger, Work pass, Toiletries, Personal wear, Prayer mats, etc.
- 2 We will make arrangements for treatment, including hospital if needed.
- 3 We will provide you with clothes and food there
- 4 We will give you the same, good quality care as Singaporeans.

## DO NOT WORRY! 😊

- ✓ All your hospital cost related to COVID-19 will be paid by the Singapore Government.
- ✓ Your employer will continue to give you your pay
- ✓ You will not lose your job
- ✓ We will do our best to get you well as fast as possible!

