



MINISTRY OF HEALTH
SINGAPORE

HEALTH ADVISORY FOR WORKERS RETURNING RECENTLY FROM OVERSEAS

INTRODUCTION

1. Globally, there has been a sharp increase in cases and widening spread of COVID-19 across the world. Many workers have recently returned to Singapore from overseas, and are staying in, or serving their Stay-Home Notice in local accommodations provided by their employers. There is a risk of transmission of COVID-19 at the hotels or dormitories where these workers are residing in Singapore, as well as at their workplaces. This advisory lists the additional precautions to be taken by these returning workers.

CHECK FOR SYMPTOMS

2. Monitor your health closely, i.e. twice daily for fever (i.e. $\geq 38^{\circ}\text{C}$) and respiratory symptoms such as cough and breathlessness.

3. Do not go to work or other social settings if unwell. Wear a mask and seek medical attention immediately.

PRECAUTIONS AT WORK

4. Minimise interactions with others and maintain safe physical distancing.

5. Stagger meal times, where possible, to minimise cross-interactions with other workers.

PRECAUTIONS OUTSIDE WORK OR AT PLACE OF RESIDENCE

6. Avoid social and meal gatherings to minimise risk of infections among workers.

7. Avoid crowded places, such as shopping malls, public eating places, etc. during busy hours. If necessary, you may opt for home delivery services or enlist the assistance of others for your daily necessities.

8. Avoid food catering via common buffet lines; Do not share food, crockery, utensils and other personal hygiene items.

9. Maintain separation of personal belongings if possible and where relevant.

10. Maintain good indoor ventilation and carry out frequent cleaning of your place of residence.

OBSERVE GOOD PERSONAL HYGIENE

11. Wash your hands with soap and water frequently, especially before and after handling food or eating, and after going to the toilet.
12. Avoid touching your face, in particular your eyes, nose and mouth.
13. Cover your mouth when coughing or sneezing, or use a tissue and then throw the tissue into a bin and wash your hands with soap and water immediately.

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