



MINISTRY OF HEALTH  
SINGAPORE

MH 34:24/8

MOH Circular No. 99/2021

23 July 2021

All registered TCM practitioners

**CIRCULAR ON PRECAUTIONARY MEASURES FOR STAFF, PATIENTS AND PERSONS ACCOMPANYING PATIENTS WHO ARE ISSUED WITH “HEALTH RISK WARNING” AND “HEALTH RISK ALERT” SMS AND REVERSION TO PHASE 2 (HEIGHTENED ALERT)**

On 16 July 2021, the Multi-Ministry Taskforce (MTF) announced that individuals who had been identified to be a casual contact of a COVID-19 case, or had visited specific higher-risk hotspots on the same day as a COVID-19 case, may receive a “Health Risk Warning” (HRW) SMS. Persons identified to have visited hotspot areas or their vicinity, but without any identified contact with a COVID-19 case, may receive “Health Risk Alert” (HRA) SMS.

2. This Circular outlines the precautionary measures to be taken for staff, patients and persons accompanying patients, who are issued with the HRW and HRA SMS by MOH. **These measures should be implemented in all TCM clinics with effect from 23 July 2021 onwards.**

3. **TCM service providers and TCM practitioners (TCMPs) must continue to refer all patients with any symptoms of ARI, regardless of their vaccination status or recent COVID-19 test result to the Swab-and-Send-Home (SASH) PHPC clinics.** You can search for the nearest SASH PHPC at [www.phpc.gov.sg](http://www.phpc.gov.sg). Please refer to **Annex A** for the general testing requirements and safe management measures for all individuals (including general public) issued with SMS for Health Risk Warning (HRW) and Health Risk Alert (HRA).

4. TCM service providers and TCMPs should continue to screen all patients, visitors, vendors and volunteers entering TCM clinics, who may be of higher risk of COVID-19 exposure, as per the suspect case definition prescribed in MOH circular 76/2021. TCM service providers may include the following screening questions at the points of entry, **with the addition of (iii):**

Within the last 14 days:



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College of Medicine Building  
16 College Road  
Singapore 169854  
TEL (65) 6325 9220  
FAX (65) 6224 1677  
WEB [www.moh.gov.sg](http://www.moh.gov.sg)

- (i) Have you been notified by MOH that you have been deemed a close contact of a COVID-19 case and asked to go for a COVID-19 swab test?
- (ii) Have you been placed on Stay-Home-Notice (SHN), Quarantine Order (QO), phone surveillance (PUPS) or on medical leave (MC)?
- (iii) **Have you received the “Health Risk Warning” (HRW) or “Health Risk Alert” (HRA) SMS issued by MOH?**

## GUIDANCE ON PRECAUTIONARY MEASURES FOR STAFF

5. For staff who have received the HRW SMS. These staff should be allowed to work-from-home (WFH) as a default arrangement. However, if the duties of the staff do not allow a WFH arrangement, then **the staff should be placed on Leave of Absence (LOA) until the staff receives a negative PCR test result. In addition, the following criteria must all be met before the staff can commence work on-site (regardless of vaccination status):**

- (i) Staff are strongly encouraged to conduct Antigen Rapid Test (ART) self-testing every 3 days after the first negative PCR test (throughout the 14 days-period; or duration indicated in the SMS) until he or she completes the second PCR test (this will be performed between Day 11-14);
- (ii) These staff should not be allowed to engage in cross-branch or cross-site movement, unless the second PCR test is negative; and
- (iii) These staff should not report to work and seek immediate medical attention if unwell.

6. For staff who have received the HRA SMS. These staff should be allowed to WFH as a default arrangement. For staff whose duties do not allow them to WFH, they are **strongly encouraged to conduct ART self-testing** before commencing on-site work, with strict adherence to safe management measures in Annex A. These staff should also minimise cross-branch or cross-site movement. These staff should not report to work and should seek immediate medical attention at the nearest PHPC clinic if unwell.

## GUIDANCE ON PRECAUTIONARY MEASURES FOR PATIENTS

7. For patients who have received the HRW SMS. These patients should not visit any TCM clinic and may be offered telehealth options where possible, until they can produce a negative result for the second PCR test.

8. For patients who have received the HRA SMS. These patients can be seen with the prevailing safe management measures and infection control measures in place i.e. there is no need for additional restrictions.

9. All such patients should be reminded to adhere to strict infection control measures and mask use. TCM service providers should also strongly advise patients against seeking consultations at multiple TCM clinics.

