

Singapore Ministry of Health

Summary of Precautionary Health Measures (as of 8 March 2020)

<i>Minimising Risk of Transmission and Enhancing Surveillance</i>	<i>Reducing the Flow of People and Limiting Imported Cases</i>	<i>Social Distancing</i>	<i>Encouraging Social Responsibility and Effective Communication</i>
<p><u>Move to DORSCON Orange</u> With the heightened risk posture of DORSCON Orange, additional precautionary measures to minimise the risk of further transmission of the virus in the community can be put in place.</p> <p><u>Contact Tracing for Each Confirmed Case</u> Contact tracing is conducted to identify close contacts of all confirmed cases. Close contacts can include persons who had provided care for the patient without appropriate PPE or have had close physical contact e.g. stayed at the same place. The risk of infection for close contacts is assessed to be higher and as such, close contacts will be issued with a quarantine order and the health status will be monitored closely for 14 days from their last exposure to the patient. Those who develop relevant symptoms will be brought to the hospital via a dedicated ambulance for further assessment.</p> <p>Casual contacts with brief face-to-face interaction with the confirmed case (e.g. receptionist) will be placed under phone surveillance.</p> <p><u>Quarantine</u> All recent travellers to Hubei will be quarantined. These groups include:</p> <ul style="list-style-type: none"> ○ Recent travellers to Hubei already in Singapore ○ Returning residents of Singapore, or long-term pass holders with travel history to Hubei or with PRC passports issued in Hubei <p>Close contacts of confirmed cases are also quarantined.</p>	<p><u>Cessation of Flights from Wuhan</u> Since 23 January 2020, all inbound flights from Wuhan, China, have ceased. Certain flights from China and Singapore have also been suspended and/or cancelled.</p> <p><u>Travel Advisory for Singaporeans to Mainland China</u> Singaporeans are advised to defer all travel to Hubei province and non-essential travel to Mainland China.</p> <p><u>Temporary Travel Restrictions for travellers with recent travel history to Mainland China</u> From 1 February 2020:</p> <ul style="list-style-type: none"> ○ All visitors (regardless of nationality) who traveled to mainland China in the last 14 days, will not be allowed entry or transit through Singapore ○ Visa suspension for PRC passport holders; previously issued visas will be suspended ○ Returning Singapore Citizens, Permanent Residents (PRs) and long-term pass holders will be placed under a Stay-Home-Notice (SHN). <p><u>Travel Advisory for Singaporeans to Iran, northern Italy, Japan and Republic of Korea</u> Singaporeans are advised to defer all non-essential travel to Iran, northern Italy, Japan and the ROK.</p>	<p><u>Stay at Home Notice (replaces the Leave of Absence)</u> All returning Singapore Citizens, PRs and long-term visa holders from mainland China (outside of Hubei) will be put on a 14 day SHN. The SHN will start from the day after their arrival in Singapore and under the SHN, they will have to remain in their place of residence at all times.</p> <p>Persons under SHN should avoid social contact. They should monitor their health closely and seek medical attention immediately if they develop any fever or symptoms of acute respiratory illness, such as cough or shortness of breath.</p> <p><u>Extended Medical Certificates</u> Healthcare professionals have been advised to provide medical certificates of up to five days for their patients with respiratory symptoms. Patients will be referred for further medical assessment and tests if they do not recover within five days. Should their symptoms persist or deteriorate, patients are advised to return to the same doctor to seek further treatment.</p> <p><u>Advisory to Cancel or Defer Non-essential Large-scale Events</u> Event organisers are advised to cancel or defer non-essential large-scale events. For those</p>	<p><u>Encouraging Good Hygiene and Social Responsibility</u> The most effective method to prevent transmission is through good individual personal hygiene, and social responsibility on the part of those who are unwell.</p> <p>We have advised everyone to wash their hands regularly, avoid touching their faces, monitor their health/temperature twice daily and stay home if they are unwell. They are also encouraged to keep their environment and personal workspaces around clean.</p> <p>At the workplace, we have advised businesses and organizations to increase the frequency of cleaning, especially high-traffic premises such as food and beverage outlets, retail shops and hotels.</p> <p><u>Stepping up Public Hygiene Standards</u> A multi-agency taskforce “SG Clean Taskforce” was formed to step up public hygiene standards in Singapore. The taskforce aims to encourage the public to adjust social norms to help prevent community spread of the disease</p>

