

UPDATED ADVISORY FOR VISITORS TO MWS CENTRES (as at 4 March 2020)

In December 2019, a novel coronavirus disease now known as **COVID-19** was reported. Cases of COVID-19 have been reported around the world, and are still reported almost daily in Singapore.

What we currently know about the virus:

- It is related to the type of virus that caused SARS in 2003
- It has an incubation period (before symptoms occur) of up to **14 days**
- It causes symptoms such as **fever, cough, runny nose, sore throat, and breathlessness**
- It is spread by droplets when someone **sneezes** or **coughs**
- Most of those infected caught it from someone whom they had **close contact** with (within 2m of the infected person)
- An infected person may transmit the virus during the incubation period of between 1 day and 14 days, even before symptoms appear
- There is no effective medication to treat the infection for now

On 27 January 2020, the **Ministry of Health (MOH)** issued an advisory on the management of clients, visitors, volunteers and staff who had returned from Mainland China.

On 7 February 2020, the Government raised its risk assessment of the COVID-19 situation to DORSCON Orange.

As **directed by MOH**, MWS will be taking the following precautions to protect our beneficiaries and staff.

- Since Monday, 10 February 2020, our Senior Activity Centres have stopped all outreach and centre-based programmes till further notice.
- Volunteering and large group communal activities have been suspended.
- All clients, residents and visitors will be asked for their personal details (e.g. NRIC, name, contact details), and will have to declare their travel history and health status.

- Visitor numbers will be restricted at our Residential Homes:
 - Our Nursing Homes will only allow one caregiver for each resident at a time.
 - Our Girls' Residence and Welfare Home will only allow up to two designated caregivers/visitors for each resident at a time.

We urge everyone to be socially responsible.

You will not be allowed to enter our Centre if you:

- a) are unwell (i.e. have respiratory symptoms, cough, shortness of breath); or
- b) have been to Mainland China, Iran, northern Italy or South Korea, in the last 14 days.

If you have NOT been to the locations named above in the last 14 days but are in close contact with people who have been (such as family members living with you), please stop visiting for 14 days from their return date from the place.

Under the Infectious Diseases Act, anyone making a false declaration can be prosecuted.

Please monitor your health closely, see a doctor promptly if you feel unwell and inform your doctor of your travel history. If you are experiencing a fever or respiratory symptoms (e.g. cough, shortness of breath), you should wear a mask and call the clinic ahead of the visit.

Your cooperation is sincerely appreciated in containing the spread of the coronavirus in Singapore. Please take the precautions given below. Should you have any questions, please contact the MWS Centre you intended to visit.

**Issued by
Methodist Welfare Services
4 March 2020**

— PRECAUTIONS TO TAKE —

			
Avoid consumption of raw and undercooked meat	Avoid crowded places and being around people who are unwell	Observe good personal hygiene at all times	
			
Wash hands frequently with soap	Wear a mask if you have a cough or runny nose	Cover your mouth with a tissue paper when coughing or sneezing	See a doctor if you are unwell

Source: Ministry of Health