## **GUIDANCE ON PRECAUTIONARY MEASURES FOR ACCOMPANYING PERSONS & VENDORS<sup>1</sup>**

10. Persons who accompany patients (including caregiver) who have received the HRW SMS

- (i) Out of an abundance of caution, we recommend for TCM clinics to **decline entry to these persons, until they can produce a negative result for the second PCR test**; and
- (ii) Caregivers of infants or patients with special care needs (if there are no other eligible caregivers) may be allowed to enter the clinic even if they do not have a negative second PCR test result. These caregivers must instead perform a self-administered ART test within 24h before visiting the clinic and to show evidence of a negative result to the clinic staff before being allowed into the clinic premises. There should be no mingling amongst such accompanying caregivers.

11. Persons who accompany patients (including caregiver) who have received the HRA SMS. These persons can enter the premises with the prevailing safe management and infection control measures i.e. no additional restrictions.

12. Vendors who have received the HRW SMS. We recommend for TCM clinics to **decline entry to these vendors if their services are for non-urgent purposes.** For emergency servicing by this group of vendors, clinics should require them to present a negative self-administered ART result within the 24h preceding their visit to the clinic. They should also only be allowed into the clinic if they are physically well. They should be supervised by staff to ensure minimal contact with patients, staff, or patient services areas.

13. Vendors who have received the HRA SMS. These vendors can enter the premises with the prevailing safe management and infection control measures i.e. no additional restrictions.

## **REVERSION TO PHASE 2 (HEIGHTENED ALERT) (22 July – 18 August 2021)**

14. The Ministry of Health (MOH) has uncovered more clusters linked to the Jurong Fishery Port (JFP), especially in wet markets and hawker centres. We are tightening community safe management measures and going back to Phase 2 (Heightened Alert) from 22 July through 18 August 2021, in order to disrupt further transmission of COVID-19 in the community and to facilitate bringing these clusters under control.

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<sup>1</sup> Includes external contracted persons based on-site or delivery personnel.

15. During Phase 2 (Heightened Alert), home based and mobile TCM services should be deferred by default. Where services are deemed essential and not feasible for deferment, TCMPs delivering TCM services should only receive up to 2 patients a day to align with the national guidelines on number of unique visitors each household is permitted to receive per day.

16. TCM service providers and TCMPs may have flexibility to implement stricter precautions where necessary, but the above guidance sets the minimum requirements needed.

## NATIONAL COVID-19 VACCINATION PROGRAMME

17. MOH has stepped up vaccination efforts to cover as high a proportion of the population as possible. This will reduce the number of people susceptible to infection, reduce the likelihood of severe disease and to disrupt further transmission. Vaccination is hence central to our objective to transit to a new normal, enabling us to resume more social activities, re-open our borders and facilitate the recovery of our economy.

18. We **strongly encourage** all TCMPs who have yet to be vaccinated to do so, so that you can be protected against COVID-19. This will enable you to better serve your patients and the community. Please also encourage your patients to consider COVID-19 vaccination when they present for consultation at the TCM clinic, especially the elderly.

19. Seniors aged 60 years and above are able to walk into the community Vaccination Centres to receive their first dose of vaccination without the need for any prior registration or appointment. If they are unable to leave their homes to travel to a Vaccination Centre, they may contact the Silver Generation Office at 1800-650-6060 to arrange for a mobile vaccination team to vaccinate them at home.

20. Thank you for your strong support and cooperation in implementing these additional measures to reduce transmission of COVID-19 in the community and to stamp out the spread of cases. We are actively monitoring the situation and will calibrate the measures accordingly as the situation evolves. For enquires and clarifications on this circular, please email [MOH\\_INFO@moh.gov.sg](mailto:MOH_INFO@moh.gov.sg).



A/PROF KENNETH MAK  
DIRECTOR OF MEDICAL SERVICES  
MINISTRY OF HEALTH

**[For reference] General Testing Requirements and Safe Management Measures for all individuals issued SMS for Health Risk Warning (HRW) Health Risk Alert (HRA) [this applies to general public as well]**

	<b>Health Risk Warning (HRW)</b>	<b>Health Risk Alert (HRA)</b>
Testing Requirements	<p>a) Required under the law to undergo COVID-19 PCR testing at a designated testing centre on receipt of the SMS (<b>'first PCR test'</b>).</p> <p>b) They will be required to self-administer an ART test<sup>2</sup> on the 7<sup>th</sup> day from the last exposure.</p> <p>c) They will also be required to undergo another PCR test at designated testing centres around the 14th day from their date of last known exposure (<b>'second PCR test'</b>)</p>	<p>a) No mandatory testing imposed.</p> <p>b) Persons are encouraged to purchase self-test ART kits from retail pharmacies and do self-tests regularly over the 14 days.</p>
Safe Management Measures	<p>a) Self-isolate until they receive a negative test from their first polymerase chain reaction (PCR) test.</p> <p>b) Limit their interactions with others as an added precaution for 14 days from their last exposure and only undertake essential activities during this period.</p> <p>c) Visit a PHPC immediately should they develop any acute respiratory infection (ARI) symptoms, such as cough, runny nose, or fever.</p>	<p>a) Monitor their health and limit their interactions with others for 14 days from their last exposure as an added precaution.</p> <p>b) Visit a PHPC immediately should they develop any acute respiratory infection (ARI) symptoms, such as cough, runny nose, or fever.</p>

<sup>2</sup> Individuals issued the HRW SMS will be provided the ART kits when they come forward to do their first PCR test.



