



# Overseas Singaporeans Returning To Singapore

Important things to take note of before flying home.

## 01

### Check the latest travel restrictions and border control measures

Please refer to <https://www.ica.gov.sg/covid-19>

## 02

### Make the earliest flight arrangements

Flight booking sites: Singapore Airlines, Expedia, Skyscanner, TripAdvisor

## 03

### Make arrangements for 14-day Stay-Home Notice (SHN)

#### What is SHN?

You will need to stay at home at **ALL** times during the 14-day period and should minimise contact if you are staying with others. You should maintain a record of persons you come into close contact with during this period.

Monitor your health closely by checking your temperature twice daily for fever.

Visit <https://go.gov.sg/mohshn> for more details.

How to calculate when your SHN will end:  
<https://service2.mom.gov.sg/shn/shn-calculator/>

#### Observe good personal hygiene when staying with family

1. Regularly wash your hands with soap and water.
2. Do not touch your face.
3. Cover your mouth when coughing or sneezing.
4. Maintain good indoor ventilation.
5. Carry out frequent cleaning of your place of residence.
6. Do not share food, crockery, utensils and other personal hygiene items.

### For those not staying with family, you may also serve your SHN in a hotel

You may refer to the link below for a list of hotels offering preferential rates\* for returning Overseas Singaporeans this period:

<https://go.gov.sg/sgn-shnaccom>

\*Subject to availability

## 04

### Use delivery apps and avoid going to public places

#### Grocery deliveries

- FairPrice Online
- Giant Online
- Cold Storage Online
- PrimeNow
- RedMart

#### Food deliveries

- GrabFood
- Food Panda
- Deliveroo

## 05

### What to do if you develop symptoms during this period?

For **life-threatening cases** such as cardiac arrest, active seizures, breathlessness, major traumas and stroke, please call **995** directly for assistance.

For **non-emergencies** (such as cough or fever, follow-up visits for chronic conditions, refilling of prescription, etc):

Singapore citizens, permanent residents and long-term visit pass holders may contact the People's Association (PA) at **+65 6344 8222**.

PA will assist you to make the necessary arrangements with the nearest **Public Health Preparedness Clinic** or GP clinic, or to arrange for a house call by a GP (for those with mobility issues). Please inform the staff and doctor of your travel history and that you have been issued a SHN.

Please stay safe and maintain good personal hygiene at all times. Keep in touch with **Singapore Global Network** by signing up here: <http://go.gov.sg/sgn-covidupdates>

Returning Singaporeans can also join our **Telegram Group**.

Updated as of 19 Mar 1330h (GMT +8:00)

