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.

For the general public not working in a high risk setting, wear a mask only if you are unwell.

Dr Dale Fisher is Professor in Infectious Disease, NUS, and Chair of the Global Outbreak Alert and Response Network, hosted by WHO.
THE COVID-19 CHRONICLES

"UNIFORM BLUES"

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.

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THE COVID-19 CHRONICLES
“FLU GO WHERE?”

Dad! Go see a doctor. You are coughing.

Aiyah! No need, lah!

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

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.
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!

Scrubs, scrub.

AHCHOO!!

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"

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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The COVID-19 Chronicles

"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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“SCAREDY-CAT”

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

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

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

Who told you that?

Cough! Cough! Cough!

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. 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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WHO = World Health Organization
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.

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

Even the coins in my pocket!

Ya! Ya! Stop worrying... I got it all covered already!

What? What about my phone?

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*
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.
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"

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

KOFF KOFF

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

A few days later...

KOFF KOFF

That doctor's medicine isn't working.

KOFF KOFF

I'll try another doctor instead.

KOFF KOFF

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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THE COVID-19 CHRONICLES

"SAFE TO VISIT"

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!

Good thinking!

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"

Mummy, my eyes are itchy.

WAIT! WAIT! Don't touch your eyes!

Your hands have touched so many things.

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...ﾉ

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

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

...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.

This COVID-19 split team arrangement and working from home is something new for me. I'm still trying to adapt. Looking forward to a great dinner...

MEOWN (me too)

MAMA!

Honey! You prepared all my favourite dishes!!!

You've had a hard day, you should take it easy tonight.

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
THE COVID-19 CHRONICLES
"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?

No, I lost my appetite.

I'm hungry! Let's go find that chicken rice you have a craving for!

Oh? How come?

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.

So don't worry so much.

Thanks. I think I got my craving back.

YES! CHICKEN RICE, HERE I COME!!

Here's some tissue paper. Let's see what the experts say online.

But I want to eat french fries now.

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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.
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?

Yes!

Hiyaa!

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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THE COVID-19 CHRONICLES
“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!

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

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

...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 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.

You didn't think of us!

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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THE COVID-19 CHRONICLES

"FULLY RECOVERED"

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

EEEEK!!!

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!

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

EEEEK!!!

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 OK.

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, OK?

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.

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"

GOARN 2020
Global Outbreak Alert and Response Network

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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The COVID-19 Chronicles: "Unsung Heroes"

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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THE COVID-19 CHRONICLES
"LOW RISK ISN'T NO RISK"

Yo! I'm here! Let the party begin!

Hey! You should be serving your stay home notice!

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!

But young people DO get infected!

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

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"

Troops! I'll see you on the other side!

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 dear. That sounds terrible!
Yeah... But it means I hear a LOT less nagging too.

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

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.

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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THE COVID-19 CHRONICLES
"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.

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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The cinemas are closed. And we can’t dine in at restaurants.
So to celebrate our first month of dating, how about we buy takeaway, go over to your place and watch a movie online?

That sounds great, babe. But, sorry. At this time, it’s best to avoid meeting up and take social distancing seriously.

This is to protect you and your family. And because I love you so much.

You’re right, babe.

So would you be OK with a simple online date over the phone, while we eat our own takeaway food, and watch the same movie on our laptops?

OK. But only if we both wear fancy clothes. And no home-clothes-below-the-waist trick!

You know me too well. You got it!

Understanding ✓ Flexible ✓ Creative ✓ Socially responsible ✓ She’s the one!

We need everyone to follow the stricter safe-distancing measures the Government has introduced to help curb the spread of COVID-19. Together, let’s do our part to protect everyone’s health.

Dr Dale Fisher is Professor in Infectious Disease, NUS, and Chair of the Global Outbreak Alert and Response Network, WHO.
Mr. Tan, now that we’ve confirmed you have COVID-19, a contact tracing team will get in touch with you.

They will need to know who you’ve met and where you’ve been the past 2 weeks.

The past 2 weeks? I don’t even remember what I ate 2 days ago!

Let’s see... I had drinks with George last week... Or was it Gerald? Or Gary?

