



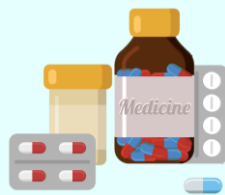
# How to seek medical help after dorms are cleared

*This circular is disseminated as part of the post-dorm clearance medical support plan, which has been communicated to all employers and dormitory operators.*

*If you are experiencing any of the symptoms below, you should not go to work. You should see a doctor immediately.*



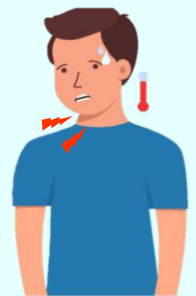
Feeling unwell, having a headache, stomach ache, etc.



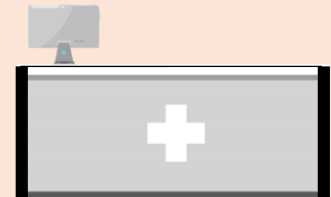
OR

If you have chronic diseases such as high blood pressure, high cholesterol, diabetes and have no more medication.

Having a fever, runny nose, cough or sore throat



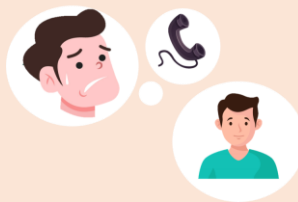
OR



**Use Telemedicine** via your FWMOMCare app to videocall a doctor.

**Visit a Medical Centre** by reporting sick to your employer or dormitory operator.

Ask your employer or dormitory operator if you need help.



They will book an appointment and arrange for transport for you to visit the Medical Centre.



Telemedicine is available 24-hours a day and you can use it anytime.



Medical Centres are open daily from 9.30am to 5.30pm

1

You do not have to worry about the medical fees when you use Telemedicine or visit the Medical Centre.

2

If you stay in a private residence or HDB flat, you can also go to the nearest Polyclinic or GP Clinic.

3

Even as dormitories are now cleared, we must continue to take steps to remain safe. This includes seeking help when you are not feeling well.