

Mask Up for You and Me



Staff returns to his work desk with packed lunch during the staggered lunch break.



It is finally my turn to have lunch. I can't wait to dig in!

He eagerly removed his mask and was about to sanitise his hands when a colleague came by...



Pal, you have to sanitize your hand before removing and keeping your mask in a receptacle.



...remember to also put on your mask when you are not actively eating/drinking, or when you are done with your meal. Enjoy your lunch!



Staff who are medically eligible but have yet to be vaccinated are strongly urged to do so as soon as possible.

To book a vaccination slot, scan the QR code here:

Do change your mask when it becomes wet or soiled.

Practise hand hygiene before wearing mask.

Regardless of your vaccination status, please wear a mask at all times.



Have some time to spare during your lunch break? Why not spend it with IPSQ, who is hosting a series of Webinars and iTHRIVE mindfulness and ARTpreciate sessions during lunch time? For more details, visit these links.
 iTHRIVE - <https://www.singhealthdukenus.com.sg/ipsq/iTHRIVE>
 IPSQ Webinar Series - <http://infopedia/sites/IPSQ/Pages/IPSQ-Webinar-2021-Y2-LW6.aspx>

Scan the respective QR code to attend the iTHRIVE session.

<p>Mindfulness</p> <p>(every Wed, 12pm)</p>	<p>ARTpreciate</p> <p>(every Fri, 12pm)</p>
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