Oh wait! I downloaded TraceTogether 3 weeks ago! It uses Bluetooth to keep a record of everyone* I’ve had close contact with!

Now the team can contact them quickly so they can isolate themselves and protect others!

Oh no! It’s all mixed up! I meet so many people!

That’s perfect! You’re brilliant!

If only this app could tell me this cute doctor’s number too. But it can’t. Sigh...

Contact tracing helps to prevent further transmission of COVID-19.

Do your part by downloading the TraceTogether app, and encourage your family and friends to do so too.

Dr. Dale Fisher is Professor in Infectious Disease, NUS, and Chair of the Global Outbreak Alert and Response Network, WHO.

* Everyone who has the app downloaded and running, with Bluetooth turned on.
THE COVID-19 CHRONICLES

“DO YOUR PART”

Please stay home for now, so our business can open again soon.

Please stay home for now.
So I can go to restaurants and the movies with my Smoochie-poo again soon.

Yes, please stay at home just for now...

...So our grandkids can come visit us again. We miss hugging them!

Please stay home... Wait, I’m talking... so hold on, dear... So my kids can go back to school.

If all of us play our part in following the ‘circuit breaker’ measures, we can expect some of the restrictions to ease. But if we refuse to comply, and more cases appear, these restrictions may extend, tighten or even increase.

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THE COVID-19 CHRONICLES

"DON'T SPREAD FALSE INFORMATION"

GOARN 2020 YEARS

Did you know that sunbathing for 2 hours a day can protect you against COVID-19? Better go out now while there is still sun!

Mom, I'm in the middle of a class...

Auntie, where are you getting this information from?

You'd better tell your classmates to mask up when they go out, otherwise they'll get fined $20,000.

Mom, OMG!

Oh, my friends and I share the latest information with one another on our chat groups.

Auntie, if you keep spreading fake news, you might be the one getting fined instead!

Misinformation can cause unnecessary alarm. We should not speculate or spread unfounded rumours. Stick to trusted information sources such as the websites of national agencies* and the WHO.**

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*moh.gov.sg/covid-19  **who.int/emergencies/diseases/novel-coronavirus-2019
There are so many new cases of COVID-19 every day. Could I have the virus too?
Pa, stop worrying. You've not been out anywhere.

But my stomach really hurts. I need to see a doctor now!
Pa, don't panic. Use the COVID-19 symptom checker first.

Phew! It says "Stay home and self-monitor for 2-3 days." It doesn't think I have COVID-19!
You must be having your usual heartburn again.

Pa, are you eating too many glutinous rice dumplings again?
What makes you think that?
I'm gonna tell Mom!

Use the online COVID-19 symptom checker if you are unsure of being infected.
The quick self-check will help you to avoid unnecessary visits to the GP or Emergency Medicine Department.

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*sgcovidcheck.gov.sg/
THE COVID-19 CHRONICLES

"OPERATION DORMITORIES"

It's spreading fast in the dormitories. We need help here... Of course! We'll send a mobile healthcare team down immediately.

We need to start screening quickly... Thank you for volunteering on such short notice.

I'm glad to be of help.

Things have become so much easier with this new translation website!*

Don't worry, just relax. I'll be done soon.

That was exhausting! Team A didn't even get to have dinner. But we finished 2 blocks today!

Better go home and get some rest. 4 more blocks tomorrow.

I'll be here.

We thank our healthcare workers for stepping up so selflessly and courageously to extend healthcare support to the dormitories. Your work contributes to breaking the cycle of infection and containing the outbreaks.

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* Dr Sudesna Roy Chowdhury (NUS Yong Loo Lin School of Medicine Class of 2020) built a website overnight for Bengali translations: tinyurl.com/covidbengali
The COVID-19 Chronicles

Stay home. Stay healthy.

Week 1

Week 2

Week 3

Week 4

As we stay home during the 'circuit breaker' period, don’t forget to maintain a balanced diet and remain physically active. Stay home. Keep well.

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THE COVID-19 CHRONICLES
“KEEPING OUR SPIRITS UP”

I do it by treating myself to my favourite restaurant takeaway once a week!

I take 20 minutes a day listening to something blissful. I’m next!

We do late night chat sessions with friends after our kids are asleep. BYOB!

