THE
COVID-19
CHRONICLES

Note: “The COVID-19 Chronicles” (or any part of them) cannot be modified or edited in any way and they are not to be used for commercial purposes.
THE COVID-19 CHRONICLES

"TO MASK OR NOT TO MASK?"

There's a virus going around.

How come you're not wearing a mask?

Well, I feel fine. So there's really no need to.

But, if I had a fever, cough or flu-symptoms, I'd definitely wear one to protect others.

We don't need a mask if we're well. Trust me.

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"UNIFORM BLUES"

OK. Must remove in the right order. Gloves first. Then face shield. Then cap. Then gown. Then feet coverings. Always inside out.

So many safety procedures nowadays...

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

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.

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"FLU GO WHERE?"

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

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”**

Disposable masks must be changed when they become wet.

No need, lah!

Ahchoo!
Ahchoo!
Ahchoo!

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

Just clean it out with a disinfectant. Then reuse!

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

**AHCHOO!!**

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

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"AIRBORNE FEARS"

An N95 mask?! Isn't that too much?

Nope. The virus could be airborne in this office.

Better safe than sorry.

Yo.

A GAS MASK?! It's not a war!

It IS a war! Against the virus!

And I get to look cool at the same time!

Crazy! Wait till the boss sees you guys.

Sorry I'm late.

COVID-19 is nearly always spread through droplets and close contact. Don't act out of fear and don't put on more protective gear than required.

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“NO HOARDING NEEDED”

At the supermarket...
OH! They have stock!

Back home...
Dear! They had stock!

And we got them all!!

I SAID HAND SANITISER! NOT HAND LOTION!!

Hand hygiene is important but there’s no need to hoard hand sanitisers. Washing hands regularly with soap and water is good enough.

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AW... So cute. I think he likes me.

Don't touch it! Stray cats and dogs can spread the virus!

I dunno. I heard it somewhere! So please put down the-

Who told you that?

There's no evidence that stray cats and dogs can spread the virus.

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"MOUTHWASH AND OTHER MYTHS"

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

Then, you say eating lots of garlic will protect you.

But these things can't!

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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WHO = World Health Organization
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"DON’T OPEN IN CASE OF VIRUS"

Gloves on.

Make incision steady Careful now

Finally! My dress from overseas is here!

So, how’re you going to wear it now?

The virus causing COVID-19 can only survive a few days in the environment. Your parcels are extremely unlikely to be contaminated. If in doubt, simply wash your hands after opening and disposing of the wrapping.

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“DON’T FORGET TO DISINFECT”

Yes mum, I’m very careful.
Yes. I wash my hands after pressing elevator buttons and opening doors.

Even the coins in my pocket! Ya! Ya! Stop worrying... I got it all covered already!

What? What about my phone?

Yes, I know... I disinfect my desk, my chair, my keyboard, pens, bag, coffee cup, watch, keys...

COVID-19 can be spread by contact with contaminated surfaces. Wash your hands frequently with soap and water or use an alcohol-based hand rub, and keep your personal items clean.

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“OUR DUTY
OUR CALLING”

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.

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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*National University Hospital
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"SECOND FAMILY"

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”

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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“DON'T DOCTOR-HOP”

A few days later...

KOFF KOFF KOFF KOFF
KOFF KOFF KOFF

That doctor's medicine isn't working.

KOFF KOFF KOFF
I'll try another doctor instead.

Stay home. Take your medicine. Come back if you're not improving.

If she comes back and it is worse, she may need to go to the hospital.

If she had returned to her first doctor, she would have already been referred to the hospital. But instead...

KOFF KOFF KOFF KOFF
KOFF KOFF KOFF

If you doctor-hop, your diagnosis may be delayed, increasing the risk of spreading the disease to others.

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Honey! Another confirmed case!
This time, it was at the mall nearby!

The mall with our favourite restaurant!
OH! That’s...
Awesome! For once, there’s no queue!
Woohoo!

And this place is now cleaner than other places because they have done a thorough wipe-down!

It’s safe to visit places with confirmed cases of COVID-19 as they would have been thoroughly disinfected before re-opening to the public.

