

# WHEN TO SUSPECT COVID-19



**Fever**

**OR**



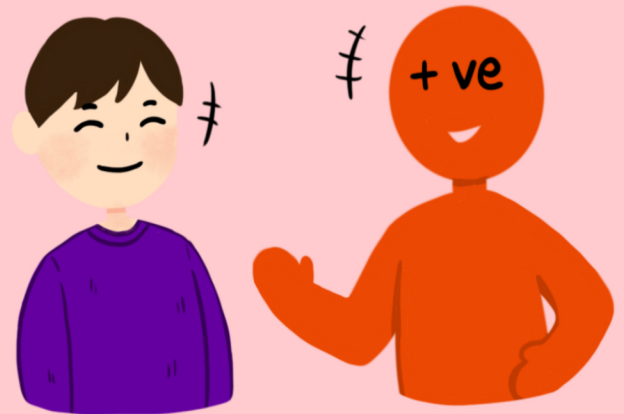
**Acute respiratory infection  
such as shortness of breath,  
cough or sorethroat**

**AND**



**Travel to affected areas  
or attendance of a mass  
gathering**

**OR**



**Having a close contact  
14 days before illness  
onset with a confirmed  
case of COVID-19**

# STOP THE SPREAD OF INFECTION FROM VISITORS



## PERFORM HAND HYGIENE

Regularly and thoroughly clean your hands before and after handling stuff with alcohol-based hand rub or wash them with soap and water.



## PRACTICE RESPIRATORY/ COUGH ETIQUETTE

Cover your nose and mouth with a tissue when coughing or sneezing. If no tissue available, cough or sneeze into your elbow rather than into your hand.



## RESTRICT UNWELL VISITORS

Don't visit your friends or loved ones in aged-care facilities when you are sick, these includes having a cold, have been vomiting or diarrhoea.



## LINEN HANDLING

Visitors should perform hand hygiene immediately after handling linens. Do not shake dirty linen to minimize the possibility of dispersing any germs through the air.

In collaboration with Institute for Clinical Research, Institute for Health Behavioural Research and MSGM

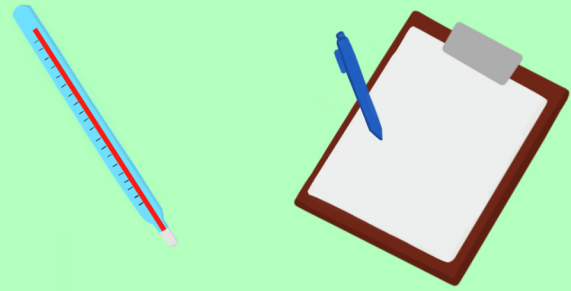
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# WHAT CAN RESIDENTIAL AGE CARE PROVIDERS DO



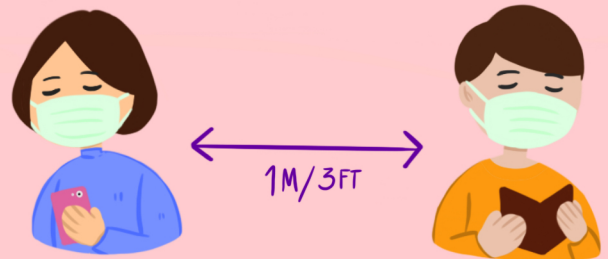
## PERFORM HAND HYGIENE

Regularly and thoroughly wash your hands before and after handling stuff with alcohol-based hand rub or wash them with soap and water. It is advised to use hand cream regularly to prevent cracking and dry skin.



## SCREENING AND RESTRICTIONS

Restrict non-essential visitations. Document body temperature and ascertainment of respiratory symptoms of visitors and care-giver daily.



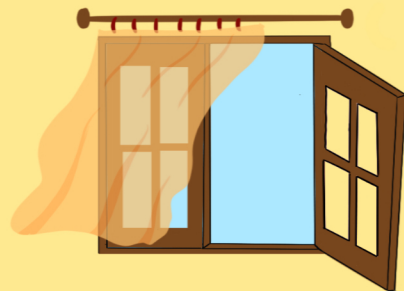
## SOCIAL DISTANCING

Social distancing involves remaining out of congregate settings and avoiding mass gathering. Maintain at least 1 metre (3 feet) distance between people.



## RESPIRATORY/ COUGH ETIQUETTE

Cover your nose and mouth with a tissue when coughing or sneezing. Throw used tissue into prepared trash bin nearby. If no tissue available, cough or sneeze into your elbow rather than into your hand.



## MAINTAIN GOOD AIR CIRCULATION

Open outside doors and windows to increase air circulation in the area. Make sure that shared places in aged-care facilities have good air flow.

# WHAT CAN RESIDENTIAL AGE CARE PROVIDERS DO



## SURGICAL MASK

Don't touch the front of the mask with hands once the mask is in place. Do not use mask for a long time period of time, if it is moist or dirty. Don't leave mask dangling around your neck and discard after use.



## CLEANING AND DISINFECTING

Clean and disinfect high-touch surfaces daily such as tables, doorknobs, light switches, remotes, toilets and phones. Dirty surfaces should be cleaned using a detergent or soap and water prior to disinfection.



## HOW TO HANDLE FOOD?

Perform hand hygiene and use gloves before handling foods. Prepare and serve meals to each individual. Food should be plated out and served by not more than one person.



## LINEN AND LAUNDRY HANDLING

Wear gloves and perform hand hygiene after handling linen and laundry. Immediately remove and wash clothes or bedding that have blood, stool or body fluids on them.