At the end of each day, I shut off all worrisome news and read something that will put me in a positive meow.

We may face stress, anxiety and worry amid the COVID-19 uncertainty. Keep your spirits up and stay connected with your family and friends. Stay home. Stay well.

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THE COVID-19 CHRONICLES

“THANK YOU, TEACHERS AND PARTNERS”

Hi Mdm Tan, thanks for being our SP* today! The exam will start soon, you’ll play the role of a patient who sprained her ankle. Remember our training session?

orgh! So painful! My ankle!!

No problem! I’ve sprained my ankle, before, so this will be easy. Even my daughter fell for my acting!

Aouch! Let’s head to the test room!

Mdm Tan’s screams were loud! I hope I didn’t hurt her. Otherwise, I think that went well. Fingers crossed that I’ll pass and can join the teams at the front line soon!

EXAM IN PROGRESS

Where are you going? It’s a Sunday, we’ve hardly seen you all week!

The final year exams are on this weekend and I’m one of the examiners. We need our students to do well and pass. We need more doctors to help fight COVID-19.

Sorry dear, I’ll try to be back by dinner!

Does it hurt here?

I thought we were using SPs for exams!

COVID-19 is difficult for all of us but we must carry on. Thank you, our teaching partners, for helping to teach and train tomorrow’s doctors during this challenging period.

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

* Standardised Patient
Just like superheroes who wear visors to protect the innocent from their deadly eye beams...

And snow queens who wear gloves to protect people from their icy powers...

And phantoms who wear masks to protect others from what lies beneath...

... we wear masks and keep a safe distance to protect others.

Wearing a mask helps to protect others should you have the virus and are unaware of it. Also remember to protect yourself with good hand hygiene and by staying home as much as possible.

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THE COVID-19 CHRONICLES
“WORKING TOGETHER TO KEEP EVERYONE SAFE”

We’ll let you know the results soon.
OK?

These healthcare workers have been here every day.

Listen.

Yes. Never stop the whole week. Even weekends.

Tonight, let’s join in to cheer* for them at 8pm to thank them!

At 8pm.

Our healthcare workers are working tirelessly to keep everyone safe. Our migrant workers are important and deserve our best care.

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*This actually took place at ASPRI-Westlite Papan dormitory at 8pm on Saturday, 25 April, at the same time as ‘Sing Together Singapore’.
THE COVID-19 CHRONICLES
"KEEP UP THE GOOD WORK"

GOARN 2020 YEARS

OK... I need milk, eggs, greek yoghurt, nuts and fruits. Then reply to that email from my boss.

Young man, please wear a mask or you could be fined.

Yes. Please mask up.

Oh! Thanks. But I'm jogging.

See?

Oh. That's OK then.

How could I forget my mask?! I'd better jog all the way home to get one!

I should keep fit too!

By following the circuit breaker measures, you've helped to bring down the community transmission of COVID-19. Please keep up the good work!

Dr Dale Fisher is Professor in Infectious Disease, NUS, and Chair of the Global Outbreak Alert and Response Network, WHO.
THE COVID-19 CHRONICLES
"LIFE IN THE DORMITORIES"

I'm A/Prof Thomas Loh. At the Migrant worker dormitories,
We do a lot of swabs every day. But that's not all we do.

“We monitor how many come to sick bay, make sure men with symptoms are tracked, and gift packs are given out.”

“At the minimarts located at the dorms, we ask about their welfare.”

Out of their rooms, I see all of them wearing masks, safe distancing, and not mingling. I'm impressed!

It will take time to fully contain this outbreak. But our migrant workers are doing a great job in preventing the further spread of COVID-19.

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Yes! Community cases are decreasing. And Singapore is progressively relaxing its circuit breaker measures!

Hey guys! The virus is clearing up! Let’s bend the rules a little and hang out at Mike’s place right now!

The situation may be improving. But there are still unlinked cases in the community. And new clusters may yet form. Let’s stay disciplined and not let our guard down.

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"CALLING FOR VOLUNTEERS"

Yes, I heard a lot of doctors and medical staff are now needed to care for COVID-19 patients.

I don't have the virus. But I still need help recovering from my accident.

So I was so worried I wouldn't be given enough attention.

