

THE COVID-19 CHRONICLES

"TO MASK OR NOT TO MASK?"



Yong Loo Lin
School of Medicine



THE COVID-19 CHRONICLES

"UNIFORM BLUES"



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So many safety
procedures
nowadays...

Yeah. N95
masks, gowns,
face shields and
gloves... Very
strict now.



OK. Must remove
in the right order.
Gloves first. Then
face shield. Then cap.

Then gown.
Then feet
coverings.
Always
inside
out.



Then, very carefully
remove mask straps
without touching
the mask.

Lastly,
wash hands
thoroughly.



Well, it's
important that
people around us
are completely safe.

They go out for lunch...

NURSES!

Aiieee!



Healthcare staff
observe strict
hygiene protocols.
Don't be afraid of
them. Instead, show
them appreciation.

Dr Dale Fisher is Professor in
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Chair of the Global Outbreak
Alert and Response Network,
hosted by WHO.

THE COVID-19 CHRONICLES

"FLU GO WHERE?"



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KOFF
KOFF
KOFF

Dad! Go see
a doctor.
You are
coughing.



Aiyah!
No need,
lah!

It's just
a cough.
I'll just
stay home
and rest.

KOFF KOFF
KOFF KOFF



PHPCs* and polyclinics
are giving 5 days of MC
and charging only \$10 for
those diagnosed with
respiratory symptoms!



And
\$5 for
pioneer
or Merdeka
Generation!

I'm going out.
Will be back
before lunch.



COVID-19 is probably at
its most infective in the
early stages. See a
doctor early to protect
those around you.

Wear a mask and
practice good hygiene
on your way there.

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* Public Health Preparedness Clinics — specially-designated GP clinics that provide subsidised care for respiratory illnesses; previously activated to deal with haze and H1N1.

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"DON'T REUSE SOGGY MASKS"



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Disposable masks must be changed when they become wet.



They shouldn't be reused because they trap harmful particles inside their mesh of fibres.



This hazardous build-up cannot be cleaned out without damaging the fibres or other parts of the mask, like...



Never wash or disinfect disposable masks. Discard them if they are wet.

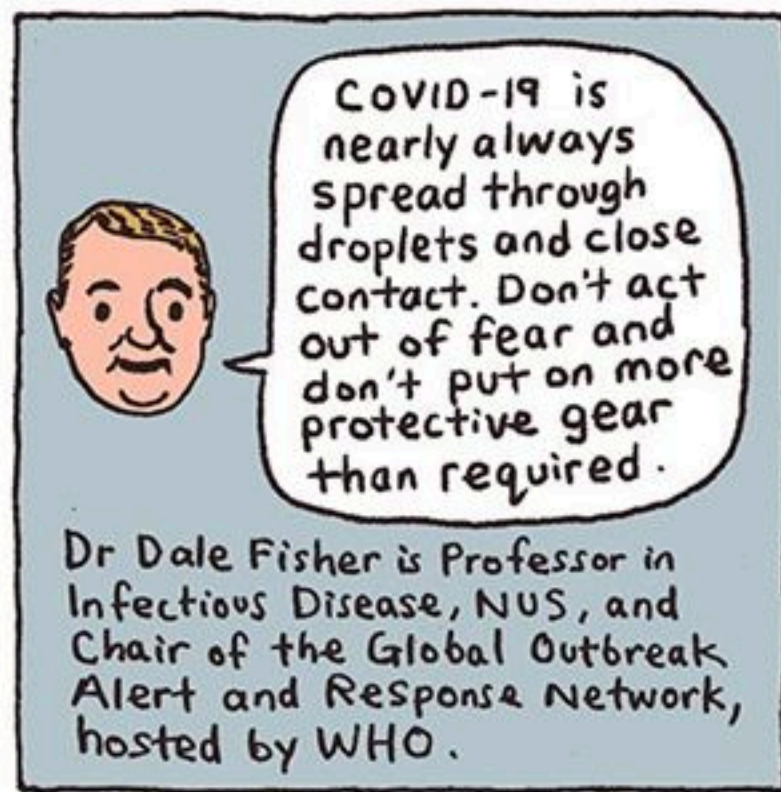
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"AIRBORNE FEARS"



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THE COVID-19 CHRONICLES

"NO HOARDING NEEDED"



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THE COVID-19 CHRONICLES

"SCAREDY-CAT"



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THE COVID-19 CHRONICLES
"MOUTHWASH
AND OTHER
MYTHS"



NUS
National University
of Singapore

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School of Medicine

Why do you have
a giant bottle
of mouthwash?

