

**Step 1:** Both the visitor and the visatee (resident) must be fully vaccinated (\*FV).

(Day 1 is taken as the day of the final dose of the vaccination and Day 15 is taken as the day the vaccination is effective, Day 15 = fully vaccinated)

**\*FV: Fully Vaccinated or Recovered from COVID 19 and within 270 days from date of first detection.**

**Step 2:** Visitor must have a valid visitation booking - Scheduled with our Medical Social Worker

(3 working days in advance of the visit)

**(No walk in request for visitation allowed)**

**Step 3:** Visitor must produce a verifiable, negative ART result obtained within 24 hours before visiting.

For visitors recovered from COVID 19 within the last 270 days from the date of the scheduled visit will be required to produce their COVID 19 discharge memo (Paper or SMS). Security officer to sight the visitation date is within 270 days from the COVID 19 detected date.

Visitor must comply at all times to adhere to the Safe Management Measures e.g. strictly no mask down activities within the ward at all times, to restrict to visitor zone only for residents that are wheelchair bounded or ambulant. Visitation will ceased immediately for non compliance visitors and potentially barred from visitation.

See **Next Page** for more information on producing required proof of ART test result/documents

**For Non COVID recovered / Fully  
Vaccinated Visitor :**

**Visitors is to show evidence of a  
valid ART**

**For Non COVID recovered/ Fully Vaccinated Visitors:**

**Visitors is to show evidence of a valid ART**

- e.g. bring along dated ART test kit cartridge and dispose at the NH
- or show a photo of the test kit cartridge with date & time-stamp

Bring along and produce a dated ART kit and placed in sealed Ziplock bag

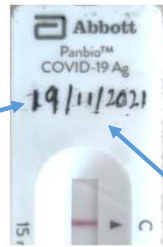
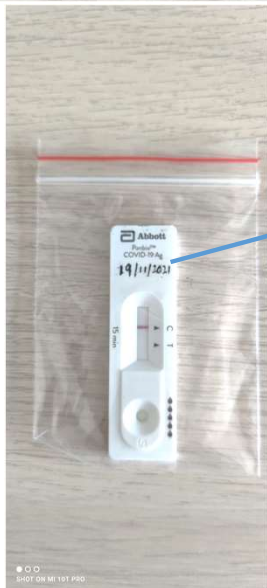


or

Photo of the test kit cartridge with date & time-stamp



Date & Time Stamp



Please pen down the date of your ART clearly (DD/MM/YY)

19 Nov 2021 09:35:07  
o/ga

## For Non COVID recovered / Fully Vaccinated Visitors : Visitors is to show evidence of a valid ART

If visitors are **unable to self-swab**, they may visit a MOH-approved provider

for Pre-Event Testing (<https://www.moh.gov.sg/covid-19/statistics/pet>)

Use the **link** below for list of providers:

[https://www.moh.gov.sg/docs/librariesprovider5/covid19\\_test\\_providers/approved-covid-19-onsite-art-swab-providerf2204971c7534a44ad6f4b528c65b1e7.pdf](https://www.moh.gov.sg/docs/librariesprovider5/covid19_test_providers/approved-covid-19-onsite-art-swab-providerf2204971c7534a44ad6f4b528c65b1e7.pdf)

**or**

Visit a Quick Testing Centre (QTC)

Individuals are required to [book an appointment](#) any of the following testing venues, prior to the visit

Use the **link** below for details of the QTCs:

[https://www.moh.gov.sg/covid-19/quick-test-centres-\(qtcs\)](https://www.moh.gov.sg/covid-19/quick-test-centres-(qtcs))

**For Recovered COVID (RC)**

**Visitors:**

**Visitors is to show evidence of a  
Discharge Memo**

**For Recovered Covid (RC) Visitors:  
Visitors is to show evidence of a Discharge Memo**

e.g. If recovered from home (HRP): to produce discharge SMS memo.  
or If recovered from medical facility: to produce discharge memo hardcopy or SMS

If recovered from home (HRP):  
to produce discharge **SMS**  
memo.

(Security Officer to check against visitor's  
IC/FIN card to match the SMS's last 4  
character)

For fully vaccinated individuals, and children  
below 12 years old

You will automatically be discharged on Day 10,  
12pm onwards. No test is required. A discharge  
memo will be issued to you via SMS on the same  
day . For unvaccinated individuals aged 12 and  
above. You will automatically be discharged on  
Day 14, 12pm onwards. No test is required. A  
discharge memo will be issued to you via SMS on  
the same day.