Then the volunteers started coming in from all parts of the community! I'm well taken care of here. Don't worry.

More manpower is needed in the fight against COVID-19. With or without healthcare experience, you can join the SG Healthcare Corps* to support our healthcare professionals in COVID-19 related operations and in community care.

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*healthcarecorps.gov.sg
At first, they say we can gather in groups of less than 250. Then they changed it to 10 or less!

Now, it’s zero!
How can we trust them?

We’ve now found evidence that the virus can be transmitted via people without obvious symptoms!

They will think we don’t know what we’re doing if we keep changing our advice.

Yeah. But it’s a new virus. And we’re still learning new things about it.

The new information will help save lives!
I hope they listen.

Healthcare agencies are learning new things about the virus and the pandemic every day. Therefore, their advice will continually be updated as things progress.

Stay current with the latest COVID-19 news via trusted sources.*

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* moh.gov.sg/covid-19  + who.int/emergencies/diseases/novel-coronavirus-2019
THE COVID-19 CHRONICLES

“HAPPY MOTHER’S DAY”

MONDAY
7:30AM
Wake up dear! You need to go for your online class soon! I’ve ironed your favourite shirt!

5 more minutes. I’m so tired...

MONDAY
Mommy, I can’t find my hairtie!

WEDNESDAY
6:30PM
Yes, yes, I know. Food is ready!

Mommy, is dinner ready? I’m starving...

Mommy, less oil in my food. I’m on a diet!

Smells great, dear!

FRIDAY
3:00PM
Mommy, instead of studying, David is playing games again! You snitch!

I’m so sorry, let me call you back in 10 minutes!

Must be your kids and cat again! Sure, we can continue our meeting later.

SUNDAY
11:00AM
Honey, would you mind having fried rice again? I’ve run out of ideas for lunch today.

Don’t let Mommy know I’ve ordered food from her favourite French restaurant!

And I’ve done the laundry!

I’ve finished my homework!

To all mothers everywhere, we celebrate your multi-tasking abilities and thank you for your love, care and patience, especially during these challenging times. Happy Mother’s Day!

Professor Chong Yap Seng is a Women’s health specialist and Dean of the NUS Yong Loo Lin School of Medicine.
THE COVID-19 CHRONICLES
“NURSES IN THE TIME OF COVID-19”

You go to work not quite sure what new duties or extra shifts you will be asked to perform.

You have to bear the discomfort of wearing PPE for 12-hour shifts.

You worry the virus might infect you, and then your family. But...

Even if it gives you a headache every time.

...you push those thoughts aside to help others.

You go to sleep with marks on your face from the mask and goggles, knowing it will be more of the same tomorrow.

This International Nurses Day, let’s celebrate the selfless devotion of nurses everywhere and the difference they make not only during COVID-19 but every day!

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The Covid-19 Chronicles

“Be a Good Neighbour”

Oh! The barking has stopped. Now I can hear what my client is saying!

Thank goodness!
Now I can focus on helping my kids with their school work.

Oh good. I really need some quiet to think.

Now I can concentrate on completing my project on time! Thank you, neighbour!

Let’s show extra consideration towards our neighbours during this period when many of us are working or studying from home and may be under stress.

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Our fake COVID-19 test kit looks really convincing. Let's sell them at $10 each.

OK! And real hospital kits take 10 hours. So let's say ours can give results in 10 minutes.

...Er...

Our kits don't actually work and will always tell users they don't have the virus, right?

What if they really have the virus? Won't they spread it more if they think they are safe?

Haha. You have a conscience now? The important thing is we become rich!

There! Now it's online!

Elsewhere in Singapore...

Ooh! Home-based COVID-19 test kits are available? With this, I can monitor my family's well-being.

Should I buy?

COVID-19 tests should only be done by healthcare professionals. Those who feel unwell should seek medical advice and not turn to untested products that claim to prevent, diagnose or treat COVID-19.

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THE COVID-19 CHRONICLES

“DON’T LET OUR EFFORTS GO TO WASTE”

GOARN 2020 YEARS

Although the end of the circuit breaker is in sight, let’s stay vigilant and continue observing the measures. Otherwise, case numbers will rise and we risk letting all our efforts go to waste.

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