

RECOMMENDATIONS FOR GENERAL PAEDIATRIC PATIENTS DURING COVID-19 PANDEMIC

Recommendations

1. Everyday preventive steps

- Your child should wash his/her hands with soap frequently.
- Your child should avoid touching his/her eyes, nose and mouth.
- Avoid contact with individuals who are sick.
- Your child should cover his/her mouth with a tissue when coughing or sneezing, and dispose the soiled tissue paper in the rubbish bin immediately.
- Clean and disinfect frequently touched objects and surfaces.
- Your child should wear a mask if he/she is going out.
- Ensure physical distancing of at least one metre is maintained in settings where interactions are non-transient.

2. Social distancing

Keep your child at home during this circuit breaker period. While it is good for your child to get some fresh air and exercise daily, do ensure that he/she does so in green or open spaces and only with those they live with.

To find out how crowded the parks are before going, visit <https://safedistparks.nparks.gov.sg>.

3. Travel

Defer all non-essential travel.

4. Watch for symptoms

Consult your child's doctor if your child develops any of these symptoms:

- Fever
- Cough
- Shortness of breath
- Runny nose
- Sore throat
- Anosmia (loss of sense of smell)

Seek medical attention immediately if you notice any of these possible emergency warning signs of COVID-19:

- Trouble breathing
- Persistent pain or pressure in the chest
- Bluish lips or face

5. Notify your child's doctor if:

- Your child has come into contact with someone with COVID-19
- Your child is unwell with COVID-19 symptoms

Mealtimes

In view of the circuit breaker measures, you may be feeling stressed about managing all of your child's meals at home. Here are some tips to help you cope:

1. Keep your child on the same eating schedule

- Children need to eat around 3 meals and 2 snacks a day. Try to offer your child snacks in between his/her 3 main meals.
- Try to restrict your child's access to the kitchen. Avoid letting him/her 'graze' on snacks or drinks throughout the day as this can fill them up and affect their appetite for meals.

2. Eat together as a family!

Our busy work schedules may make it hard to have dinners together regularly. Take this opportunity where everyone is at home together to have family meals more often.

3. Have your child involved in meal preparations

- Find ways to make mealtimes fun! Identify opportunities for your child to help in meal preparation and clean up. This can be a great way to get them interested in foods that they may not usually eat.
- For older children, you can ask your child help you to plan the meals and snacks your family will have over the next week.

Home-based Learning

Home-based learning is new to many children and families. This is a major change to the daily routines that children and their caregivers are used to. It may be challenging for the caregivers to cope with this while having to work from home. Here are some tips:

1. Create a daily schedule for your child

- This should represent the flow of events that will take place during the day, rather than strict timings to adhere to.
- Depending on the age of your child, this can take the form of words, illustrations or photographs of the various tasks. There are free visual schedules that you can download online.
- Using a timer can provide your child with a visual and/or audio cue for when the next activity is due.
- Keep to the same wake, meal and sleep timings as a child's regular routines would help with predictability for both you and your child.
- Be familiar with the timing of your child's online educational activities and plan your important work meetings or conference calls at other times.

- Allocate time for your child to have your attention and for when your child has to be engaged in an activity alone as you have to work. Indicate this on your child's schedule.
- If your child still naps, make use of the naptime to do your work or have some me-time.

2. Allocate where the study/work area is for everyone at home.

3. Allow choices

- During meal times or free play time, allowing the child to choose between 2 to 3 acceptable choices will help the child to feel more in control and less anxious about the current situation.

4. Ask for help

- If you are not familiar with the technology platforms your child's school is using, seek help from teachers or from other parents.
- If you do not have access to a laptop or internet at home, let the teachers know.

5. Expectations

- Home-based learning is meant to maintain some learning for the children. You are not meant to replace the role of teachers. Try your best, but do not lose sleep over this.
- Keep an open mind, lower expectations and accept that there will be some challenges while you and your family try to adjust to the new routines.

