



MINISTRY OF HEALTH
SINGAPORE

HEALTH ADVISORY FOR PERSONS ISSUED STAY-HOME NOTICE

WHAT MUST BE DONE DURING THE STAY-HOME NOTICE PERIOD

1. You must remain in your place of residence at all times during the 14-day period. Do not leave your residence, even if it is to purchase food and essentials. If necessary, you may opt for home delivery services or enlist the assistance of others for your daily necessities.
2. Avoid interaction with others you live with. You are prohibited from coming into contact with other persons (who do not stay with you) within 2 metres, other than for the purposes of receiving delivery of food or other essential supplies.
3. If sharing a house with others, stay in your own room as much as possible, and use a dedicated toilet if possible.
4. The prohibition against leaving your residence is strict. You are not permitted to leave your place of residence to use common facilities in your estate/building such as the pool, gym, or playground.
5. If applicable, inform your employer or school that you have been issued a Stay-Home Notice as soon as possible.

CHECK FOR SYMPTOMS

6. Monitor your health closely, i.e. twice daily for fever (i.e. $\geq 38^{\circ}\text{C}$) and respiratory symptoms such as cough and breathlessness.
7. If you are unwell, seek medical attention immediately, and avoid contact with others.

AVOID INTERACTION WITH VULNERABLE PERSONS

8. Avoid interactions with vulnerable persons, for example, seniors aged 60 and above or persons with underlying health conditions, even if you are not experiencing any symptoms. Consider alternative accommodation if these interactions cannot be avoided.

OBSERVE GOOD PERSONAL HYGIENE

9. Maintain good personal hygiene, including regular hand washing with soap and water. Flush the toilet after use, and wash your hands before and after handling food or eating, and after going to the toilet.
10. Do not touch your face.
11. Cover your mouth when coughing or sneezing.
12. Maintain good indoor ventilation.
13. Carry out frequent cleaning of your place of residence.
14. Do not share food, crockery, utensils and other personal hygiene items.
15. If you need to leave your room e.g. to go to the toilet, avoid touching any surfaces such as doorknobs and handles, or wipe them down with disinfectant should you do so.
16. Masks are mandatory at all times when leaving the house e.g. if you need to seek medical attention.

PENALTIES FOR BREACH OF STAY-HOME NOTICE

17. Individuals who breach their Stay-Home Notice may be prosecuted under the Infectious Diseases (COVID-19 – Stay Orders) Regulations 2020. First-time offenders can be fined up to \$10,000, jailed for up to six months, or both.

MINISTRY OF HEALTH
24 APRIL 2020

FREQUENTLY ASKED QUESTIONS (FAQS) FOR PERSONS ISSUED STAY-HOME NOTICE

General

1. Do I need to be on SHN?

As Singapore's border restriction measures will evolve according to the global situation, you are advised to check the Ministry of Health website (<https://www.moh.gov.sg/covid-19>) for the latest measures.

2. If I am worried about my status (whether or not I am infected), can I go to a hospital / National Centre for Infectious Diseases (NCID) to get tested?

Diagnostic testing is available for symptomatic individuals who are admitted to hospital on suspicion of infection. If you develop fever, cough or breathlessness, or are feeling unwell, you should seek medical attention. Your doctor will assess and refer you to the hospital if necessary.

3. Can I send my employees/ students to the doctor to get tested at the end of the 14-day period so that they can be cleared to come back to work/return to school?

It is not useful to send persons who do not have symptoms to the doctor/ hospital for testing. Such individuals will not be offered diagnostic testing, and will be asked to return home.

4. Where do I get the latest information on the disease situation?

Health advisories and latest information on the local disease situation is available on the Singapore Ministry of Health website at www.moh.gov.sg. For the latest global disease situation, you may wish to refer to information on the World Health Organization website at www.who.int. For queries on SHN, please call the SHN Helpline at 6812 5555.

For Persons Serving SHN at Dedicated SHN Facilities

5. What if I require medical attention while on SHN?

Please inform the staff at your dedicated SHN facility to assist in making the necessary arrangements.

For Persons Serving SHN at Home/ Not in Dedicated SHN Facilities

6. How should I get from the airport/ checkpoint to my place of serving SHN?

You should make your own transport arrangements, but avoid public buses or trains. Sit alone at the back seat of the car or taxi, with windows down and the air-conditioning turned off. You should also handle your own luggage.

7. What if I require medical attention while on SHN?

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

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

- a. For Singapore Citizens, Permanent Residents and Long-Term Visit Pass holders, you may contact the People's Association (PA) at 63448222. PA will assist you to make the necessary arrangements with the nearest Public Health Preparedness Clinic (PHPC) 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;
- b. For students/ pre-school students, you can seek assistance from your school or MOE/ECDA; and
- c. For foreign employees issued with a work pass, you should contact your employer.

Do not take public buses or trains.

8. Can my family members continue to stay with me during this time? Are they at risk of infection?

Your family members may continue to live in the same house. However, you and your family should avoid contact with each other and observe good personal hygiene practices (refer to guidelines).

If you are living with a vulnerable person, consider alternative accommodation for yourself or the vulnerable person.

If you become unwell, seek medical attention immediately.

9. My family members/ flatmates/ tenants have just returned from one of the affected areas. Can I still carry on with my daily activities (e.g. work, school)?

Yes, the SHN applies only to persons returning from affected areas listed in the advisory, and you should avoid contact with these persons to reduce risk of transmission. You should also continue to monitor your health, observe good personal hygiene and seek medical attention if unwell.

10. Are utility workers e.g. electrician, plumber, aircon servicing worker, allowed to enter the place of residence of a person under SHN?

Households with persons under SHN are advised to defer such services requiring the entry of a non-residential person into the house during the SHN period. However, if the service is essential and required urgently, utility workers may enter the house but the person under SHN should remain at least 2 metres away from them at all times.

Contact details of the worker should also be taken down to facilitate contact tracing if required.

A person under SHN coming within 2 metres of a non-residential person, other than for the purposes of receiving delivery of food or other essential supplies and services, may be prosecuted under the Infectious Diseases (COVID-19 – Stay Orders) Regulations 2020.