



TRANSITION PHASE GUIDELINES FOR ACTIVITY CENTRES FOR SENIOR CITIZENS

This document provides the Measures under which activity centres for the elderly are permitted to carry out activities during Brunei's transition phase within the National COVID-19 Recovery Framework. Our approach is based on ensuring compliance to core measures listed under COVID-19 Control Measures and differentiated restrictions for vaccinated and unvaccinated.

Transition Phase

May commence at 70% vaccination coverage.

Minimise serious illness, hospitalisations, and deaths.

Measures that may be implemented:

- Maximise vaccination coverage including boosters;
- Reporting to shift from daily case numbers to weekly averages and focus on serious illness and deaths;
- Phased re-opening of workplaces, businesses, and schools with possible ongoing low-level restrictions, adjusted to minimise severe cases;
- Contact tracing and quarantine measures to focus on the prevention of large clusters
- Differentiated restrictions for vaccinated and unvaccinated residents; and
- Establish a Travel Green List with reduced restrictions on inbound and outbound travel for vaccinated individuals.

COVID-19 control measures for the Transition Phase

1. Use of the BruHealth App:

- All premises **must register** for a **BruHealth** QR code.
- The owner of premises is to **ensure all individuals entering the premises scan their BruHealth app** once entering (this includes all employees/staff/volunteers).
- The owner of premises to **ensure only individuals with green and yellow BruHealth** codes are allowed to enter.



2. Wearing of masks:

- All individuals aged 2 or older, should wear a mask over their nose and mouth in indoor public places, on public transport, in crowded outdoor settings, and for activities with close contact with others who are not fully vaccinated.
- Mask can be taken off when:
 - In hotel rooms or accommodation with members of the household.
 - Enclosed individual workspace.
 - During strenuous activity during Sports and recreational activities.
 - Own vehicle and involve household members.
 - Indoor or outdoor public areas and places without any other individuals.
 - When eating and drinking in a public place without any other individual (other than in a restaurant or food premises).

3. Complete vaccination:

- The owner of premises is to ensure all employees/staff/volunteers eligible to be vaccinated (no medical contraindications) are fully vaccinated.

4. Hand hygiene and cough and sneezing etiquette:

- If individuals have been in a public place, or after blowing their nose, coughing, or sneezing, they are advised to wash their hands frequently with soap and water, but if not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

5. Physical distancing measures are in place:

- At least 1.5 metre apart between individuals when possible.

6. Ventilation of premises:

- The owner of indoor premises to ensure premises have adequate ventilation.

7. Self health monitoring:

- Individuals are advised to monitor health daily for symptoms.



Fully vaccinated individuals

An individual is considered to be fully vaccinated if he/she has received the appropriate regimen of WHO Emergency Use Listing (WHO EUL) vaccines or BDMCA-approved vaccines. Vaccination status in an individual's BruHealth, International Certificate of Vaccination or Prophylaxis book (Yellow Book), or other acceptable vaccination records may be shown to the management of a premise or organiser of the event as proof of vaccination.

Measures for activity centres for senior citizens

1. Safe capacity:

- Centres are allowed to **open daily**.
- **50% normal capacity of the premises/venue** at any one time. Capacity must comply with COVID-19 control measures. Capacity must include organiser and staff.
- Every premise are required to display their current maximum capacity of each facility at facility entrance.

2. Activity:

- **ONLY fully vaccinated individuals** are allowed to attend.
- Allowed to operate at 50% usual capacity at any one time;
- **All activities and programmes** (indoor and outdoor) allowed, according to COVID19 Control Measures;
- Use of the BruHealth app is mandatory;
- Individuals with symptoms should not attend;
- Face masks are **required**.
- To avoid physical contact;
- Sanitize hands before and after carrying out activities;
- Reception with food and drinks are allowed but in the form of packed food and are strongly recommended to be consumed at home.

3. Sanitization and hygiene:

- Centres must appoint staff to carry out enhanced cleaning and housekeeping both daily and regularly. Disinfect with disinfectant regularly, frequently touched areas such as handrails, lift surfaces and buttons, door knobs/handles, letterboxes,



notice boards, digital displays, touch screen panels and tables and chairs in the common areas.

- Provide hand sanitizers at high human traffic points.
- Ensure refuse bins are covered at all times and cleared daily. Tie refuse contained in plastic bags properly before disposal at the bin centre.
- Clean up immediately any refuse spillage.
- Wash and disinfect all refuse bins, bin chambers and bin centres where necessary.
- Engage licensed waste contractors to remove refuse daily.
- Cleaning staff are expected to:
 - Soak cleaning cloths in household bleach at the proper concentration according to manufacturer's instructions and wash the cloth after use or before reuse.
 - Clean and disinfect all cleaning equipment immediately after use.