

INFORMATION FOR CAREGIVERS

The number of unlinked COVID-19 cases has increased significantly in Singapore. The centre is suspending services, as advised by the Agency for Integrated Care, to safeguard the well-being of its clients.

We would like your help to do and to ensure that your loved one does the following, during this period of time.

MANAGE YOUR LOVED ONE'S HEALTH AND PERSONAL HYGIENE

- Take your loved one's temperature twice daily
- Wash hands frequently with soap and water (e.g. before and after meals)
- Avoid touching his face
- Avoid sharing food and cutlery (e.g. when having a meal with family)
- Avoid physical contact with others (e.g. when interacting with family members)
- Seniors especially should find ways to stay fit and healthy even while at home, stay socially connected through phone or other means, or pick up a new hobby or skill through online learning (See Annex A)

IN THE HOME

- Ensure the home is well-ventilated, clean and clutter-free
- Avoid gatherings at home

GOING OUT

- Stay home as much as possible
- Go out only for essentials
- Have someone get essentials for your loved one if possible
- Wear a mask when going out
- Choose outdoor or well-ventilated areas, instead of indoors
- Avoid mingling in large groups and at crowded places (e.g. shopping malls)
- Practise physical distancing of 1m, where feasible
- Note the date, time and places visited

IF YOUR LOVED ONE IS UNWELL

- Bring your loved one to see a doctor as soon as possible, and wear a mask for the visit
- Ensure that he rests at home and avoids going out until he is well

INTERACTING WITH OTHERS

- Do not go near your loved one if you are unwell
- Avoid persons who are unwell, or have travelled overseas in the last 14 days, interacting with him

Thank you for your understanding and working with us. Together with the centre, we can provide a safer environment for your loved one.

INFORMATION GUIDE ON KEEPING YOU AND YOUR LOVED ONE SAFE

101 guide on safe distancing and how to do it

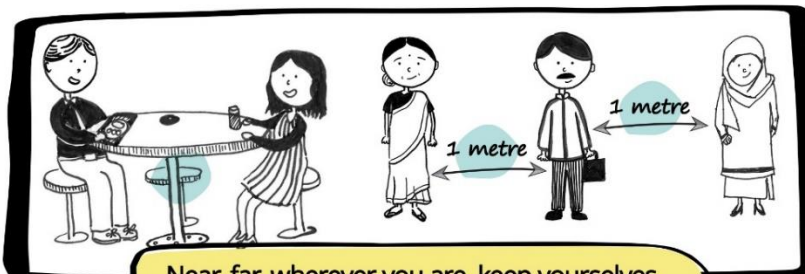
<https://www.gov.sg/article/keeping-a-safe-distance-can-lower-the-spread-of-covid-19>

KEEPING A SAFE DISTANCE

A HOW-TO GUIDE



Elbow-bumps, air-five, or otherwise - just don't shake hands



Near, far, wherever you are, keep yourselves at least 1m apart from others



I Seek You (just not in person)
- try video calls and instant messaging chats, not face-to-face meetings



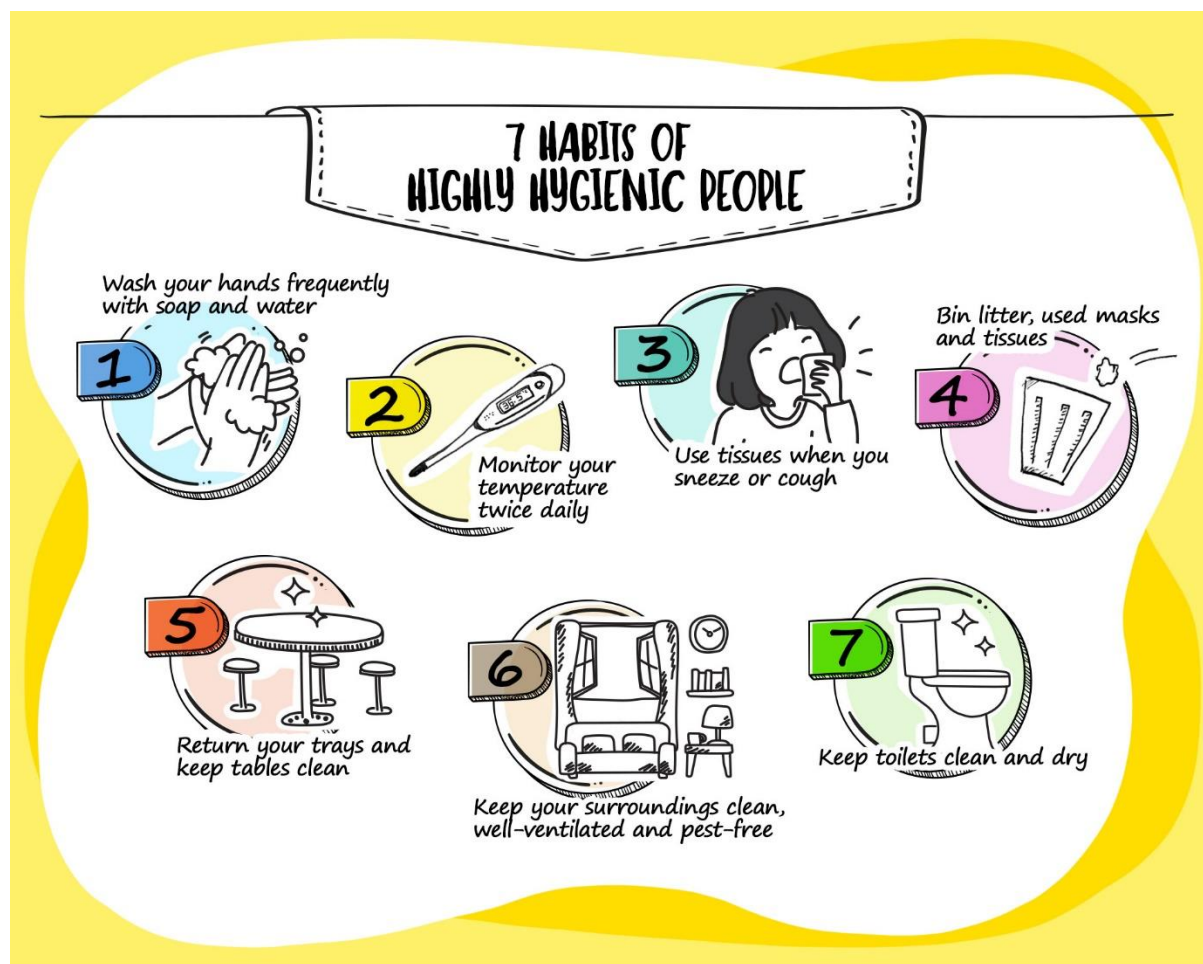
Get the latest on the COVID-19 by signing up for the Gov.sg WhatsApp channel (www.go.gov.sg/whatsapp)

