

INFORM



A Ministry of Manpower (MOM) publication for Migrant Domestic Workers (MDWs) in Singapore

Did you know?

Did you know that MOM had received close to 2,000 complaints about possible illegal deployments and enforcement actions were taken against more than 400 errant employers over the past 3 years?



Under the **Employment Foreign Manpower Act 1990 (EFMA 1990)**, MDWs are only permitted to perform domestic chores at the residential address declared to MOM. They cannot work for anyone else or for their employer's business.

Inform MOM if you encounter such a situation:



Call the MDW Helpline:
1800 339 5505



Report to MOM using the following link: www.mom.gov.sg/eservices/services/report-an-infringement



Scan here to find out the list of useful contacts



For more information about your employment in Singapore, visit here:



Publications and resources
(mom.gov.sg)



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Have you been taking care of yourself?

Are you feeling down and tired more easily, or having a loss of appetite? These are signs of stress. If you are feeling overwhelmed or are facing some problems, do share it with someone. This will make you feel better.



You can also call any of the following helplines for assistance:

MOM Helpline for MDWs:
1800 339 5505

CDE (Centre for Domestic Employees): 1800 225 5233

FAST (Foreign Domestic Worker Association for Social Support and Training): 1800 339 4357

AEAS (The Association of Employment Agencies):
6836 2618



Dengue Prevention

Dengue fever is spread through the bites of Aedes mosquitoes, which can be life threatening. All it takes is a 20-cent sized drop of water for them to breed!

Let's all do our part to get rid of stagnant water and prevent mosquito breeding by following the **B-L-O-C-K** rules.



- B**reak up hardened soil
- L**ift and empty flowerpot plates
- O**verturn pails and wipe their rims
- C**hange water in vases
- K**eep roof gutters clear and place BTI insecticide

Self – Protection

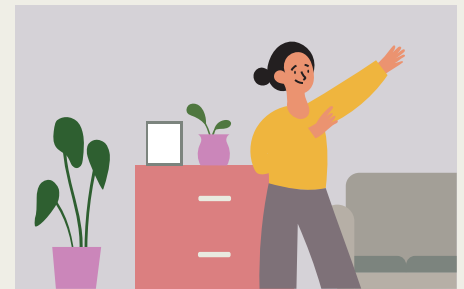
Protect yourself and your employer's family from Dengue, especially if you are living in a dengue cluster, with the following steps:



Spray insecticide in dark corners around the house.



Apply insect repellent regularly.



Wear long sleeves and long pants.

How do I know if my repellent is effective?



Repellents containing DEET, picaridin or IR3535 as the active ingredients are effective and safe



Natural repellents (e.g. essential oils like citronella and eucalyptus) vary in effect and usually need more frequent applications



Do not borrow money from Unlicensed Moneylenders!

Unlicensed moneylenders in Singapore charge high interest rates. This makes it difficult for you to pay off your debts. You will be banned from working in Singapore if you are found borrowing money from unlicensed moneylenders.

If you are facing financial difficulty, seek help and speak to your employer. Do not put yourself and your employer's family at risk by borrowing money from unlicensed moneylenders.

Follow the Golden Rule – Always spend within your means!

Beware of online Loan Scams!

Receive a text message/WhatsApp message offering loan service? Are you instructed to transfer a sum of money as a deposit before the loan can be disbursed? These may be signs of a loan scam.

Prevent yourself from falling prey to these scams with the following steps:



- Do not respond to loan advertisements on messaging platforms as these are usually from unlicensed money syndicates.
- Always **IGNORE, BLOCK AND REPORT** unsolicited loan advertisements on WhatsApp or through third party applications.
- Do not give your personal information like bank account number or passport number to strangers.
- Do not transfer your hard-earned money to strangers.

If you are in doubt, call the Anti-Scam hotline at 1800 – 722 6688