PROTECT YOUR LOVED ONES TODAY

Visit a Public Health Preparedness Clinic (PHPC) today for treatment and a swab if you have any of the following symptoms:

- Difficulty breathing*
- Fever
- Runny nose
- Sore throat
- Cough
- Loss of sense of smell

* May be due to pneumonia or other causes that require a referral.

Visit phpc.gov.sg or scan the QR code below to find a PHPC near you.

Thank you for doing your part.
For more information, visit www.moh.gov.sg
#JustGetSwabbedSG
**I DON’T THINK I’M VERY SICK. WHY SHOULD I SEE A DOCTOR?**

- Even people with mild symptoms can have COVID-19 and only a swab test can confirm this.
- Early testing and detection mean you can get treated sooner, and protect your friends and family from possible infection.
- If you test negative for COVID-19, you and your loved ones can have peace of mind.

**WHERE CAN I GET TREATED AND SWABBED (IF ASSESSED TO NEED ONE)?**

- You can receive subsidised treatment for respiratory infections at over 950 PHPCs and all polyclinics islandwide.
- If your doctor assesses that you need a swab test, you can get swabbed at over 550 PHPCs under the Swab and Send Home (SASH) programme, Regional Screening Centres (RSCs) and polyclinics.

**HOW MUCH DOES IT COST?**

<table>
<thead>
<tr>
<th>Cost</th>
<th>PHPCs</th>
<th>SASH PHPCs</th>
<th>RSCs</th>
<th>Polyclinics</th>
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<tr>
<td>Singapore Citizen</td>
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<tr>
<td>Permanent Resident</td>
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<td>Public Assistance Scheme</td>
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Treatment is also subsidised at polyclinics.

The swab test is free at all SASH PHPCs, RSCs and polyclinics if your doctor has assessed that you require one.

**PLAYING YOUR PART IS AS EASY AS 123!**

Visit phpc.gov.sg or scan the QR code at the back of this brochure to find a PHPC near you

1. **SASH**
   - Look out for PHPCs with the SASH tag so you can get swabbed at the same location.
   - Call the clinic to check if they are open and make an appointment to see the doctor and get swabbed.

2. **Go to the PHPC to seek care and get swabbed**
   - Getting swabbed takes less than 1 minute and you will feel only minor discomfort.
   - Your PHPC may refer you to another location if they are unable to swab.

3. **Stay at home until you receive your test results**
   - Doctors will give you a medical certificate for a minimum of 2 days.
   - Results will normally be ready in 2-3 days.

- If you receive a **negative result**, you can resume your usual activities with peace of mind.

- If you receive a **positive result**, stay calm, put on a surgical mask and isolate yourself at home.

Your doctor will inform you of the next steps and arrange for an ambulance to pick you up and send you to a healthcare facility.

*Patients diagnosed with chronic conditions such as post-nasal drips and sensitive noses will not be eligible for the subsidised rate.*