

10 IMPORTANT STEPS: What happens when you test positive for COVID-19?

If you are feeling unwell, or have received a positive Antigen Rapid Test (ART) result, visit a Public Health Preparedness Clinic (PHPC) for a Polymerase Chain Reaction (PCR) swab.

1	<p>While waiting for your PCR test result</p> <ul style="list-style-type: none">• Patients should immediately return home via private transport (car or taxi) and self-isolate at home until you receive your results. Physically distance yourself from others and keep your mask on.• Isolate yourself in a room with an attached bathroom. <p>Your doctor will generally inform you of your results within 24 to 48 hours. Alternatively, you may check your results via HealthHub.</p>
2	<p>If you are notified that you are COVID-positive</p> <ul style="list-style-type: none">• Continue to isolate yourself in a room, and do not have any physical contact with your household members• The room should be well ventilated, keep window(s) open.
3	<p>If you fulfil the criteria below, 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.</p> <ul style="list-style-type: none">• Fully vaccinated• Aged 12 – 50 years old• No or mild symptoms• Have no severe co-morbidities or illness• Household members should not include elderly (more than 80 years old) or individuals in the vulnerable group (e.g. pregnant individuals, with weakened immune response or with multiple co-morbidities). <p>You can expect to receive an SMS within 24 hours, with a link to provide your details, to start your Home Recovery safely.</p> <p>If unsuitable, MOH will make the arrangements for you to recover at a community care facility or hospital</p>
4	<p>If you have a thermometer and pulse oximeter at home, please start monitoring your temperature, pulse rate and oxygen saturation rate at least once a day. If you do not have these items, a Care Pack will be sent to you.</p> <p>At the point when the Care Pack is delivered to you, you can pass your TraceTogether token (if applicable) to the officer, so that all your close contacts can be identified for contact tracing purposes.</p>

5	<p>You must inform all your household members living in the same residential address to register themselves as your close contacts via the link sent to you. It is important for them to do so, so that an electronic Quarantine Order can be issued to them.</p>
6	<p>Start of Home Recovery</p> <ul style="list-style-type: none"> • A telemedicine provider will conduct an initial remote assessment with you to ensure you are clinically well. • An officer, called a Home Recovery Buddy, will be in touch with you to walk you through the journey.
7	<p>During the Home Recovery period, do not leave your room.</p> <p>You should maintain a high level of personal hygiene by washing your hands regularly with soap.</p> <p>You should perform contactless transactions and ensure items are bagged securely to reduce exposure to others. This means food/ groceries will need to be delivered for the household.</p> <p>Your household should not receive visitors during this period as well.</p>
8	<p>You should monitor your health condition (temperature, pulse rate and oxygen saturation rate) diligently every day.</p> <ul style="list-style-type: none"> • Submit your readings at least once a day via the link provided in your Home Recovery Booklet. • You may contact your designated telemedicine provider if you are feeling unwell or call 995 in the event of medical emergencies.
9	<p>On Day 6, you can opt to take a PCR test to assess your recovery status.</p> <ul style="list-style-type: none"> • Contact your designated telemedicine provider for the PCR test which will be done at your home. • If negative or show low viral load, you are discharged and can resume daily activities on Day 7. • If show high viral load or if you do not opt to take a PCR test at Day 6, continue to isolate yourself until Day 10, when you will be discharged so long as you are well.
10	<p>When you are discharged from Home Recovery</p> <ul style="list-style-type: none"> - Do minimise social interactions for the next 7 days. - Approach your telemedicine provider for a Medical Certificate if you require more rest.