**\*After discharge, you should minimise social  
activities for 7 days. Do continue to observe safe  
management measures.**

**\*Please refrain from booking a visitation if you are  
less than 7 days from discharge.**

or

If recovered from medical facility: to  
produce discharge memo **hardcopy or SMS**

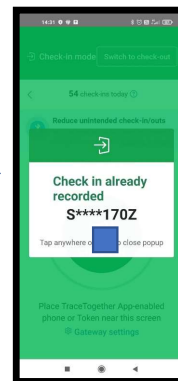
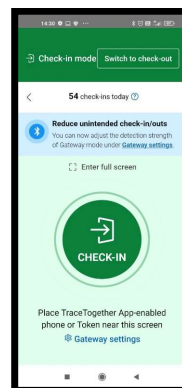
(Security Officer to check against visitor's IC/FIN  
card to match the Memo or SMS's last 4 character)

<p><b>Discharge Memo</b></p> <p>This will be issued at point discharge from medical facility in printed, hard-copy form.</p> <p>Verify if the memo belongs to the individual by checking against the his/ her Government-issued photo identification.</p> <p>Event Organisers/Relevant Enterprises to ensure that the duration of the activity is within the 270 days exemption period calculated from the date of the 1st PCR test.</p>	<p> MINISTRY OF HEALTH SINGAPORE</p> <p><b>DISCHARGE MEMO</b></p> <p>Name of Patient: _____</p> <p>NRIC/FIN: _____</p> <p>To whom it may concern,</p> <p>The abovementioned patient first tested positive for SARS-CoV-2 (COVID-19) via a PCR test on _____ and was isolated under the Infectious Diseases Act. The abovementioned patient was discharged on _____.</p> <p>The abovementioned patient has since completed the necessary period of isolation for the treatment of COVID-19 and is <b>no longer infectious</b>. He is exempted from Pre-Event Testing until &lt;date&gt;.</p> <p>[Please indicate N/A if not applicable] The abovementioned patient has also been given a leave of absence<sup>1</sup> to rest and recover at his/her place of residence until _____.</p> <p>Thank you.</p> <p>For any queries, please contact the MOH Emergency Line at 1800 333 9999 or email to <a href="mailto:moh_qm@moh.gov.sg">moh_qm@moh.gov.sg</a>.</p> <p>DR. DERRICK HENG DEPUTY DIRECTOR OF MEDICAL SERVICES PUBLIC HEALTH GROUP</p> <p><small><sup>1</sup> During the period of the Leave of Absence, you should remain in your place of accommodation/ residence as much as possible, and only leave your place of accommodation/residence for essential (e.g. food and groceries, major medical treatment). If you have a prior pre-booking medical appointment, you should call your healthcare provider and advise them that you are on Leave of Absence, so that they can make or reschedule your appointment.</small></p> <p><small><sup>2</sup> After your Leave of Absence is over, you may report back to work, subject to prevailing safe working measures imposed by the Government.</small></p>
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# What to expect upon Arrival at Nursing Home ?

## Step 1:

Present your TraceTogether Token or scan our entry QR code via you TraceTogether App.



or

Scan the SafeEntry QR code at our security booth



## Step 2:

Produce either

- 1) [Dated ART negative result \(Cartridge\)](#)
- 2) [Photo of the test kit cartridge with date & time-stamp](#)
- 3) [Discharge from HRP SMS memo.](#)
- 4) [Discharge memo from Quarantine/ Treatment facilities \*\*hardcopy\*\* or \*\*SMS\*\*](#)

## Step 3:

Complete a **declaration form** at security booth

- That a true ART test result was produced
- To comply with all SMMs during visitation
- Visitation details.

## Step 4:

Proceed to reception for door access card/pass change

Collect your Visitor's sticker/Label and paste it on you visibly before proceeding for visitation

# Safe Management Measures

Dear Visitors, we seek your cooperation in **following strictly** to the following SMM guidelines.



Wear your mask at all times

请时时刻刻戴上您的口罩



Maintain Safe Distancing

请您务必和他人维持1米安全距离



Do not consume food/ share food with resident

请不要在本院进食或与疗养院居民共食



Please put on your visitor label visibly & adhere to the visitation time limit.

请贴上您的访客标签及遵守探访时限



Please maintain good hand hygiene.

请注意个人卫生



## Approved Providers (Nearby to NH @Hougang) for Antigen Rapid Testing for onsite COVID-19 tests

CENTRAL 24-HR CLINIC (HOUGANG)  
681 HOUGANG AVE 8 #01-831 S(530681)  
9AM TO 9PM  
Age group: 7 and above  
Contact: 63876965  
Cost \$64.20

To see others providers: [https://www.moh.gov.sg/docs/librariesprovider5/covid19\\_test\\_providers/approved-covid-19-onsite-art-swab-providerf2204971c7534a44ad6f4b528c65b1e7.pdf](https://www.moh.gov.sg/docs/librariesprovider5/covid19_test_providers/approved-covid-19-onsite-art-swab-providerf2204971c7534a44ad6f4b528c65b1e7.pdf)

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## Quick Testing Centre (QTC) (Nearby to NH @Hougang)

Individuals are required to [book an appointment](#) any of the following testing venues, prior to the visit.

Minors aged 7 to 12, must be accompanied by a caregiver, aged 21 years old and above. The caregiver may be required to help administer the test if the minor is unable to do so.

Quick Test Centres	Address	Operating Hours
Hougang Town Centre	814 Hougang Avenue 10, Singapore 530814	9am to 9pm daily

For other QTC, cost and details, see: [https://www.moh.gov.sg/covid-19/quick-test-centres-\(qtcs\)](https://www.moh.gov.sg/covid-19/quick-test-centres-(qtcs))