6. Make use of the technology platforms your child's school is using to help your child stay connected with his/her peers and teachers. This will help your child retain his/her social networks.

Useful websites on home-based learning:

- <https://www.moe.gov.sg/parentkit>
- [https://www.nie.edu.sg/teacher-education/useful-resources-for-HBL-WFH/tips-for-parents-for-working-from-home-\(wfh\)](https://www.nie.edu.sg/teacher-education/useful-resources-for-HBL-WFH/tips-for-parents-for-working-from-home-(wfh))

Appointments and Medicines

Non-urgent clinic appointments may be deferred by 1 to 2 months in consultation with your child's primary paediatrician. It is important to ensure that your child has sufficient medication supply to last till the next clinic visit. Our outpatient pharmacy supplies maximum 3 months' worth of medications. Should the medications run out before the next clinic visit, caregivers can contact the clinic for the same prescription.

Tele-consultation is also possible. Please explore this option with your child's doctor if you have questions. A face-to-face consult may be important for the doctor to decide on the best management for your child. In this case, a tele-consult may not be appropriate.

All children who are unwell and have been issued a medical certificate (MC) must comply with the stay at home notice for the entire duration of their MC. Persons who do not comply will be liable to a fine of up to \$10,000, or imprisonment up to six months, or both, under the Infectious Diseases Act. They should only leave home to seek medical attention.

National University Hospital has measures in place to ensure that patients and their caregivers are screened according with the latest MOH guidelines.

We allow one caregiver per paediatric patient for our outpatient clinic visits. This excludes newborns or non-ambulant paediatric patients on wheelchairs or strollers who are permitted two caregivers.

During the circuit breaker period, all visitors are required to wear a mask – please bring along a mask when accompanying your child for his/her appointment. For caregivers or visitors, kindly take note **not** to visit the hospital if you:

- Have fever, cough, shortness of breath, blocked or runny nose, sore throat or anosmia OR
- Had close contact with a person with COVID-19 in the last 14 days OR
- Travelled out of Singapore in the last 14 days

Caregivers and visitors who meet any of the criteria above, as well as children below 12 who are not seeing a doctor, will not be allowed to enter our clinic.

COVID-19 Information Resources

MOH COVID-19 hotline: 1800 333 9999

Websites on COVID-19 situation:

- www.moh.gov.sg/covid-19
- www.gov.sg/features/covid-19

To keep yourself updated about the latest COVID-19 situation on the go, you can sign up for updates through:

- WhatsApp: go.gov.sg/whatsapp
- Telegram: go.gov.sg/govsg-telegram

For a full list of resources available and any questions you may have, you can refer to www.go.gov.sg/covid-resources

Community Resources

National CARE hotline (for those facing anxiety and stress): 6202 6868

Services	Description	Address	Contact
ComCare / Ministry of Social and Family Development	For low-income individuals and families who may require any form of social assistance which includes financial assistance.	-	Tel: 1800 222 0000 (Mondays to Sundays from 7am to 12 midnight)
Family Service Centres	<p>Family Service Centres (FSCs) are based in the community to provide help and support to individuals and families in need. They are staffed by social service professionals.</p> <p>You can call, walk in or email the FSCs for help in some of these areas:</p> <ul style="list-style-type: none">○ Improve parent-child relationship○ Enhance self-awareness and couple relationships○ Manage violence in the family and obtain support from other agencies	<p>If you are unsure of which FSC to contact, please visit the FSC E-locator to find the FSC nearest your home:</p> <p>https://www.msf.gov.sg/dfcs/familyservice/default.aspx</p>	-
Hotline / Samaritans of	Provide emotional support for individuals having	-	Tel: 1800 221 4444 (24 hours)

