#SGUNITED

COVID-19 UPDATES

Caring for Colleagues

RESPECT THE SAFETY AND HEALTH OF OTHERS

- See a doctor and refrain from coming to work when unwell
- Report to your supervisor if you have contact with any suspected cases
- Maintain personal hygiene at the workplace

STAY OBSERVANT AND CHECK IN

- Look out for signs of stress or anxiety among colleagues
- Notice any change in mood and behaviour in colleagues
- Take initiative to approach colleagues who may need support
- Ask about colleagues' needs and concerns during this period

PROVIDE ACCURATE INFORMATION

- Share information about workplace measures to support staff during the pandemic
- Respond with reliable and accurate information to allay unhealthy speculations due to rumours

SHOW CARE AND PROVIDE SUPPORT

- Provide a listening ear and acknowledge any fears and concerns from colleagues
- Ask what helps the person feel better and encourage effective ways of coping (e.g. doing the things they enjoy, linking with personal support, seeking comfort in spiritual beliefs, and etc)
- Acknowledge the person's strengths and how they have coped so far
- Express gratitude and encouragement to colleagues who are working hard beyond their usual duties

Operational Psychology Branch
If you require additional support, please contact us at 65469500 or PRIS_MR@PRIS.GOV.SG

Get the latest on the COVID-19 and other important Government information by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp), or at the MOH website (www.moh.gov.sg)