

New healthcare protocols

What to do when you are a close contact of a positive case?



- Immediately go home and self-isolate in own room, with an attached bathroom if possible. Do not have physical contact with any household members.

- Quarantine can be served at home, but, if unsuitable, can be served at government quarantine facility instead.



- Quarantine order (QO) is for 10 days from the date of exposure. You cannot go out except to go to designated centres for the polymerase chain reaction (PCR) tests.

- You are required to take PCR tests at the start and end of the 10-day QO.



- At the regional screening centre (RSC), you will be given free antigen rapid test (ART) kits. During quarantine period, you must carry out self-administered ART daily and report your results by noon.

- Before the end of the quarantine, you will need to book an appointment to take your exit PCR test at the RSC.

- Should you receive a health risk warning or health risk alert at the same time as the electronic QO, the quarantine takes precedence.



- On Day 10, if your PCR test is negative, you will receive a rescindment SMS and your QO will end. Do continue with daily self-administered ART from Days 11 to 14.



What to do if you receive a health risk warning

- A notification will be sent via SMS.
- Take a PCR test upon receiving the notice and self-isolate until you get a negative PCR test result.
- Take another PCR test at the end of the health risk warning.
- Take ARTs as advised in the SMS.

What to do if you receive a health risk alert

- A notification will be sent via SMS.
- You are strongly encouraged to go for a free PCR test.
- Minimise interactions with others, even though there are no movement restrictions.
- Monitor your health for the next 10 days upon receiving the notice and take ARTs as advised in your SMS, if necessary.

What happens when you test positive?

Applies to anyone who is feeling unwell, or has received a positive antigen rapid test (ART) result, or visited a Public Health Preparedness Clinic (PHPC) for a polymerase chain reaction (PCR) swab.

While waiting for PCR test result

- Patients must travel via private transport like car or taxi, and self-isolate at home until the results are out. Keep a distance from others and keep mask on.
- Isolate in a room with an attached bathroom. You can get your results from a doctor within 24 to 48 hours. You can also check your results via HealthHub.

If you test positive for Covid-19

- Stay isolated in a room, and avoid physical contact with household members. Ensure room is well ventilated, with windows open.

If you fulfil these criteria, home recovery will be the default care management model. This is to ensure that hospital beds go to those who need them most. You will be issued with an isolation order for 10 days.

- Fully vaccinated
- Between 12 and 50 years old
- No or mild symptoms
- Have no severe co-morbidities or illness
- Household members should not include the elderly (more than 80 years old) or individuals in the vulnerable groups (such as pregnant women, those with weakened immune response or with multiple co-morbidities).

- You will receive an SMS within 24 hours, with a link to provide your details, to start your home recovery safely.
- If you are not suitable, the Health Ministry will make arrangements for you to recover at a community care facility or hospital.

If you have a thermometer and pulse oximeter at home, start monitoring your temperature, pulse rate and oxygen saturation rate at least once a day. A care pack will be sent to those who do not have these items.

All your household members living in the same residential address must register as your close contacts via the link provided so that an electronic quarantine order can be issued.

Home recovery

- A telemedicine provider will conduct an initial remote assessment to ensure you are clinically well. An officer, called a home recovery buddy, will contact you.

During the home recovery period, do not leave your room.

- Maintain a high level of personal hygiene by washing your hands regularly with soap.
- Perform contactless transactions and ensure items are bagged securely to reduce exposure to others.
- Food and groceries should be delivered. Your household should also not receive visitors during this period.

- You can call 995 if there is a medical emergency.

Getting discharged



On Day 6, you can opt to take a PCR test at home to assess your recovery status.

- If the test is negative or shows a low viral load, you are discharged and can resume daily activities on Day 7.
- If the test shows a high viral load or if you do not opt to take a PCR test on Day 6, continue to isolate yourself until Day 10, when you will be discharged so long as you are well.

When you are discharged from home recovery, do minimise social interactions for the next seven days. Approach your telemedicine provider for a medical certificate if you require more rest.