Services	Description	Address	Contact
Singapore (SOS)	difficulty coping during a crisis, thinking of suicide or affected by suicide.		Email: pat@sos.org.sg
Counselling Helpline / Singapore Association of Mental Health	Provide information and assistance on mental health matters and psychosocial issues.	-	Tel: 1800 283 7019 (Mondays to Fridays from 9am to 6pm, except public holidays)
Helpline / Clarity Singapore Limited	Provide emotional support for individuals experiencing stress, anxiety, anger and depression.	-	Tel: 6757 7990 (Mondays and Fridays from 8.30am to 5.30pm, Tuesdays to Thursdays from 9am to 6pm, Saturdays from 9am to 4pm)
Hotline Counselling / Care Corner Counselling Centre	Provide emotional support for Mandarin-speaking individuals.	-	Tel: 1800 3535 800 (Mondays to Sundays from 10am to 10pm. Closed on public holidays)
eCounselling Centre (eC2) <i>Service Provider:</i> Fei Yue Community Service	eC2 is an online facility offering free counselling to youths.	Project 180 (Youth Services) 145 Simei Street 2 #01-06 Singapore 520145	Tel: 6422 1599 ext 599 Email: project180@fyys.org
Yuan Yuan Helpline (Mandarin) / Shan You	Offers service to individuals facing bereavement, critical illness, unexpected challenges in their lives or who may just need a listening ear.	-	Tel: 6741 0078 (Mondays to Fridays from 12pm to 6pm and Saturdays from 1pm to 5pm. Closed on Sundays and Public Holidays)
HELP123 / TOUCH Community Services and Fei Yue Community Services	Provide basic counselling and relevant information for young people, parents, caregivers and educators on cyber wellness related issues. Webchat is also available at https://www.help123.sg/	-	Tel: 1800 6123 123 (Mondays to Fridays from 10am to 6pm) Webchat is available on Mondays to Fridays from 2pm to 10pm.

Services	Description	Address	Contact
<p>National Addictions Management Service (NAMS) Satellite Clinics</p> <p><i>Service Provider:</i> National Addictions Management Service</p>	<p>The clinics help those who have an addiction problem or know of a loved one who may need help. The care team specialising in addictions can provide a thorough assessment and customise a treatment plan for the clients and their family.</p> <p>For treatment and comprehensive services, clients are encouraged to visit the NAMS clinic at the Institute of Mental Health or NAMS satellite clinics at Queenstown or Geylang.</p>	<p>NAMS Clinic Blk 9 (Level 1) Buangkok Green Medical Park, 10 Buangkok View Singapore 539747</p> <p>Community Wellness Clinic, Queenstown Queenstown Polyclinic 580 Stirling Road, Level 4 Singapore 148958</p> <p>Community Wellness Clinic, Geylang Geylang Polyclinic 21 Geylang East Central Singapore 389707</p>	<p>For more information and appointment: Call 6-RECOVER (6-7326837).</p>
<p>Counselling & Support Group</p> <p><i>Service Provider:</i> TOUCH Community Services</p>	<p>Provide mental health counselling for students who might be at the onset of developing a mental health condition. In addition, they will be part of a support group, named Upper Room, that will help them build resilience within.</p>	<p>TOUCH Youth Intervention 5 Stadium Walk, Leisure Park Kallang, #04-02 Singapore 397693</p>	<p>Tel: 6730 9552 Email: mentalhealth@touch.org.sg (By appointment only)</p>
<p>TOUCHLine / TOUCH Community Services</p>	<p>Provide emotional support and practical advice for ages 12 to 25 years old on gaming addiction, Internet-related issues and information on youth programmes.</p>	<p>-</p>	<p>Tel: 1800 377 2252 (Mondays to Fridays from 9am to 6pm, excluding Public Holidays and eve of Christmas, New Year's Day and Chinese New Year)</p>