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<p>Those on quarantine are expected to stay in their designated location at all times. They are not supposed to come into contact with others to avoid the possibility of the spread of virus through person-to-person contact. There are several penalties for not complying with quarantine orders.</p> <p><u>Expanded Suspect Case Definition</u> We have expanded our suspect case definition and have alerted all medical practitioners and healthcare institutions to be vigilant and on the lookout for individuals that fit the suspect case criteria. This includes those with clinical signs and symptoms suggestive of pneumonia or respiratory symptoms and in the last 14 days prior to onset of illnesses had travelled to Mainland China, Republic of Korea, Japan, Northern Italy and Iran.</p> <p><u>Re-activation of Public Health Preparedness Clinics</u> From 18 February, the Public Health Preparedness Clinics (PHPCs)¹ have been progressively activated to care for patients with respiratory symptoms, such as fever, cough, sore throat and runny nose. Patients suspected to have pneumonia will be referred to the hospitals for further review.</p> <p>The PHPCs will provide special subsidies for Singapore Citizens and Permanent Resident diagnosed with respiratory infections. These subsidies are also applicable in the polyclinics.</p>	<p><u>Temporary Travel Restrictions for travellers with recent travel history to Iran, Northern Italy and ROK</u></p> <p>From 4 March 2020, 2359hrs:</p> <ul style="list-style-type: none"> ○ All visitors (regardless of nationality) with recent travel history to Iran, northern Italy or the ROK in the last 14 days, will not be allowed entry into or transit through Singapore ○ Returning Singapore Citizens, PRs and long-term pass holders will be placed on a Stay-Home-Notice <p><u>Screening at Checkpoints</u> Temperature screening and distribution of Health Advisory Notices for inbound travelers is being done at all land, air, and sea checkpoints.</p> <p>All inbound travellers into Singapore will have to undergo temperature screening. Healthcare teams are also stationed at our checkpoints to provide medical attention to travellers. Travellers entering Singapore and exhibiting fever and/or other symptoms of respiratory illness and who meet clinical suspect case definition will be conveyed to the hospital in a dedicated ambulance.</p>	<p>who choose to proceed, they should take all necessary precautions. These include:</p> <ul style="list-style-type: none"> ○ Carry out temperature screening; ○ Look out for respiratory symptoms such as cough or runny nose, and deny entry to unwell individuals; ○ Remind participants not to attend if the participants have recent travel history to affected countries and areas included in the suspect case definition, and require travel declaration, if possible; ○ Ensure that event venues are ventilated and are adequately equipped with facilities for hand washing; ○ Increase the frequency of cleaning commonly used areas; and ○ Maintain a registration list of participants, if practical. <p><u>For the Workplace</u> We have advised all employers to conduct regular temperature-taking for their employees and for workplaces to enhance business continuity capability. All workplaces should step up their business continuity plans and prepare for widespread community transmission. The business continuity plans can include allowing employees to telecommute or dividing the workforce into segregated teams.</p>	<p><u>Open Communication</u> Maintaining lines of communications with the public is important to prevent anxiety and reduce vulnerability to rumour and misinformation. We have advised the public to stay calm but cautious and to practice social responsibility.</p> <p>We have developed sector-specific health advisories for sectors such as businesses, healthcare, education and transport industry. Health advisories and the latest information on the local disease situation are available on the Singapore Ministry of Health (MOH) website at www.moh.gov.sg. The latest 2019-nCov updates and other important government information can also be found by signing up at the Gov.sg WhatsApp channel at: go.gov.sg/whatsapp.</p>

¹The PHPC scheme is to serve the primary healthcare needs of Singaporeans in times of national need. PHPCs provide subsidised treatment, investigations and medications during outbreaks. They were activated previously to deal with haze and the H1N1 influenza pandemic.

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<p>The activation of PHPCs, as well as provision of these special subsidies at PHPCs and polyclinics, will allow us to enhance and tighten disease surveillance. We would be better able to detect the virus earlier and reduce the risk of further transmission.</p> <p><u>Joint Clinical Guidance on the Management of COVID-19 suspect cases</u> We have disseminated a joint clinical guidance on the management of COVID-19 suspect cases to Emergency Departments and Infectious Diseases physicians and public sector hospital laboratories.</p> <p><u>Tighter Measures for Healthcare Institutions</u> MOH has implemented temperature screening and closer controls of entry and exit points into the healthcare institutions (including hospitals and polyclinics). Our hospitals have also introduced measures to care for newly admitted patients with pneumonia separately from other patients, to reduce risk of transmission.</p> <p>In addition, we have limited the number of visitors entering healthcare institutions. MOH will continue to work with the healthcare institutions to enhance and maintain strict infection control practices.</p>	<p>Travellers entering Singapore and exhibiting fever and/or other symptoms of respiratory illness but who do not meet clinical suspect case definition may be required to undergo a COVID-19 swab test at the checkpoint². They may carry on with their journey immediately after undergoing the test. Pending the results, which may take between three and six hours, the travellers are advised to minimise contact with others as a precautionary measure. Individuals will be contacted on their swab test results and those with positive results will be conveyed to the hospital in a dedicated ambulance.</p>	<p><u>For Schools</u> Schools will suspend inter-school and external activities till the end of the March school holidays. These include the national school games, learning journeys and camps. All schools and teachers will also continue to implement enhanced measures, such as classroom-based assemblies, school-based co-curricular activities in smaller groups and staggered recesses. Preschools will also limit the number of visitors to their premises.</p> <p><u>For the Elderly</u> Eldercare facilities have suspended large-scale gatherings involving seniors and external participants, as well as excursions to external venues, to reduce the risk of community transmission. Eldercare facilities also screen clients, visitors, volunteers and staff for temperature, respiratory symptoms and travel and contact history. Eldercare facilities have also limited the number of visitors who can enter the premises</p>	

² Those who meet the clinical suspect case definition will be conveyed directly to the hospital.