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CIRCULAR 35

13 October 2021

NUS Staff and Students

COVID-19: NEW HEALTHCARE PROTOCOLS AT NUS

Dear Colleagues and Students

As Singapore continues to ease into the stabilisation phase, the Multi-Ministry Taskforce has [announced](#) that [health protocols](#) have been simplified. This is a shift in emphasis towards personal responsibility and self-management.

Similarly, the University will be implementing new healthcare protocols and measures **with immediate effect**.

1. Regular ART tests

For the safety and well-being of the campus community, the Fast and Easy Test (FET), using an Antigen Rapid Test (ART) kit, will continue according to the routine stated in [Circular 34](#).

Please refer to [Annex A](#) on what you should do if you are:

- a. **Protocol 1:** Unwell (symptomatic) with an ART positive result
- b. **Protocol 2:** Well (asymptomatic) with an ART positive result
- c. **Protocol 3:** Issued with a Health Risk Warning (HRW)

2. Close contacts

Close contacts will be issued with a HRW from the Ministry of Health (MOH). You are to follow Protocol 3 in [Annex A](#). However, if you are a hostel resident with close contact with a positive case, you are required to comply with Protocol 3 immediately even if you did not receive the HRW.

3. Health Declaration System

With effect from **25 October 2021**, you will no longer be required to make health declarations on the days you return to campus.

Instead, the Health Declaration System on uNivUS will be modified to allow you to declare if you are unwell and/or having positive ART result (MOH's Protocol 1 and 2) or if you have received an Isolation Order from MOH. If you have any of these health conditions, please ensure that you fulfil the conditions in [Annex A](#) in order to be eligible for a NUSafe GreenPass when you return to campus.

If you have been issued with a HRW (Protocol 3), you will also need to declare in the Health Declaration System. You need an ART negative test result to be on campus for that day. For the safety of others, you should not be dining at NUS canteens or food outlets.

The Health Declaration System will be updated on 25 October 2021. In the meantime, staff and students should observe the protocols according to their health declaration status.

4. Home Recovery Programme

If you are unwell and tested positive, the [Home Recovery Programme](#) is the default care arrangement for everyone. If you are a hostel resident on the Home Recovery Programme, please refer to Annex B for details.

5. Dining in on campus

With immediate effect, only **groups of up to 2 fully vaccinated persons** (not subject to Protocols 1, 2 or 3) are allowed to dine in at NUS canteens and other food outlets on campus.

Unvaccinated persons should consume their food only at outdoor areas around campus or in the staff's individual room. They are to dine alone – preferably one person per table or at least 2 m away from the next person, and should not be talking when unmasked.

This also applies to individuals under HRW regardless of vaccination status.

If you have further questions, please check with the management office of your faculty, school or department, or email COVID-19@nus.edu.sg.

Dr Peck Thian Guan
Senior Director
Office of Safety, Health and Environment

Stay updated:

- NUS circulars, FAQs, emergency contact numbers, as well as useful links on the COVID-19 situation are available at emergency.nus.edu.sg.
- The latest NUS-related news, research and commentaries on COVID-19 are available [here](#).
- Please refer to the [Ministry of Health](#) for the latest information on the COVID-19 situation in Singapore.

ANNEX A

Protocol 1 – Unwell (symptomatic) and ART positive

1. Keep calm. There is **no need to rush to a hospital emergency department** to get tested.
2. Visit a **Swab And Send Home (SASH) clinic** or UHC via private transport for a doctor to assess and advise you on your next steps.
3. While waiting for your test result, you should **immediately return home or to your hostel if you are an international student with on-campus housing and self-isolate in a room**, preferably with an attached bathroom, until you receive your result.
4. Meanwhile, declare your health status in uNivUS and inform your Faculty/Department/Office or Hostel if you are staying on-campus.
5. If your PCR test is positive for COVID-19 infection, you will be placed on the Home Recovery Programme (HRP).
6. HRP is the default care arrangement for everyone, except for the following:
 - Partially or unvaccinated individuals aged 50 years and older;
 - Vaccinated persons 80 years and older;
 - Children aged less than 1 year, and children aged 1 to 4 years who have been assessed to be clinically unsuitable for home recovery.
7. You should expect to receive an Isolation Order (IO) SMS within 48 hours of your positive test result. Update your IO in the Health Declaration status in uNivUS and inform your Faculty/Department/Office.
8. Fill in the mandatory form link in your SMS.
9. Monitor your daily health. [Consult a Telemed doctor](#) or the GP who conducted your test if the GP is part of a participating clinic at <https://go.gov.sg/list-of-phpc>.
10. If you have any non-medical issues, please call Home Recovery Buddy assigned by MOH at tel: 6874 4939.
11. The discharge criteria from isolation/recovery will be after 14 days for unvaccinated individuals, and 10 days for vaccinated individuals.
12. You will be eligible for the NUSafe GreenPass when you return to campus after discharge criteria is met and the TraceTogether app has reflected your recovered status.