Services	Description	Application
<p>Financial Support For Singaporeans / Permanent Residents Affected by COVID-19</p>	<ul style="list-style-type: none"> ○ Temporary Relief Fund The Temporary Relief Fund supports lower- and middle-income Singapore Citizens and Permanent Residents affected by the economic impact of COVID-19 and who need immediate financial help with basic living expenses ○ COVID-19 Support Grant Singapore Citizens or Permanent Residents, aged 16 years and above, who are presently unemployed due to retrenchment or contract termination as a result of the economic impact of COVID-19 can apply for the COVID-19 Support Grant. ○ The Courage Fund The Courage Fund will help affected lower-income households (with at least one Singapore Citizen or Permanent Resident) whose family member(s) have contracted COVID-19 or are on Stay-Home Notice (SHN), mandatory Leave of Absence (LOA) or Home Quarantine Order (QO). <p>For more information on the applications, please visit https://www.msf.gov.sg/assistance/Pages/covid19relief.aspx</p>	<ul style="list-style-type: none"> ○ Temporary Relief Fund You can apply for Temporary Relief Fund at all 24 Social Service Offices (SSOs) and 108 Community Centres/Clubs (CCs) or online via SingPass at go.gov.sg/temporary-relief-fund. ○ COVID-19 Support Grant You can apply for COVID-19 Support Grant at all 24 SSOs and 108 Community Centres/Clubs. ○ The Courage Fund You can apply for The Courage Fund at all 24 SSOs. <p>To find out the nearest SSO to you, visit https://www.msf.gov.sg/dfcs/ss/default.aspx.</p> <p>To find out the nearest CC to you, visit https://www.pa.gov.sg/our-network/community-clubs/locate-cc.</p>

Source: National Council of Social Service (NCSS) and Ministry of Social and Family Development (MSF)

For more details on these services, please refer to: www.ncss.gov.sg

Other Resources

- You and your loved ones are also encouraged to download TraceTogether app on <https://www.tracetgether.gov.sg> to assist in our nation's contact tracing efforts, so as to keep us all safe together.
- Here are some websites that you may find helpful in navigating the pandemic with your child:
 - **SuperHero Me** – Helping children understand new routines due to COVID-19
<https://www.superherome.sg/covid19>
 - **Healthychildren.org** – Managing screen time while staying home
<https://www.healthychildren.org/English/health-issues/conditions/chest-lungs/Pages/Working-and-Learning-from-Home-During-the-COVID-19-Outbreak.aspx>
 - **Child Mind Institute** – Managing anxiety related to COVID-19
<https://childmind.org/article/anxiety-and-coping-with-coronavirus/>
 - **Autism Speaks** – Resource for children with autism
<https://www.autismspeaks.org/covid-19-information-and-resources-families>

About the Khoo Teck Puat - National University Children's Medical Institute (KTP-NUCMI)

The KTP-NUCMI is the paediatric arm of the National University Hospital and comprises the Departments of Paediatrics, Paediatric Surgery and Neonatology. We provide comprehensive and specialised medical and surgical services for newborns, children and adolescents, and are the only public hospital in Singapore that offers paediatric kidney and liver transplant programmes. Through a generous gift from the estate of Khoo Teck Puat, we have set up an integrated outpatient facility with medical, diagnostic and rehabilitation services.

For more information about us, visit www.nuh.com.sg/nuhkids.

Contact Us

24-hour Children's Emergency

General Enquiry: +65 6772 2555

KTP-NUCMI (NUHkids)

Operating Hours: 8.30am - 5.30pm (Mon to Fri), 8.30am - 12.30pm (Sat)

General Enquiry: +65 6772 5736

Fax: +65 6776 2102

Appointment line: +65 6772 2002

Email: ktpnucmi_appt@nuhs.edu.sg

NUH Child Development Unit

Operating Hours: 8.30am - 5.30pm (Mon to Fri)

Jurong Medical Centre Appointment Line: +65 6665 2530/2531

Kent Hong Community Club Appointment Line: +65 6769 4537/4637

Fax: +65 6665 0158

Email: cdu@nuhs.edu.sg