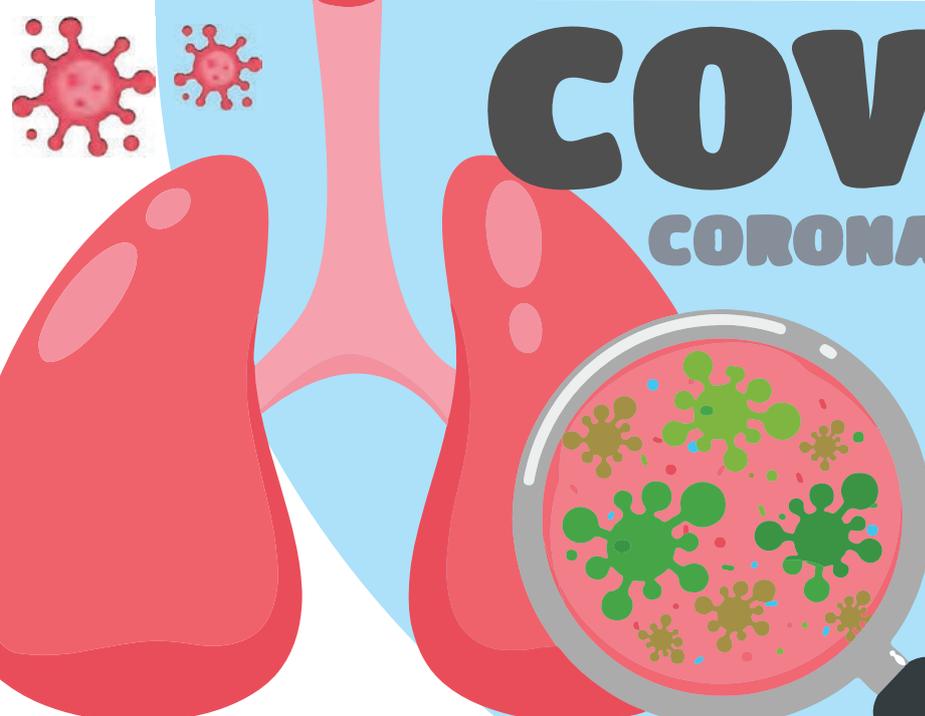


COVID-19

CORONAVIRUS 2019-nCoV

WHAT YOU NEED TO KNOW



What is it?

- COVID-19 is a new strain of coronavirus, which causes respiratory illnesses ranging from common cold to pneumonia.
- COVID-19 can spread from person to person and by droplets made when people with the coronavirus cough or sneeze.

SYMPTOMS

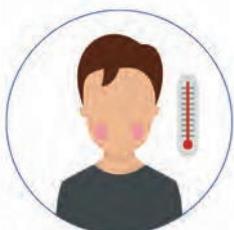


What to do if I have the symptoms:

- Wear a surgical mask and seek medical attention promptly
- Call the clinic ahead of your visit



Cough



Fever



Headache



Runny Nose



Shortness of Breath

HOW TO PREVENT

Practise Respiratory Hygiene

When you cough or sneeze:

- Cover your mouth and nose with flexed elbow or tissue
- Discard tissue immediately into a closed bin
- Clean your hands with alcohol-based hand rub or soap and water.



Safe Distancing at Workplace

- Stagger work and lunch hours
- Limit meeting size
- Tele-commute, video and tele-conference, where possible
- Maintain at least 1 metre distance between yourself and other people



Why?

- This is to prevent germs or viruses in droplets to land on other people or surfaces.
- Good respiratory hygiene would help prevent spread of any infectious diseases, safeguarding the health and well-being of people around you.

Why?

- When someone with a respiratory disease coughs or sneezes, he/she projects small droplets containing the virus and if you are too close to the person, you could breathe in the virus.