gov.sg

7 habits of highly hygienic people

<https://www.gov.sg/article/7-habits-of-highly-hygienic-people>

Raising hygiene standards will help prevent future outbreaks and allow us to carry on with daily life



Get the latest on the COVID-19 by signing up for the **Gov.sg WhatsApp** channel (www.gov.sg/whatsapp)

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How to wear a mask

<https://www.youtube.com/watch?v=k8hh5yT2umM&list=PLH2CR4s1lqyiJYS3bAiqSMEBBQUKe3YT&index=30&t=0s>

5 steps to take if you are sick

<https://www.youtube.com/watch?v=UPpOQYUSIcQ&list=PLH2CR4s1lqyiJYS3bAiqSMEBBQUKe3YT&index=2&t=0s>

Handwashing

8-Step Handwashing Technique with Gold 905 FM Fighting COVID-19	https://www.youtube.com/watch?v=U3cqd0PZiG8
8-Step Handwashing Technique with Yes 933 FM Fighting COVID-19	https://www.youtube.com/watch?v=UF3JjjADqGU

Coping with COVID-19

Gurmit Singh (Phua Chu Kang) Get Serious on COVID-19	https://www.youtube.com/watch?v=LFjZbDPc0tE
Patricia Mok Get Serious on COVID-19 (Chinese)	https://www.youtube.com/watch?v=xubO4raFqpY
Suhaimi Yusof Get Serious on COVID-19 (Malay)	https://www.youtube.com/watch?v=MOamkJf_V-s
Anandha Kannan Gets Serious on COVID-19	https://www.youtube.com/watch?v=7YrMrs7IUhU
What can you do to protect yourself from COVID-19 (Hokkien)	https://www.youtube.com/watch?v=c4fos4pzi_M
What you can do to protect yourself from the 2019 Novel Coronavirus (Hokkien and Teochew)	https://www.youtube.com/watch?v=cxhNSqiF2DM
【新冠肺炎】What can you do to protect yourself from COVID-19 with LOVE 97.2FM	https://www.youtube.com/watch?v=734Th3zvQgg

Information on Business Continuity

FOOD AND BEVERAGE OUTLETS WILL REMAIN OPEN

Restaurants, hawker centres, coffeeshops, food courts, and other F&B outlets

- No dining in
- Open for take-outs and deliveries only
- Bring your own containers for take-outs



FOOD SUPPLIES WILL CONTINUE TO BE AVAILABLE

OPEN

- Supermarkets
- Convenience stores
- Grocery stores
- Wholesale and wet markets

OPEN

Food delivery and food supply operations (e.g food manufacturing and production, caterers)



SCHOOLS

Primary, secondary, junior college and Institutes of Higher Learning (IHL), Special Education Schools (SPED) students

- Full Home-Based Learning from April 8 to May 4

Preschools, MOE Kindergartens, and student care services

- Suspended during this period

Private Education Institutions

- Will need to move to home based learning, or suspend classes



HEALTH AND SOCIAL SERVICES

To remain open:

- Hospitals, primary care services (polyclinics, private sector primary care services), pharmacies
- Community care services, community mental health services
- Selected social services to support vulnerable groups



SERVICES THAT SUPPORT DAILY NEEDS TO REMAIN OPEN

- Public transport
- Point-to-point transport (eg. taxis, private buses and private hire cars)
- Hairdressing and barber services
- Optician services
- Plumbers, electricians, locksmiths
- Vehicle recovery and repair services
- Hardware stores
- Veterinary services and pet supplies



OTHER ESSENTIAL SERVICES THAT REMAIN OPEN

- Government services
- Banking and insurance services
- Services related to energy, water, waste and environment
- Telecommunications services
- Postal services
- Public parks remain open, but individuals must practise safe-distancing when exercising





TO BE CLOSED

- All attractions, theme parks, museums, and casinos
- Sports and recreation facilities (including public swimming pools, country clubs, gyms, fitness studios)
- Physical retail outlets that are not essential for daily living needs

Malls will remain **open** to provide restricted access to outlets providing essential services (e.g. supermarkets, F&B)

