



MINISTRY OF
MANPOWER



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ACE

A monthly e-newsletter for
migrant workers



Feb
2023



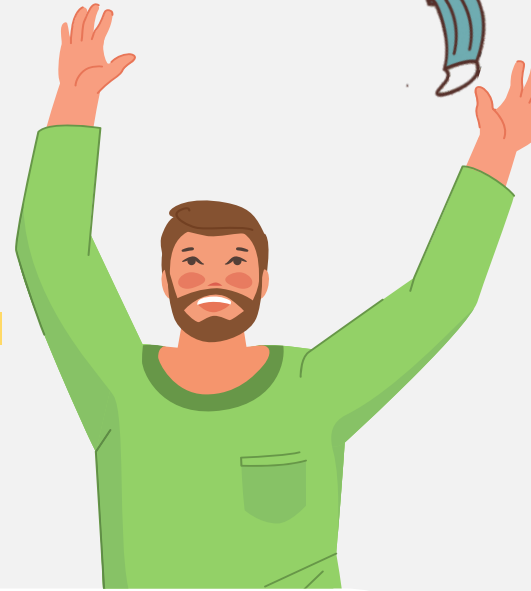
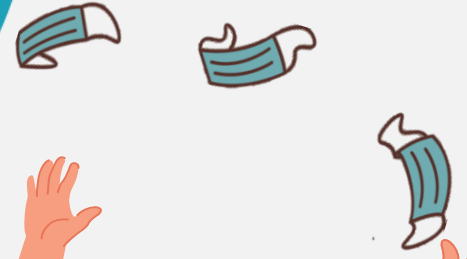
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Key announcements



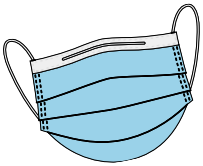
Step down of COVID-19 measures from 13 Feb 2023

Updated Safe Management Measures:



Popular Places Pass

You no longer need to apply for passes to any location in the community.



Mask-wearing

You don't need to wear a mask on public transport. But you are encouraged to wear a mask when you feel unwell or in a crowded place. Mask-wearing is still required at Onboard Centre and Medical Centres for Migrant Workers (MCMWs).



Scanning of QR Code in dormitory room

You will not need to scan the QR code in your room

Scan the QR code or click the link [here](#) for more information on the **updated COVID-19 testing from 1 March 2023**, and a **guide on what to do when you are unwell**.



<https://go.gov.sg/stepdown-covid19-measures>

Quick tips on easy oral care!



Visit your dentist once a year



Limit / reduce sugary snacks or drinks

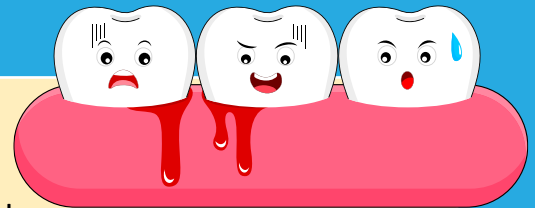


Good brushing routine

- Brush 2 times a day
- Brush for at least 2 mins with fluoride toothpaste
- Use a soft-bristled brush (change your toothbrush every 3 months)
- Rinse your mouth after every meal
- Brush your tongue daily

Look out for gum disease!

- Red, swollen, or soft gums
- Bleeding gums
- Bad breath or bad taste in your mouth
- See a dentist immediately if your gums are infected or you feel pain in your mouth



For more information on healthy living or mental health tips, please refer to <https://go.gov.sg/health-library-mws>



<https://go.gov.sg/health-library-mws>

Event highlights

Pongal Celebration at Tuas South Recreation Centre



Organised by Big At Heart and various Indian communities, migrant workers were treated to a slew of activities and performances! These include Warli tea coaster painting, Rangoli, Chowka Bhara board game and traditional folk dances.

Workers also enjoyed traditional food such as Tilgul, Ellu Bella and temple-style sweet Pongal. A flea market with preloved items and upcycled soaps were also given out to the workers.

A huge thank you to Big At Heart and our Indian community partners for blessing our migrant workers. We hope everyone who celebrates Pongal had a joyful celebration!



Lunar New Year Celebration at Westlite Tukang



This Lunar New Year, community partners and youth volunteers came together to engage migrant workers through creative games, rainbow calligraphy art, and handmade ornaments. There was also a lion dance performance which many workers have enjoyed!

Heartfelt thanks to Centurion Corporation for partnering with us and making this event possible!

Free Haircut Service for Migrant Workers



43 migrant workers staying at Tagore area received a free haircut from a team of passionate and dedicated hairstylists.

Migrant workers shared that they were grateful and blessed to have constant care and support.

Thank you to Team MDI and Hyland Holdings Pte Ltd for organising this!



Scan the QR code here to find out more about the **various physical and online activities** you can take part in!



Follow us on our official channels to get the latest news and updates!

 [ACE Group's Facebook page](#)

 [ACE Group's TikTok channel](#)

 [MOM's YouTube channel](#)

