

Summary of FAQs

Last Updated 26 Sep 2021 11pm

Before Home Recovery or QO	
Home Recovery	
During Home Recovery	
After Home Recovery	
Quarantine Order (QO)	
Health Risk Warning (HRW)	
Health Risk Alert (HRA)	
Other concerns	
References	

	HOME RECOVERY	QUARANTINE ORDERS	HEALTH WARN
AFFECTED PERSON	COVID+VE	CLOSE CONTACT OF COVID+VE	CLOSE CONTACT COVID+VE (TT/SE)

- Acute respiratory symptoms such as cough, sore throat, runny nose, headache
- Muscle ache or tiredness
- Diarrhoea

If your SpO2 (at rest) stays in the range of 93% to 95% for 3 days, you can stay at home.

Contact your designated healthcare provider if you have any of the following symptoms or signs of COVID-19. If you are not assigned a designated healthcare provider, contact your Home Recovery.

Note: If you require a medical consultation before your designated healthcare provider is assigned to you, you can seek consultation with a [telemedicine provider](#) at no cost.

I have COVID-19 symptoms. What should I do?

Skip the self-test and consult a general practitioner or a family doctor. You can find a list of these clinics [here](#).

If you have mild symptoms, you should avoid seeking medical attention.

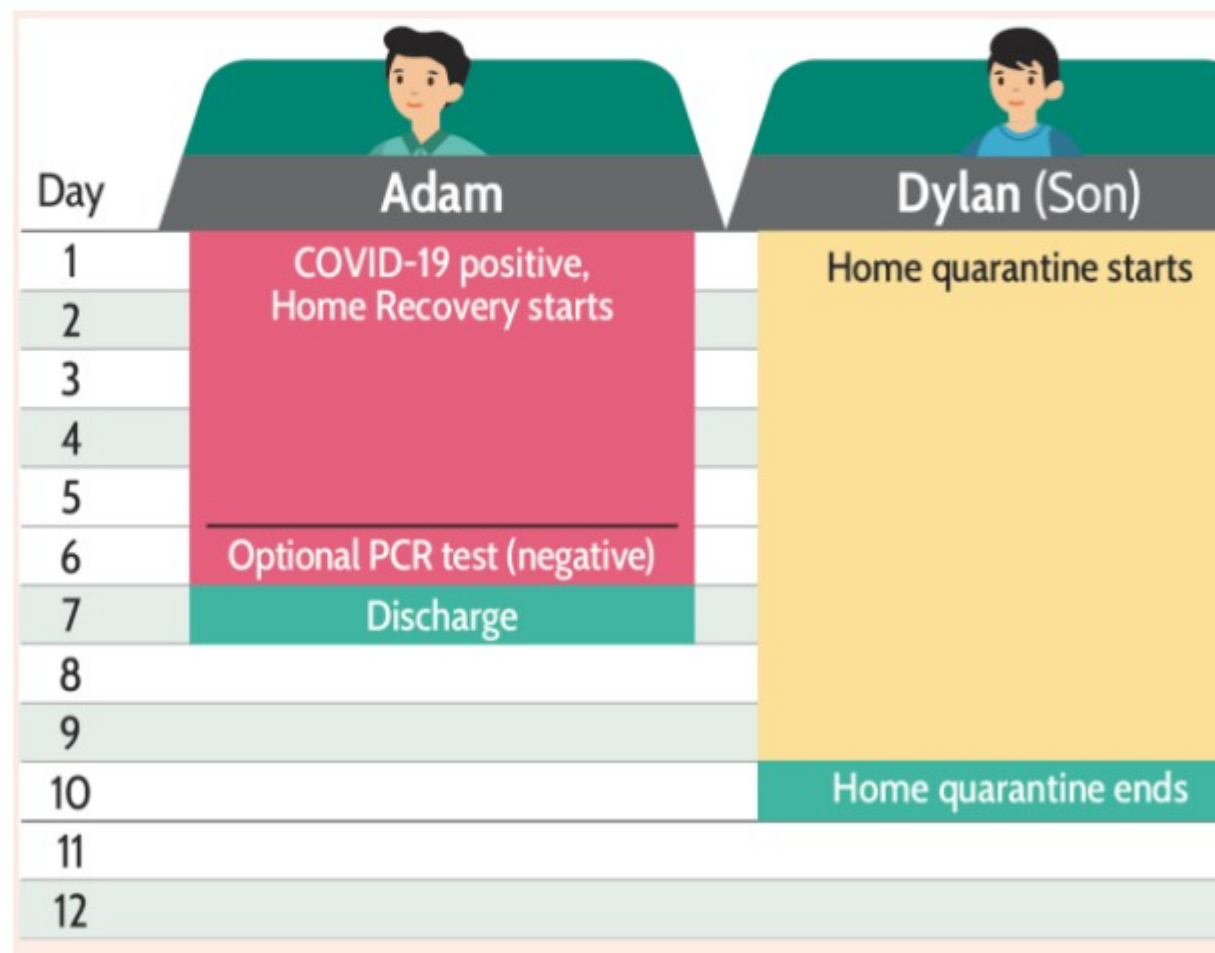
You can check your symptoms [here](#).

You will receive an SMS, with a link to provide you on what you should do.

Household members of Covid-19-positive individual quarantine order [here](#).

They will also be issued an isolation order for 10 d

Below are some potential scenarios:



- No severe comorbidities or illness
- Household members do not include elderly or other vulnerable group such as pregnant women or those with multiple comorbidities
- Can self-isolate in a room, *preferably* with a bathroom

Where will I be serving my QO if I am not suitable for home care?

