halogen foundation

building young leaders and entrepreneurs

LESSON PACKAGE SIX

CHALLENGES OF ISOLATION

WHAT IS ONE WORD YOU WOULD ASSOCIATE WITH THE CURRENT COVID-19 SITUATION & MEASURES?

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7 APRIL 2020
START OF CIRCUIT BREAKER MEASURES

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Image Source: The Straits Times

7 APRIL 2020
NO SOCIAL GATHERINGS

Singapore

COVID-19: Social gatherings of any size in both private and public spaces prohibited under new Bill

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Image Source: CNA

10 APRIL 2020
FURTHER RESTRICTIONS

Coronavirus: Stadiums to close, children no longer allowed to be dropped off at grandparents' place daily

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Image Source: The Straits Times

12 APRIL 2020
FIRST-TIME OFFENDERS: S$300 FINE

Coronavirus: $300 fine for flouting circuit breaker measures

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Image Source: The Straits TImes

16 APRIL 2020

9TH WORKER DORMITORY PLACED UNDER ISOLATION

Coronavirus: Mandai Lodge 1 in Mandai Road is 9th foreign worker dormitory to be declared isolation area

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Image Source: The Straits TImes

21 APRIL 2020
TIGHTER MEASURES & EXTENSION OF CIRCUIT BREAKER

Singapore

COVID-19 circuit breaker extended until Jun 1 as Singapore aims to bring down community cases ‘decisively’: PM Lee

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Image Source: CNA

CIRCUIT BREAKER CAN BE A CHALLENGING TIME FOR MANY

WHAT IS YOUR CHALLENGE/DIFFICULTY?

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ONE BIG CHALLENGE:

BEING AWAY FROM FRIENDS/FAMILY

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SOCIAL GATHERINGS STILL TAKING PLACE...

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Image Source: Masagos Zulkifli (Facebook)

GROUP EXERCISES STILL TAKING PLACE...

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Image Source: Masagos Zulkifli (Facebook)

NON-ESSENTIAL HOUSE VISITS

Circuit breaker: S'pore resident receives warning letter from police for visiting mother

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Image Source: Mothership.sg

YOUTHS ON PMD IN CTE TUNNEL

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Video Source: News Videos (Youtube)

WHY IS ISOLATION SO CHALLENGING?

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BOREDOM

A high schooler has been invading random Zoom classes with armies of up to 60 strangers and posting results on TikTok

MALISSA SAYS SHE DOESN'T "HAVE ANYTHING BETTER TO DO," SO SHE'S BEEN CROWD-SOURCING ZOOM CODES FOR VARIOUS CLASSES AND "POPPING IN AND OUT."

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Image Source: Insider

ANXIETY/FEAR

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Image Source: SGAG (Instagram)

FRUSTRATION/STRESS

Youth dances on Lorong Halus bridge, says 'f*** the circuit breaker, they stay home, we stay out'

Please stay at home.

Tanya Ong | April 16, 04:55 PM

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Image Source: Mothership.sg

FRUSTRATION/STRESS

"THE MORE THEY ASK US TO STAY AT HOME, THE MORE WE COME OUT."

"WE'RE STAYING OUT EVERY SECOND, EVERY MINUTE, EVERY HOUR EVERY DAY, UNTIL CORONAVIRUS SPREADS TO THE WHOLE SINGAPORE."

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Quote Source: Mothership.sg

CHALLENGES FACED BY MIGRANT WORKERS

Singapore

Two weeks and a 70-fold increase: A look into the COVID-19 outbreak in Singapore's foreign worker dormitories

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Image Source: CNA

These educational resources by Halogen Foundation can be used for free and are not for commercial purposes. Attribution is appreciated.

Video Source: Our Grandfather Story (Youtube)

SUJON'S STORY:
WHAT STOOD OUT FOR YOU?

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Image Source: Our Grandfather Story (Youtube)

WHAT CAN WE DO ABOUT THESE CHALLENGES?

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GOVERNMENT & NON-GOVERNMENTAL ORGANISATIONS REACHING OUT

Singapore

COVID-19: Ensuring the elderly don't become isolated during the outbreak

Seniors like Madam Koh, who has been living alone for more than a decade, are having fewer social interactions as the COVID-19 situation persists. Organisations are stepping in to help the elderly like her.

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Image Source: CNA

SUPPORT FROM NURSING HOMES AND HOSPICES

Singapore

COVID-19: Family members with loved ones in nursing homes endure time apart

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Image Source: CNA

NEIGHBOURS "GATHERING" ONLINE

Friendzone ONLINE

SATURDAY, 18 APRIL 2020

- Marine Parade, Mountbatten, Dakota, Geylang Serai, Kembagan Chai-Chee & Joo Chiat
  1-2pm
- Jalan Besar, Kallang, Whampoa, Potong Pasir & Boon Keng
  3-4pm

SUNDAY, 19 APRIL 2020

- Tampines
  1-2pm
- Central Singapore (Tanjong Pagar, Tiong Bahru, Buona Vista, Queenstown, Redhill & Holland Village)
  3-4pm
- Yishun
  5-6pm

SATURDAY, 25 APRIL 2020

- Pasir-Ris & Punggol
  1-2pm
- Boon Lay, Pioneer, Telok Blangah, West Coast & Pasir Panjang
  3-4pm
- Woodlands, Marsiling, Yew Tee & Limbang
  5-6pm

SUNDAY, 26 APRIL 2020

- Aljunied, MacPherson, Serangoon, Hougang, Paya Lebar & Eunos
  1-2pm
- Jurong & Clementi
  3-4pm
- Bukit Panjang, Bukit Timah & Ulu Pandan
  5-6pm

SATURDAY, 2 MAY 2020

- Bedok & Simei
  1-2pm
- Choa Chu Kang, Bukit Batok & Bukit Gombak
  3-4pm
- Sengkang
  5-6pm

SUNDAY, 3 MAY 2020

- Bishan & Toa Payoh
  1-2pm
- Ang Mo Kio & Yio Chu Kang
  3-4pm
- Sembawang
  5-6pm

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Image Source: FriendzoneSG (Facebook)

REACHING OUT TO OTHERS = THEY FEEL LESS ISOLATED.

AND SO WILL WE.

HOW CAN I SUPPORT MY FRIENDS AND LOVED ONES DURING THIS TIME?

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TO INSPIRE AND INFLUENCE A GENERATION OF YOUNG PEOPLE TO LEAD THEMSELVES AND OTHERS WELL

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