

17 March 2020

All Residents 9, 11 & 15 Ardmore Park

## Covid-19 Update

Singapore has progressively implemented additional precautionary measures to further reduce the risk of importation of COVID-19 to Singapore. These include travel advisories against <u>all</u> non-essential travel abroad, and further restrictions on travellers coming into Singapore.

Below is the latest travel advisory as at 15 March 2020:

Travel History in the last 14-days in Countries/Regions	For Singapore Residents and Long Term Pass Holders	For Short-Term Visitors
Hubei province (mainland China)	14-day quarantine	Not allowed entry or transit
Mainland China (except Hubei province), France, Germany, Italy, Iran, Republic of Korea, and Spain	14-day SHN	Not allowed entry or transit
[New] ASEAN countries (Brunei Darussalam, Cambodia, Indonesia, Lao PDR, Malaysia, Myanmar, Philippines, Thailand, Vietnam)	14-day SHN	14-day SHN#  ASEAN nationals are required to submit requisite health information for approval before travelling: go.gov.sg/healthclearance
[New] Japan, Switzerland, and the United Kingdom	14-day SHN	14-day SHN#

#Short-term Visitors are required to provide proof of the place where they will serve the 14-day Stay-Home Notice (SHN), for example a hotel booking covering the entire period, or a place of residence they or their family members own.



The Management Corporation Strata Title Plan No. 2645 13 Ardmore Park #01-01 Singapore 259961 T: 6733 0862 F: 6733 0872 E: ardmorepark@ardmorepark.com.sg



#### **Stay Home Notice (SHN)**

Under the SHN, anyone with recent travel history to the countries mentioned in the advisory, must remain in their place of residence at all times for a 14-day period after their return.

We respectfully remind residents not to go about the common areas or use any of the facilities in the estate if you have been placed under the SHN.

We would also seek your co-operation to limit service calls to your unit to only urgent and essential services. In the event of any emergency, please call the management office at 67330862 and we will do our best to help you in whatever way possible.

#### **Gym Etiquette**

All Residents are reminded to make use of the disinfectant wipes provided to thoroughly clean all Gym equipment, including machines, free weights and exercise mats after use. These efforts will go a long way in protecting the health and safety of all Gym users.

# **Booking of Facilities / Hosting of Functions and Events with Additional Precautionary Measures**

Due to the Orange DORSCON alert issued by MOH and the latest social distancing advisory, we would encourage residents to take into consideration the following precautions when using facilities:

- To hold only essential small group events with reduced attendance capacity
- Allow seating with additional buffer space
- Ensure that your guest/s have not travelled to the above mentioned countries in the travel advisory for the last 14 days prior to the date of your event
- Refrain from using the facilities if you or your guest/s are experiencing symptoms of cold, cough, high fever or sore throat

### Personal Hygiene

MOH recommends practicing good personal hygiene to protect yourself. Washing your hands frequently and thoroughly with soap is one of the best ways to safeguard your health. You can also make use of the hand sanitizers that are placed around the common

As a caring community, we can all play a part in preventing transmission of the virus by practicing good hygiene and staying home if unwell.

Let's all do our part to keep our community free of COVID-19 transmission. We appreciate your understanding and patience as we work to prioritize your safety and minimize disruptions.

For the latest updates on the COVID-19 situation, you may go to <a href="https://www.moh.gov.sg/covid-19">www.moh.gov.sg/covid-19</a>

Thank you for your attention.

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