Facility type	Patient type
Community care facilities	clinically well, have mild symptoms, do not require much medical care
Stepped-up community care facilities	Well but have underlying health conditions

- If you do not have an oximeter, a care pack
- You do not need to take ART or submit AR
- However, your household members will b
for quarantine entry swab. They will need

(Continue on next page)

How do I use an oximeter?

How to use an oximeter

The oximeter checks how fast your heart is beating and how much oxygen is in your blood.
Note the following when using the oximeter:

- Wash your hands before and after using the oximeter
- Use either your index or middle finger. Ensure the finger you are going to use:
 - Does not have nail polish/ varnish, or a false nail on it
 - Is warm (cold fingers will affect the reading)
- Attach the oximeter to your finger (this should not hurt), and switch the oximeter on
- Allow the readings on the oximeter to **stabilise for 1 minute**
- Record the readings
- Clean the surface of the oximeter properly

Things to note about your oxygen saturation re

If your SpO₂ (at rest) is below 95%

- Place your laundry in a bag outside together with theirs, but they should use the washing machine and avoid handling it.
- If you do not have an attached bathroom:
 - designate a specific bathroom for you and they should use another bathroom
 - if a single bathroom has to be shared, use for at least 20 minutes immediately after use
 - Close the lid before flushing.
- If you live alone and you need to collect rubbish:
 - Ensure no one is outside the door
 - Wear a surgical mask before opening the bin
- If you or your household members need to go outside:
 - don a surgical mask when leaving
 - take the most direct route
 - maintain a safe distance of at least 2 metres
 - do not interact with anyone
 - take no longer than 10 min

You may also keep the rubbish at home until Home Visitation.

When can I be discharged?

You may request for do a Polymerase Chain Reaction (PCR) test.

[Guidelines for Cleaning and Disinfection](#)

[Guidelines for Environmental Cleaning and Disinfection
COVID-19 Virus](#)

[List of Household Products and Active Ingredients](#)

What should I do with my wrist tag and the Gateway bag?

Upon completion of your home recovery, if you wish to remove them, place them into the secure bag and return it for collection.

Quarantine Order (QO)

Household & Close Contacts

1. Go home immediately and self-isolate in your bedroom or bathroom. Keep the windows open to ensure good ventilation with your household members.
2. You will be quarantined at home for 10 days. If you are not, you will be quarantined at a quarantine facility.
3. You are required to take PCR tests at the specified times in your electronic QO instructions to book book

2. Day 3, 5, 6: ART
3. Day 8: Exit PCR

Health Risk Alert (HRA)

1. You are strongly encouraged to go for a fresh PCR test.
2. Minimise interactions with others, even though you are asymptomatic.
3. Monitor your health for the next 10 days using the HealthHub app or check in your SMS, if necessary.

Other concerns

Where can I find my cycle threshold (CT) for PCR?

HealthHub app > My Health Booklet > Lab Results.

CT above 25 is generally accepted to be non-infectious.

My employer wants me to report to work after I test positive.

Those who test positive on a Covid-19 antigen rapid test should stay at home for 10 days, even if they are physically well.

Quarantined students can take their national exam

Requirements:

- Test negative for Covid-19 with PCR at start
- Test negative with self-administered ART v
- Travel by private transport or on foot, with
- School has to be informed that they are taking
be prepared
- Accompanying family member or caregiver
subjected to the same restrictions as the s

Other measures:

- Rooms used for quarantined candidates w
thoroughly wiped down after exams.
- Quarantined students
 - will be seated 3m apart
 - have designated entry and exit po
 - will start the exams 30 min after s

Requirements for other restrictions

Approved absence (AA) or Health Risk Warning (H

- Test negative with PCR at start of absence
- daily self-administered ART are negative

Arrangements for national examination candidates affected by Covid-19

Category	Examination arrangements
Confirmed case of Covid-19 infection	Not allowed to sit examinations.
Stay-home notice (SHN)*	
Quarantine Order (QO) Including candidates pending issuance of QO.	Allowed** if entry PCR test and self-swab ART before each examination paper negative.
Approved Absence (AA) Due to MOH's mandatory testing or Health Risk Warning.	Allowed if entry PCR test is negative; candidate is to do self-swab ART at regular intervals, in compliance with MOH's testing regime

MC due to fever (non-ARI)	Allowed if recovered and one-time self-ART is negative.
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NOTE: *Similar to last year, candidates who travelled overseas to attend a funeral or visit a critically ill next-of-kin can sit the written examinations under special arrangements. They will take the examinations in schools. They must take their own private vehicles or pre-booked taxis to the exam venue, as they are not allowed to take public transport.

**Only for the year-end examinations.

SOURCES: MINISTRY OF EDUCATION,
SINGAPORE EXAMINATIONS AND ASSESSMENT BOARD
STRAITS TIMES GRAPHICS

How will grades be derived for those who still can't sit the exams?

Similar to previous years, candidates who miss national exams can apply for special consideration.

They will be awarded projected grades that take into account

If the student misses all components of the subject, the

Paediatric patient, giving birth, post-partum mother

Regardless, all visitors need **negative ART** or PCR v proof that they have recovered from Covid-19.

Is frequent ART swabbing harmful to me?

Frequent swabbing has not been proven to be har

ART swabs are inserted at around 2cm into the no the nasopharyngeal swabs taken for polymerase c

However, if you have had recent facial surgery or t licensed ART provider to have a professional perfor

References

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