

Annex: General Rules and Guidelines for a Safer Phase Three

1. In recent weeks, we have seen an increase in the number of community cases in Singapore. This is a cause for concern as it could indicate that there is wider community transmission. It is critical that Singaporeans continue to comply with safe management measures and remain socially responsible, to keep community transmission low.
2. Here is a recap of some of the general rules and guidelines that everyone should abide by:
 - a. Keep gathering sizes small. While we have not imposed a cap on interactions outside the house, we urge everyone to keep your social circle small e.g. with a regular group of 8 persons instead of mixing with multiple social groups.
 - b. Wear masks at all times. Individuals are reminded to wear masks at all times when outside your home, including when visiting someone else's home. Refrain from eating and/or drinking while walking around in public places so that you will be able to keep your mask on. In places where safe distancing is not possible (e.g. on public transport, in lifts), masks should be worn at all times and passengers should avoid talking.
 - c. Use TraceTogether App/Token. Effective contact tracing is an important enabler to managing community transmission. Individuals are reminded to turn on your TraceTogether App or carry your TraceTogether token at all times, including when receiving guests or visiting others at home.
 - d. Seek medical attention when sick. In recent weeks, we have observed that some community cases did not seek medical attention after developing symptoms. Clinical and scientific evidence shows that infected persons are most infectious right before and immediately after the start of symptoms. We remind all individuals with COVID-19 symptoms (e.g. cough, fever, loss of taste/smell) to see their doctor quickly and get tested at any of the SASH PHPCS or polyclinics. Doing so allows us to detect individuals early and contain further spread.
3. We seek the cooperation of all Singaporeans to remain united and disciplined in the fight against COVID-19.