



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

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## While waiting for your Polymerase Chain Reaction (PCR) test result

- Patients should immediately return home via private transport (car, taxi or motorcycle) 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, preferably with an attached bathroom

In general, your doctor will inform you of your results within 24 to 48 hours. Alternatively, you may check your results via HealthHub.

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## If you are notified that you are COVID-positive

- Continue to isolate yourself in a room, preferably with an attached bathroom, and do not interact with your household members
- The room should be well ventilated; keep window(s) open

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## If you fulfil the 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
- Aged 12 – 69 years old
- Mild or no symptoms
- Have no severe comorbidities 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 comorbidities)

You can expect to receive an SMS within 24 hours, with a link to provide your details, to start your Home Recovery safely.

If unsuitable, MOH will make the arrangements for you to recover at a community care facility or hospital.

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## Please start monitoring your temperature, pulse rate and oxygen saturation rate at least once a day

If you do not have a thermometer and pulse oximeter, a Care Pack will be sent to you. 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.



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## You must inform all your household members living in the same residential address to register themselves as your close contacts

This can be done via [go.gov.sg/quarantinereg](https://go.gov.sg/quarantinereg)

It is important for them to do so, so that an electronic Quarantine Order can be issued to them.

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## Start of Home Recovery

- If your GP enrolled you, continue phone consultation with your GP if unwell. You can also contact your designated telemedicine service provider for Home Recovery at [go.gov.sg/telemedicineproviders](https://go.gov.sg/telemedicineproviders)
- Get support from Home Recovery Buddy at 6874 4939, if you have questions regarding your Home Recovery journey

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## During the Home Recovery period, do not leave your room

- You should maintain a high level of personal hygiene by washing your hands regularly with soap
- 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
- Your household should not receive visitors during this period as well

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## You should monitor your health condition (temperature, pulse rate and oxygen saturation rate) diligently every day

- Submit your readings at least once a day via [go.gov.sg/homeisolationdailyreport](https://go.gov.sg/homeisolationdailyreport)
- You may contact your designated telemedicine service provider, or participating GPs if you are feeling unwell or call 995 in the event of medical emergencies



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## When you are discharged from Home Recovery

- If you are well, you will be discharged on Day 10 by default. Minimise social interactions for the next 7 days
- Approach your telemedicine service provider for a Medical Certificate if you require more rest