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**THE COVID-19 CHRONICLES**

"KEEP HANDS AWAY"

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**GOARN 2020 YEARS**

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**Mummy, my eyes are itchy.**

**WAIT! WAIT! Don't touch your eyes!**

**Your hands have touched so many things.**

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**If the virus were on those things it can get into your body when you rub your eyes!**

**Now my nose is itchy! I need to scratch!**

---

**Don't touch any part of your face yet!**

---

**Now wash your hands! More soap! Sing "Happy Birthday" twice!**

**Happy Birthday to you. Happy Birthday to you.**

---

**Sing slower! Rub between your fingers! Do it properly!**

---

**pant pant pant**

**OK. Your hands are clean! It's safe! Rub, scratch, touch all you want now. Quick!**

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**But it's not itchy anymore.**

---

**Keep your hands away from your face. If you need to touch it, first wash your hands with soap and water or use an alcohol-based hand rub.**

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Hi Honey, I'm home! It's been a long day dealing with fever patients at EMD*.

Wish I had time to plan what to cook for dinner. It would be nice to cook something special for everyone.

Honey! You prepared all my favourite dishes!!

As we stand together in the fight against COVID-19, let's wish the women in our lives a Happy International Women's Day. You make things work!

Professor Chong Yap Seng is a women's health specialist and Dean of the NUS Yong Loo Lin School of Medicine.

*Emergency Medicine Department
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"MOMMIES, DON’T WORRY"

With this virus around, I’m so worried about our baby. I’m afraid to go anywhere now.

What if I get infected and it affects the baby too?

They said that so far, there’s no evidence that infected mothers will pass on the virus to their foetuses or become more seriously ill.

Thanks. I think I got my craving back.

YES! CHICKEN RICE, HERE I COME!!

But I want to eat french fries now.

Where COVID-19 is concerned, there is no need for pregnant women to be especially afraid for their babies or themselves. They should take normal precautions like practising good hand hygiene and avoiding close contact with people who are unwell.

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Hi! The girls want to meet tonight? Ooh! I've been wanting to visit that restaurant!

Do I want to go?

Um...

You're recovering from flu! Don't go!

But it's going to be sooo much fun! Don't miss out!!

Think of your friends! If you have the virus, all of them might get infected!

Um... y...

Y'know... because I love you all, I'll join another time when I've fully recovered, ok?

Be socially responsible. Don't go out if you have a cold or flu. Do your part to fight COVID-19!

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“ONLY SERIOUS CASES”

HOSPITAL 5¢

THE DOCTOR IS IN

Oh! Your symptoms are serious!
Come in. We’ll take care of you.

Do I have the virus?

No. It’s just a mild cough.

I think I have the virus! Cough. Cough.

No! I have it!

I have the virus! Check me!

Serious symptoms first!

I can’t handle so many patients all at once!

I have a runny nose! I may have it!

PIT 5¢

Let hospitals attend to the serious cases first. If you have mild flu symptoms and have no recent travel or contact with COVID-19 cases, wear a mask, visit your usual GP and rest at home.

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"BE A RESPONSIBLE WORKER"

OK, I’ve got medical leave for mild flu symptoms.

But I should still go to work because I’m...

CLINIC

...so responsible! You came even when unwell!

Knowing we were already so busy, you didn’t want us to have to cover for you!

You’re so thoughtful!

You are a model employee. No medical leave taken!

I’m promoting you!

Hi guys! I came to work even though I’m sick!

My gosh! That’s irresponsible!

I can’t promote such an employee.

When you’re on medical leave, stay at home and do not go to work even if your flu symptoms are mild. This is being socially responsible and helps to prevent the spread of COVID-19 if you’re infected with it.

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"FULLY RECOVERED"

Come greet your dad. He’s just been discharged from the isolation ward.

EEK!!!

There’s no need to fear! I’m fully recovered and no longer transmit the virus!

I had to undergo these PCR* tests where they swab me every 24 hours!

The tests will detect the virus in my samples.

My last two swabs were negative!

I’m safe! Please don’t be scared!

EEK!!!

I’m not scared of you, Dad! There’s a cockroach!