Protocol 2 – Well (asymptomatic) and ART positive

1. Declare your health status in uNivUS and inform your Faculty/Department/Office.
2. You are required to self-isolate for the next 72 hours. You will be placed on NUS Leave of Absence for the next three days.
3. You are to test yourself again 72 hours after the first ART positive result.
 - a. If the result is negative, upload your result into uNivUS. You can exit isolation.
 - b. You will be eligible for the NUSafe GreenPass when you return to campus if ART result is negative after 72 hours.

4. If you are unwell, please see a doctor (*see Protocol 1*).

Protocol 3 – Issued with Health Risk Warning

1. Declare your health status in uNivUS and inform your Faculty/Department/Office.
2. Carry out ART test on Day 1 and upload your test results on the [COVID-19 Self-testing Portal](#) in accordance to MOH's protocol. You may continue your normal activities for the day if the test is negative.
3. You should avoid leaving your place of residence as much as possible until after the 7-day monitoring period. Should you need to leave your home or place of residence for necessary (not social) activities, your ART test must be negative.
 - a. If ART test is negative, upload your result onto uNivUS and proceed with your necessary daily activities. You can return to campus for classes or to teach but should avoid dining-in (*see para 5*).
 - b. If ART test is positive, upload your result into uNivUS and follow *Protocol 2*.
4. Return home immediately after completing your tasks.
5. Do final ART test on Day 7:
 - a. If negative, upload your result onto uNivUS, exit HRW;
 - b. If positive, upload your result onto uNivUS and follow *Protocol 2*.

Note: Test kits for additional ART tests and uploading of FET test results

1. Please use the MOH issued test kits for additional tests required under Protocols 1 to 3. For instructions on the collection of test kits, see [ART Go Where](#).
2. The FET module has been upgraded to allow uploading of FET test results beyond the NUS mandatory test frequency.

ANNEX B

HOSTEL RESIDENTS ON HOME RECOVERY PROGRAMME

1. Hostel residents should fulfil the following criteria (a and b) to be allowed to remain on campus (hostel or PGPR) for recovery-in-place

- a. Requirements for HRP
 - i. 12-69 years old
 - ii. Mild or no symptoms
 - iii. No severe comorbidities or illnesses
- b. Home environment assessed unsuitable for student to be sent home
 - i. International student, or
 - ii. Household members > 80 years old, or
 - iii. Household members in vulnerable groups (e.g. < 12, immunocompromised, multiple medical problems, pregnant women, etc.), or
 - iv. Others (on a case-by-case basis in consultation with UHC).

2. Instructions for self-isolation

When self-isolating in your hostel,

- a. Stay in your room at all times, except for short periods of time for essential activities such as using the bathroom, doing laundry, during which a mask *must* be worn and contact with other residents avoided
- b. Do not host visitors in your room
- c. Practice enhanced hygiene and infection control measures when using shared facilities (laundry, bathrooms), and keep surfaces clean after use
- d. Bag all rubbish securely before disposal
- e. Comply strictly with all safe management measures of the hostel
- f. Do not attend face-to-face classes
- g. Do not leave the hostel for any reason except to seek medical treatment, for family emergency or attending court, and only after getting approval from the hostel administration.
- h. Do not visit canteens, food courts, eateries, shops on campus and outside campus for any purpose.

3. Exit

- a. Day 6: Student may request for PCR. If negative or low viral load, he/she will be discharged on Day 7.
- b. Day 10: Discharged without the need for exit PCR (Day 14 for unvaccinated cases).