How to Wear a Surgical Mask:



It should **COVER YOUR MOUTH, NOSE AND CHIN**, with the coloured side facing outwards



PINCH THE METAL EDGE OF THE MASK so that it presses gently on your nose bridge



Remove a used mask by **HOLDING ONLY THE EAR LOOPS**

Wear a surgical mask only when:

- You have fever, cough and/or runny nose
- You are recovering from an illness
- You are taking care of a person who is sick.

Why?

- People who are not well, should wear a mask so that they do not spread any infection to other people
- Wearing a mask will protect other people when someone with respiratory symptoms coughs or sneezes, as the mask would trap those droplets and prevent those droplets from spreading and disseminating

How to wash your hands thoroughly:

Wash Hands Frequently

Washing your hands often for 20 seconds will help protect you from germs and viruses.

Why?

Washing your hands with soap and water or using alcohol-based hand rub eliminates the virus if it is on your hands.



Water and Soap



Palm to Palm



Between Fingers



Focus on Thumbs



Back of Hands



Focus on Wrists

SINGAPORE'S TRAVEL & STAY HOME REGULATIONS

- To defer all travel abroad. Singapore residents and long-term pass holders who disregard travel advisory will pay unsubsidised rates for their inpatient stay at public hospitals, if they are admitted for suspected COVID-19 and have onset of symptoms within 14 days of returning to Singapore
- All Singaporeans, Permanent Residents, Long Term Pass holders and short term visitors entering Singapore must serve a 14-day Stay-Home Notice (SHN)*
- Anyone who display respiratory symptoms and are given a five-day sick leave by medical practitioners must stay at home for all five days, starting from the day the medical certificate (MC) has been issued*

*Those on SHN or 5-day MC for respiratory symptoms are to remain in their place of residence at all times. Those who do not comply with this may face up to S\$10,000 fine or up to six-month jail term, or both, under the Infectious Diseases Act.



Why?

This is to further reduce the risk of importation of the virus and prevent community spread in Singapore

The health and well-being of our patients and staff are of utmost importance to us and these are precautionary measures in place at Fullerton Health Clinics:

- Check patients' temperature, symptoms and travel history before or at the point of registration
- Clinics are meticulously disinfected and sanitised frequently
- Restrict the number of patients in the clinic
- Seating arrangements that support safe-distancing are implemented
- Designated "isolation" areas within our clinics for patients who:
 - Have flu symptoms, and if in the two weeks,
 - Have travelled abroad OR been to hospital in Singapore/abroad OR in close contact with a COVID-19 patient
- Other patients with flu symptoms and fever will be issued surgical masks to don
- All isolated patients will be seen as first priority and will be attended by our staff in full personal protective equipment (PPE), to ensure speedy review
- Patients required to be sent to relevant institutions such as NCID for swab testing will be:
 - Conveyed by ambulances, or
 - Asked to make their own way to the hospital in accordance to MOH instructions
- Wipe down of high touch areas in the clinic with clinical grade disinfectant after the patient leaves the clinic for the follow up swab
- Clinic will be updated of any positive cases and a full clinic disinfection will take place
- Clinic will then work closely with MOH for list of at-risk patients for contact tracing list



- Monitor your health and check temperature at least twice daily
- Watch out for flu symptoms such as cough, sore throat, runny or blocked nose



- If you are unwell or display any flu symptoms:
 - Please visit your nearest GP clinic or familiar clinic that have your record
 - Call the clinic in advance and inform the clinic of your symptoms and travel history
 - Wear a mask when you head out to the clinic
 - It is advisable to be reviewed by a physical clinic for the first visit, as proper assessment and examination need to be done to ascertain risk
 - Subsequent follow-up reviews can either be by live consult or via telemedicine
- When you are at the clinic:
 - Be truthful in any form of declaration as required at clinic
 - Follow clinic's workflow and isolation procedures
- If you are given medication and medical certificate (MC), please rest well at home
- If you need review during the MC duration,
 - You are encouraged to give clinic a call, in advance, or
 - Utilise telemedicine if available
- Do not clinic-hop and go back to the same clinic

Be socially responsible.
Stay home and if you need to
head out, wear a mask.