To protect
me from
the virus.

First, it was
rubbing yourself
with my sesame oil.
Look at our bed!

Then, you
say eating
LOTS of
garlic will
protect you.
Then -

But these
things
can!

WHO says
they can't!

Yeah,
who?

No! I
mean
W-H-O!

Yes!!
Who?!

GARR!
OK!

Just use your
mouthwash!
You eat
so much
garlic.

Mouth
so
smelly!

I love garlic. But I will
never use it to treat
or prevent an infection.
There's no evidence
that eating garlic,
using mouthwash and
putting on sesame oil
can protect us
from the virus.

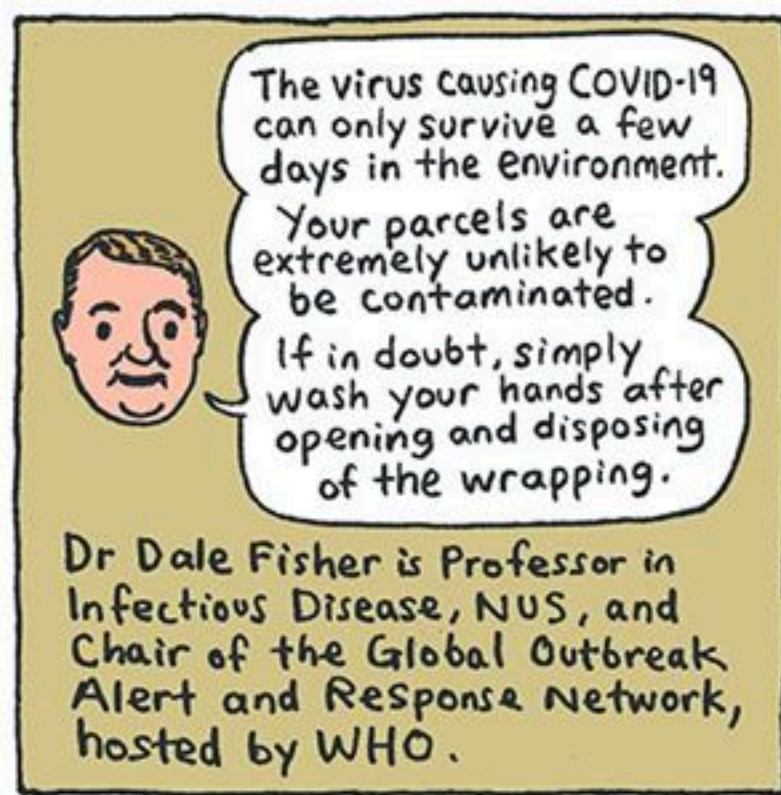
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"DON'T OPEN IN CASE OF VIRUS"



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"DON'T FORGET TO DISINFECT"



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"OUR DUTY
OUR CALLING"



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My name is Dr Shoban Kumar.
I lead a team of medical officers
caring for COVID-19 patients
at an isolation ward in NUH*.



At this time, extra help is
needed, so...

All our
leave has
to be
postponed.

I'll
cancel
my
wedding
photoshoot.

I'll
cancel
my
family
trip to
Austria.



My wife is due in three months.
I wish I could spend more
time with her.



Sorry.
I'll be
late
again
today.

But somehow, we don't
see these as sacrifices.
This is just our professional
duty and calling—to help others.



Healthcare workers such
as those in Dr Kumar's
team see sacrifices
in times like this as
part of their core duties.
Their priority is making
sure your loved ones
are in good hands.



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"SECOND FAMILY"



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Our patients at the isolation ward are away from their loved ones for a long time*.



Until they recover, we are there to encourage them.

It's my fault...
I put people around
me at risk.

Nobody
wanted this
to happen.
Don't feel
guilty about it.



We try to connect with them on a more personal level.

Uncle,
kopi-c
Kosong
from the
coffeeshop
below.



We spend time sharing our lives with them and become their second family.

My family
loves that
claypot rice
stall at Beach
Road.

Mine
too!



Beyond the immediate medical needs, our doctors and nurses provide emotional support to make COVID-19 patients feel more comfortable while being away from their family and friends.



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*Usually 14 - 18 days. Or until there are 2 negative swabs.

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"HANDSHAKE ALTERNATIVES"



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The "wave"



The Thai "wai"



The "elbow"



The "footshake"



By avoiding handshakes, you can lower the risk of getting infected. So adopt alternative greetings instead. What other alternatives can you think of?

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