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致：中医注册执业者

**接获“健康风险警告”和“健康风险警戒”短信的员工、病人及病人陪同者的预防措施和重回“高警戒解封第二阶段”的通告**

多部门工作小组于2021年7月16日宣布，偶然接触到COVID-19病例，或在同天与COVID-19病例到访特定高风险感染场所的人士，可能会收到“健康风险警告”（HRW）短信。到访感染场所或场所附近的人士，则可能会收到“健康风险警戒”（HRA）短信。

2. 此通告概括接获卫生部发出HRW和HRA短信的员工、病人和病人陪同者的预防措施。这些措施应于**2021年7月23日起**在所有中医诊所实施。
3. 中医服务提供者和中医师必须继续将所有患有急性呼吸道感染症状的病人，无论他们是否已接种COVID-19疫苗或持有任何最近的COVID-19检测结果，转诊到参与拭子检测计划（SASH）的公共卫生防范诊所（PHPC）。您可以上网到[www.phpc.gov.sg](http://www.phpc.gov.sg)查询最靠近的SASH PHPC。关于接获“健康风险警告”（HRW）和“健康风险警戒”（HRA）的所有人士（包括一般公众）的一般检测要求和安全措施，请参阅**附件A**。
4. 作为预防措施，中医服务提供者和中医师应继续根据卫生部第76/2021号通告中的疑似病例定义，对进入中医诊所的所有病人、访客、供应商和志愿者进行筛查，因为他们可能具有较高的COVID-19接触风险。中医服务提供者可以在入口处包括以下筛查问题，并添加第(iii)点：

在过去的14天内，您是否曾：

- (i) 收到卫生部通知，您已被视为COVID-19病例的密切接触者，并被要求进行COVID-19拭子检测？
- (ii) 需要履行居家通知令（SHN）、隔离令（QO）、电话监视（PUPS）或值病假（MC）？



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(iii) 收到卫生部发出的“健康风险警告”(HRW)或“健康风险警戒”(HRA)短信?

### 员工的预防措施指南

5. 对于收到HRW短信的员工。该员工应被允许居家办公为既定模式。如果员工的职责不允许居家办公的安排，**该员工应被安排休缺席假(LOA)**，直到他的聚合酶链反应(PCR)检测结果呈阴性。此外，该员工在返回工作场所上班之前，必须符合以下全部条件(无论是否已接种疫苗)：

- (i) 强烈鼓励员工在第一次PCR检测结果呈阴性后的每3天自行快速抗原检测(ART)(在整个14天的期间;或短信中指明的期间)，直到他完成第二次PCR检测(这将在第11-14天之间进行)。
- (ii) 该员工不准进行跨部门或跨诊所流动，直到第二次PCR检测结果呈阴性为止；以及
- (iii) 若身体不适，该员工不应上班，并且立即求医。

6. 对于收到HRA短信的员工。该员工应被允许居家办公为既定模式。如果员工的职责不允许居家办公的安排，**强烈鼓励**他们在到工作场所上班之前自行**ART检测**，并严格遵守**附件A**中的安全管理措施。该员工也需尽可能减少跨部门或跨诊所流动。若身体不适，该员工不应上班，并且立即到最近的PHPC诊所求医。

### 病人的预防措施指南

7. 对于收到HRW短信的病人。该病人不能到访任何中医诊所，并在可实施的情况下使用远程医疗，直到第二次PCR检测结果呈阴性为止。

8. 对于收到HRA短信的病人。该病人能在目前实施的安全管理和感染控制措施下，与其他病人一样就诊，即无额外的限制。

9. 需要提醒以上所有病人遵守严格的感染控制措施和口罩的使用。中医服务提供者也应强烈鼓励病人不要到多家中医诊所求诊。

### 陪同者和供应商<sup>1</sup>的预防措施指南

10. 对于收到HRW短信的病人陪同者(包括看护者)。

<sup>1</sup> 包括在工作场所上班的外部承包人员或送货人员。

- (i) 出于谨慎考虑，我们建议中医诊所拒绝该陪同者进入诊所，直到他们第二次PCR检测结果呈阴性；以及
- (ii) 携带婴儿或有特殊护理需求病人的看护者（如果无其他符合条件的看护者），即使没有阴性的第二次PCR检测结果，也能允许他们进入诊所。这些看护者需要在到诊诊所之前的24小时以内自行ART检测，并出示阴性结果的证据给诊所员工，才能进入诊所。这些陪同的看护者不能与他人互相交流。

