

IF YOU ARE TESTED **COVID-19 POSITIVE** AND INSTRUCTED TO BE **QUARANTINED AT HOME**, YOU SHOULD :

COVID19 virus is *airborne*. You may spread the virus by contaminating indoor air!

KEEP YOURSELF AWAY FROM OTHERS

- **Isolate yourself** from other household members. Use a separate room and washroom (if available). Stay in your room at all times.
- **Wear your mask** whenever you leave your room to common areas in the house.
- **Avoid face-to-face interactions** with other household members. If it is unavoidable, everyone must wear a mask and keep at least 2 meters from each other.
- **Eat in your own room** by yourself. Have a caretaker to prepare your meals and put it at the door. No face-to-face contact when food or goods is delivered.



PREVENT THE SPREAD OF INFECTION

- **Wash your hand regularly** with soap and water, especially before and after using the bathroom and handling personal items.
- **Dispose your used mask and gloves** carefully. The opening of the trash bag must be tied up tight. The bags must be put into a covered bin immediately.



HAVE YOUR OWN DEDICATED PERSONAL ITEMS

- Have **dedicated personal items**, e.g. dishes, cups, eating utensils, towels and bed linens. Reusable personal items should be washed immediately with hot water and detergent.
- **Wash your laundry separately**. All clothing and linens should be dried under the hot sun.



CREATE A SAFE ENVIRONMENT FOR HOME QUARANTINE

- **Keep your room well-ventilated**. Open the windows. **Switch on the fan**.
- **Disinfect common areas and surfaces** regularly with household cleaner or make your own disinfectant (Mix 1 part bleach to 9 parts water). Common surfaces include **doorknobs, light switch, water tap and basin**.
- If you have to share the bathroom with other household members, you must **clean the bathroom before and after each use**.



MONITOR YOUR SYMPTOMS

- Monitor your symptoms regularly and fill up **Home Assessment Tools (HAT)** as instructed by healthcare personnel.
- **Get a finger pulse oximeter**. Check and record your SPO2 at least once **every 4-6 hours**. Normal SPO2 reading will be 95% and above.
- **Watch out for warning signs**, such as breathing difficulty, worsening coughing, chest pain, not eating/drinking well, frequent vomiting or diarrhea, persistent headache or dizziness, feeling very tired or near fainting. **CALL 999 immediately!**



HELP YOURSELF TO RECOVER WELL

- **Get enough rest**. Stop doing housework. Drink more water and eat regular meals.
- **You may take medications for symptom-relief** if needed, for example, paracetamol for fever and headache, cough syrup for cough and antihistamines for runny nose. Always consult a doctor if you are not sure about the dosage.
- **Continue your current medications** for the underlying illness, unless further instructed by healthcare personnel.
- **Continue to keep in touch** (at least once a day) with your family members/ friends via social media/ phone calls. Moral support is important for you to get through the quarantine period.



PLAN YOUR TRANSPORT TO HOSPITAL

- **Make an early plan to have your own transport to hospital in case of an emergency.**



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- **Leave your house** for work/ travel/ buying groceries/ meet-ups/ appointments (unless instructed by healthcare personnel) until the quarantine period is completed.



- **Share room and washroom** (if possible) with other household members who are yet to be tested/ tested negative.



- **Eat or drink with other household members.**



- **Share utensils or personal items** with other household members, eg. dishes, cups, eating utensils, towels and bed linens.



- **Perform heavy work or strenuous exercise.**



- **Interact with other household members without wearing a mask.**



- **Have any visitor during the quarantine period.**



- **Treat your COVID19 with herbal remedies/ unapproved medications eg. anti-parasite (Ivermectin). Always consult a doctor.**

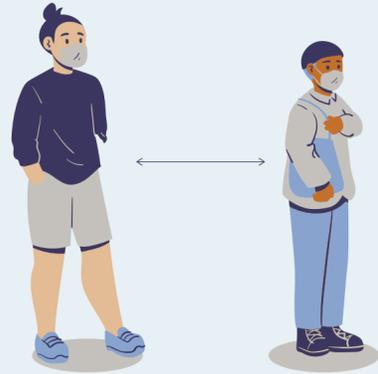


IF YOU HAVE A HOUSEHOLD MEMBER WHO IS TESTED **COVID-19 POSITIVE** AND INSTRUCTED TO BE **QUARANTINED AT HOME**, YOU SHOULD :

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KEEP YOURSELF AWAY FROM COVID-19 POSITIVE MEMBER

- Keep yourself away from the positive member. Use a **separated room and bathroom (if possible)**.
- **Avoid face-to-face interactions** or stay in common space with the positive member.
- You can **help provide meals, prepare medications and do laundry** for the COVID19 family member. **Avoid direct human contact**. Leave food and goods at the door.
- **Put on a mask** if you have to interact with him/her. **Keep at least 2 meters apart**. Keep the contact time as short as possible.



REDUCE YOUR RISK OF GETTING INFECTED

- **Wash your hands regularly** with soap and water after handling used items/ waste/ clothes from the Covid-19 positive member. Reusable personal items are to be **washed immediately** with hot water and detergent.
- **Use separate set of personal items** eg. spoon, plates, towels and linen from the positive member. Do your laundry separately.



CREATE A SAFE ENVIRONMENT FOR HOME QUARANTINE

- **Keep your room well-ventilated**. Open the windows. Switch on the fan.
- Do not use air-conditioner where possible.
- **Disinfect common areas and surfaces** regularly with household cleaner or make your own disinfectant (Mix 1 part bleach to 9 parts water). Common surfaces include **doorknobs, light switch, water tap and basin**.
- If you have to share the bathroom with Covid-19 positive member, you must **clean the bathroom before and after each use**.



MONITOR COVID-19 POSITIVE HOUSEHOLD MEMBER

- Monitor his/her symptoms regularly.
- **CALL 999 IMMEDIATELY** if there is any warning sign, such as breathing difficulty, coughing out blood, chest pain, not eating/ drinking at all, frequent vomiting or diarrhea, persistent headache or dizziness, feeling very tired or near fainting.



ATTEND YOUR SWAB APPOINTMENTS

- Do attend swab appointments and **wait for further instructions** from authority.



IF YOU HAVE A HOUSEHOLD MEMBER WHO IS TESTED COVID-19 POSITIVE AND INSTRUCTED TO BE QUARANTINED AT HOME, YOU SHOULD NOT :

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- Leave your house for work/ travel/ buying groceries/ meet-ups/ appointments (unless instructed by healthcare personnel) until the quarantine period is completed.



- Share room and washroom (if possible) with positive cases in the household.



- Eat or drink with other household members.



- Share utensils or personal items with other household members, eg. dishes, cups, eating utensils, towels and bed linens.



- Reuse masks and disposable gloves, and always discard them in a covered bin immediately after use.



- Interact with other household members without wearing a mask.



- Have any visitor during the quarantine period.

