



For patients with mild symptoms, what happens when you test positive for COVID-19?

If you receive an SMS informing you that your ART test is **positive**, you have been diagnosed with COVID-19. Your doctor has placed you on Protocol 2.

You have been issued a Medical Certificate of at least 5 days to provide adequate time for you to rest, take your prescribed medications and recover from your symptoms.

Please head home immediately and **self-isolate for at least the next 72 hours**.

During your period of isolation, you are advised to only leave home when necessary (e.g. to seek further medical attention).

You should only exit self-isolation if either of the following conditions are met:
1) After 72 hours AND after you have had a negative self-administered ART result
OR
2) You may discharge yourself without further testing after 12 noon, on <ul style="list-style-type: none"> • Day 7, if fully vaccinated or if you are below 12 years old; • Day 14, if non-fully vaccinated (for 12 years old and above)
Note: Day 1 is taken as date of your positive healthcare-administered COVID-19 test

Travelling Home from the GP Clinic/ Polyclinic

1. Please avoid taking public transport.
2. You can take your own private transport or a taxi / private hire car.
3. If you are being driven, please wear a mask at all times and sit alone in the back seat. Please do not consume food and drink during your journey as this entails removing your mask. You should also keep communications with your driver to the minimum. The windows of the car should be wound down and the air-conditioning switched off.

Care During Your Recovery at Home

1. You will receive a SMS in the next 24 hours of your positive test to collect up to 3 ART kits from an ART vending machine — the locations of the vending machines and collection details can be found on gowhere.gov.sg/art. We recommend getting a household member/friend to help collect the ART kits on your behalf.
2. Practise good personal hygiene by washing your hands regularly with soap and water.
3. If you are using a shared bathroom, the surfaces that you touch should be wiped down with disinfectant or bleach solution after each use. Please refer to the cleaning guidelines issued by the National Environmental Agency for further information <https://www.nea.gov.sg/our-services/public-cleanliness/environmental-cleaning-guidelines/guidelines>.
4. Please ensure that your family members handle your laundry and trash carefully while wearing gloves. They should wash their hands with soap after doing so and avoid touching their faces before washing their hands.
5. No pulse oximeters or thermometers will be issued for persons on protocol 2. This is in line with evidence showing that low risk individuals with mild symptoms do recover quickly and uneventfully. If you have a pulse oximeter and thermometer, you may monitor your oxygen saturation or temperature. No reporting of your readings is required.
6. If you experience worsening symptoms or your symptoms are not improving (e.g. persistent temperature above 38°C for ≥3days or oxygen saturation below 95%), please return to your GP/ Polyclinic for further medical consult. In the event you are unable to access your GP/Polyclinic (e.g. after-office hours), you may request for a



MINISTRY OF HEALTH
SINGAPORE

Telemedicine (TM) consult via go.gov.sg/telemedicineproviders. Do note that some clinics do provide TM services and you should clarify with your attending doctor.

7. If you do not have any emergency conditions, please avoid seeking treatment at the EDs of hospitals and consult your GP/polyclinic or telemedicine providers as above. Individuals with non-emergency conditions turning up at EDs may be diverted to other urgent care clinics for further assessment so as to prioritise ED resources for the management of patients requiring acute care. Clinically stable individuals may also be diverted for admission to COVID-19 Treatment Facilities for further monitoring of their medical condition if they do not need to be hospitalised.
8. If you have a vulnerable household member (e.g. non-fully vaccinated elderly) and are concerned about isolating in your home, please inform your doctor. Your doctor will assess your household situation and advise you accordingly.
9. If you experience an emergency situation (e.g. chest pain, shortness of breath or sudden weakness on one side), call 995 immediately, and inform the ambulance operator that you have been diagnosed with COVID-19.

Exiting Self-Isolation

1. You may exit self-isolation only after a negative self-administered ART on Day 4 or later. Do note that no recovery memo will be issued by MOH, as this is not required by the employers or schools for you to return.
2. If your ART is positive, please continue to self-isolate and perform daily self-administered ART. You may exit isolation after having a negative ART result, or after reaching Day 7 (if you are fully vaccinated or below 12 years old) or Day 14 (if you are non-fully vaccinated and 12 years old and above). Day 1 is taken as the date of your positive COVID-19 test performed at the clinic.
3. Even if you have a negative ART result and exit self-isolation early, you are advised to minimize social interactions until Day 7 (for fully vaccinated or below 12 years old) or Day 14 (for non-fully vaccinated and 12 years old and above).

Household Members/ Close Contacts Who Are Issued Health Risk Notice (HRN)

1. Please register your household members as close contacts, following instructions on the SMS which you will receive. If you do not receive the SMS from MOH within 24 hours, you may contact MOH at **6916 0190**.
2. Your household members will be issued a HRN SMS within 48 hours of filling in the form. Do advise them to monitor their health for the next 5 days following issuance of the HRN. They are strongly encouraged to test ART-negative prior to leaving home for the day for the 5 days under the HRN. Household members issued HRN will be able to obtain ART kits via vending machines, if required.

Questions? Go to <https://www.covid.gov.sg/> or contact MOH Hotline at **6916 0190**.

MINISTRY OF HEALTH

23 FEBRUARY 2022