11. 对于收到 HRA 短信的病人陪同者（包括看护者）。该陪同者能在目前实施的的安全管理和感染控制措施下进入诊所，即无额外的限制。

12. 对于收到 HRW 短信的供应商。我们建议中医诊所拒绝供应商登门提供非紧急服务。对于该供应商提供的紧急服务，诊所需要他们出示在到诊诊所之前24小时以内自行ART检测的阴性结果，才能进入诊所。他们也应该只在身体状况良好的情况下才被允许进入诊所。该供应商需由诊所员工监督，以确保他们尽量减少与病人、员工或病人服务区的接触。

13. 对于收到 HRA 短信的供应商。该供应商能在目前实施的安全管理和感染控制措施下进入诊所，即无额外的限制。

### 重回“高警戒解封第二阶段”（2021年7月22日至8月18日）

14. 卫生部发现更多与裕廊渔港有关的感染集群，尤其是在湿巴刹和小贩中心。我们正加强社区安全管理措施，并于2021年7月22日至8月18日回到“高警戒解封第二阶段”，以阻止COVID-19在社区中的进一步传播及控制感染集群。

15. 在高警戒解封第二阶段，居家和流动中医服务应默认被推迟。如果服务被视为必要且不宜推迟，提供中医服务的中医师每日最多只允许为两名病人看诊，以符合国家规定的每户每日独特登门访客的人数。

16. 中医服务提供者和中医师可灵活地在必要的时候，实施更严格的预防措施，但以上指南已设定所需的最低要求。

### 新加坡 2019 冠病疫苗接种计划

17. 卫生部已加强 COVID-19 疫苗接种计划，以尽可能包括更多人士。这将减少易受 COVID-19 感染的人数，减低患上重病的机率，并且抑制病毒进一步的传播。因此，接种疫苗是我国迈向新常态的主要目标，让我们能恢复更多社交活动，重新开放边境，促进经济的复苏。

18. 我们**强烈鼓励**所有尚未接种疫苗的中医师接受疫苗接种，以减少自己感染 COVID-19 的机率，更好地为病人和社区服务。我们也希望您鼓励到中医诊所就诊的病人，特别是年长者，考虑接种疫苗。



19. 60 岁以上的年长者可以直接到社区疫苗接种中心接种第一剂疫苗，无需提前登记和预约。若无法离家到疫苗接种中心，可拨打 1800-650-6060 联络关爱乐龄办事处，以安排流动疫苗接种队到住家接受疫苗接种。

20. 感谢您迄今为止在实施这些额外措施以减少 COVID-19 在社区中传播和阻止病例扩散的大力支持与合作。我们正积极监视局势，并将随着局势的发展相应地调整措施。

21. 若对此通告有任何疑问，请发送电邮至 [MOH\\_INFO@moh.gov.sg](mailto:MOH_INFO@moh.gov.sg)。



卫生部医药总监  
麦锡威副教授

以上文件以英语原文为准

【供参考】关于接获“健康风险警告”（HRW）和“健康风险警戒”（HRA）的所有人士的一般检测要求和安全管理措施【也适用于一般公众】

	健康风险警告（HRW）	健康风险警戒（HRA）
检测要求	<p>a) 根据法律，在收到短信后于指定的检测中心接受COVID-19 PCR检测（“第一次PCR检测”）。</p> <p>b) 他们需要在最后一次接触确诊病例后的第7天自行ART检测<sup>2</sup>。</p> <p>c) 他们也需要在最后一次接触确诊病例后的第14天左右于指定的检测中心接受另一次的PCR检测（“第二次PCR检测”）。</p>	<p>a) 无强制性的检测。</p> <p>b) 鼓励他们从零售药店购买ART自检盒，并在14天内定期进行自我检测。</p>
安全管理措施	<p>a) 自我隔离直到第一次聚合酶链反应（PCR）检测结果呈阴性。</p> <p>b) 作为额外的预防措施，从最后一次接触确诊病例的14天内，限制与其他人的互动，并且在此期间仅进行必要的活动。</p> <p>c) 如果出现任何急性呼吸道感染的症状，如咳嗽、流鼻涕或发烧，请立即前往PHPC求医。</p>	<p>a) 作为额外的预防措施，从最后一次接触确诊病例的14天内，限制与其他人的互动。</p> <p>b) 如果出现任何急性呼吸道感染的症状，如咳嗽、流鼻涕或发烧，请立即前往PHPC求医。</p>

<sup>2</sup> 收到HRW短信的人士在进行第一次PCR检测时，将会有ART自检盒提供给他们。