Discharged COVID-19 patients in Singapore have fully recovered and do not transmit the virus. They are not a threat to the community.

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* Polymerase Chain Reaction tests.
Hi Grandma! I wish I could visit you today. But I'm having a mild flu. So I'm staying home. I hope that's okay.

I think that's very thoughtful of you, dear. Older folks like me can get very ill if we catch the virus.

Yeah, Grandma. So I'm calling to say I love you so much.

And you mean the world to me. So for now, let's chat online like this every day, okay?

I'd like that very much.

If you're unwell with flu symptoms, postpone visits to your grandparents and elderly parents. Instead, meet them online or give them a call to assure them that they are loved.

Where's everyone? I hate this virus...

Growl!

Dr David Heymann, CBE, is Professor of Infectious Disease Epidemiology at the London School of Hygiene & Tropical Medicine, and a Distinguished Fellow in the Global Health Programme, Chatham House.

*Commander of the Most Excellent Order of the British Empire.*
THE COVID-19 CHRONICLES
“NEIGHBOURHOOD HEROES”

Oh dear... I'm running low on groceries and medicine. I'm worried about going out. And I have no one to help me.

DING DONG!

Yes?

Hi! We're your friendly neighbourhood super team!

I'm Driver Mom. And my kids are

Help-Buy Your Groceries Boy!

Get-Your-Medicine Girl!

We wash our hands and we're here to help!

Ooh... And I'm... I'm Super-Grateful Granny!

To minimise the elderly's potential exposure to the virus, you can help them to run errands and stock up on medicine and supplies. But remember to do so only if you're well.

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"Unsung Heroes"

Yes, we're headed to the isolation ward now.

Get ready for 7 new patients arriving today.

You'll need 2 negative swabs to be discharged.

Stay strong.

Let's do a quick lunch break then get back to work. Ok, I'm famished!

The silent army of housekeepers, porters, security and kitchen staff working in the background keep the environment clean and safe for everyone. They are our unsung heroes.

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"LOW RISK ISN'T NO RISK"

Whatever!! Don’t tell me you’re scared of a silly virus?

C’mon! It’s only the elderly who need to worry!
Not us, bro!

Yeah, so what if we do? Read the news!
Young people usually recover!

But young people DO get infected!

Relax! Let’s party!

I guess that’s true...

A few days later...

I don’t feel well.

Bro. All of us now have symptoms too.
And my parents are in critical condition.
I’m so scared.

Even if you are not elderly, you can still get sick with COVID-19
and spread it to others who can get seriously ill.
Please consider the consequences of your actions.

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**SAFE DISTANCING**

Get ready to infect in 3-2-1-

Rats! We missed our target! The humans are too far apart!

Keeping a safe distance of at least 1m away from the next person will help minimise the spread of the COVID-19 virus.

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"STAY-HOME NOTICE"

We use different toilets. I'm careful to flush. We disinfect doorknobs, and wash our hands often.

Oh yeah, I can't leave my house. And no visitors. But my family can still stay with me. We just keep a safe distance from each other.

Mealtimes, we eat separately. I just have a LOT less interaction with my parents.

Oh dear. That sounds terrible!

Yeah... But it means I hear a LOT less nagging too.

When under stay-home notice, you can continue to share the same residence with others. But you are encouraged to take steps to reduce interaction and minimise contact with them.

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"TO GO OUT OR NOT?"

So supposing a guy asks you out. He's handsome, crazy rich, and drives a cool car.

But he's dishonest, lazy, and mean to people. Would you go out with him?

"No, Mum." 

Good! Now, what if the guy is NOT good-looking, NOT very rich and doesn't have a car...

But he's honest, hardworking, kindhearted, and very intelligent. Would you go out with him?

"No, as well. Huh? Why not?"

Because we can't tell who may be carrying the virus out there, it's best not to go out unnecessarily until the situation improves.

So now I'm gonna virtual chat with this cute, rich, kind and smart guy I met online!

Covid-19 can be spread by people before their symptoms are obvious, please stay at home as much as possible and minimise physical contact with others during this time. We should do this for the good of everyone.

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