**Exiting Self-Isolation**

1. You may exit self-isolation only after a negative self-administered ART on Day 4 or later.
2. If your ART is positive, please continue to self-isolate and perform daily self-administered ART. You may exit isolation after getting a negative ART result, or after reaching Day 7 (if you are fully vaccinated, or if you are less than 12 years of age) or Day 14 (if you are aged 12 years old or older and are unvaccinated/partially vaccinated). Day 1 is taken as the date of your positive COVID-19 test performed at the clinic.

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| **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** |
| 1. You may discharge yourself without further testing after 12 noon, on
* Day 7, if you are fully vaccinated, or if you are aged 12 years and below
* Day 14, if you are aged 12 years or older and are unvaccinated/partially vaccinated
* Day 21, for patients with immunocompromised conditions (duration may vary as advised by your managing doctor)

Note: Day 1 is taken as date of your positive professionally administered COVID-19 test |

1. Even if you have a negative ART result and exit self-isolation early, you are advised to minimize social interactions until Day 7 (if you are fully vaccinated, or if you are less than 12 years of age) or Day 14 (if you are aged 12 years old or older and are unvaccinated/partially vaccinated).
2. In the event you require more ART kits, you are eligible to collect 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.

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

**MINISTRY OF HEALTH**

**21 JANUARY 2021**

**If you have 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).

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| **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** |
| 1. You may discharge yourself without further testing after 12 noon, on
* Day 7, if fully vaccinated or if you are below 12 years old;
* Day 14, if unvaccinated/partially 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(primary care). 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 38oC 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 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 have a vulnerable household member (e.g. unvaccinated elderly) and are concerned about isolating in your home, please inform your doctor. Your doctor will assess your household situation and advise you accordingly.
8. 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.
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 vaccinated or below 12 years old) or Day 14 (if you are unvaccinated 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 vaccinated or below 12 years old) or Day 14 (for unvaccinated/partially vaccinated 12 years old and above).

**Household Members/ Close Contacts Who Are Issued Health Risk Warning (HRW)**

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 HRW SMS within 48 hours of filling in the form. Do advise them to monitor their health for the next 7 days following issuance of the HRW. They will need to submit their first ART result online, and subsequently test ART-negative prior to leaving home for the day. Household members issued HRW 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**

**21 JANUARY 2022**