



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 Stay-Home Notice 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 contact with other persons residing in the same place of residence who are not serving SHN with you. 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, taking designated transport, or taking the COVID-19 test at the designated testing facility.
3. If sharing a place of residence with others, stay in your own room at all times, and use a dedicated toilet.
4. The prohibition against leaving your residence is strict. You must not 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.
6. You may only leave your residence for medical assistance (see para 11), for your scheduled COVID-19 test appointment at the designated testing facility, or for purposes approved by the authorities, and **you must return immediately to your residence thereafter**. When going for your COVID-19 test appointment, ensure that you are well and not having cough, fever, sore throat, runny nose, or loss of smell. Comply with the general precautions including wearing a mask, and remember to bring your identification documents to the designated testing facility. If you are issued an electronic monitoring device and/or electronic gateway device, you must keep the device(s) with you even when leaving your residence for approved purposes by the authorities.

TRANSPORT ARRANGEMENTS

*If you are serving your **14-day Stay-Home Notice** at dedicated SHN facilities*

7. If you need to leave the dedicated SHN facility for your scheduled COVID-19 test appointment, transport arrangements will be made by MOH. However, if you need to leave the dedicated SHN facility for approved purposes (*e.g. scheduled medical*

appointment), you will need to make transport arrangements at your own cost from the transport service provider listed in Table 1 below.

If you have been allowed to serve your **14-day Stay-Home Notice** at your place of residence

8. You must make transport arrangements at your own cost from the transport service provider listed in Table 1, for:
 - a. travelling from the checkpoint to your place of residence; and
 - b. leaving your place of residence for your scheduled COVID-19 test appointment at the designated testing facility or for approved purposes. You must return immediately to your residence thereafter.

Table 1: Transport Service Provider for Persons Serving 14-Day SHN

Service Provider and Contact Number	Type of trip	Cost <i>(an additional 10% will be charged for credit card transactions)</i>
Strides Transportation Pte Ltd 6477 5977	From checkpoint to residence - Please follow the booking instructions provided at the booking desk at the checkpoint when making transport arrangements. <i>plus</i> From residence to testing facility for COVID-19 test (round trip) - Please ensure that your test appointment has been scheduled before making transport arrangements.	\$200.00
	From any other ad-hoc trips approved by the authorities	

If you are serving a **7-day Stay-Home Notice**

9. When travelling, you must use your own private vehicle, or book a taxi or a private hire car from the list of contact numbers or ride-hail applications (app) provided in Table 2.
 - a. For **phone booking**, please identify yourself as a person subject to a Stay-Home Notice to the hotline operator.
 - b. For **app booking**, please indicate your status as a person subject to a Stay-Home Notice by keying “SHN” in the chat/note/comment box or by checking the SHN checkbox (if provided within the app).

Please also identify yourself as a person subject to a Stay-Home Notice when boarding the vehicle. When travelling in the taxi or private hire car, you should sit alone in the back seat, with windows down and the air-conditioning turned off. Do not take other forms of public transport (e.g. street-hail taxi / bus / train).

Table 2: Transport Service Providers for Persons Serving 7-Day SHN

	Service Provider	Contact Number* / Mobile Application
1	ComfortDelgro Taxi (Comfort & CityCab taxis)	6333 1133 or via ComfortDelGro app
2	TransCab	6213 0997
3	SMRT	6477 5971
4	Prime	6776 7553
5	Premier	6681 9462
6	Go-Jek, GrabSHN, Ryde, MVL(TADA)	via respective providers' app

*Operating hours: 8am - 6pm

CHECK FOR SYMPTOMS

10. 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.

11. If you are unwell, seek medical attention immediately, and avoid contact with others.

- a. For emergency / life-threatening cases (such as cardiac arrest, active seizures, breathlessness, major traumas and stroke), please call 995 directly for assistance.
- b. For all other non-emergency medical needs (such as cough, fever, runny nose, or follow-up visits for chronic conditions, refilling of prescriptions, etc.):
 - If you are staying in a dedicated SHN facility, you may contact the hotel front desk or equivalent for assistance;
 - For Singapore citizens, permanent residents, Long-Term Visit Pass holders and short-term visitors, you may call the SHN helpline at 6812 5555;
 - For students, you may seek assistance from your educational institution; and
 - For foreign employees (including foreign domestic workers) issued with a work pass, you may contact your employer or your Singapore employment agency. However, if you have acute respiratory infection (e.g. symptoms of cough, sore throat, runny nose, loss of smell), please send your name, FIN and SHN residential address (i.e. Block, Floor, Unit No. and Postal Code) via WhatsApp (87253691) to MOM instead.

Arrangements will be made for you to receive appropriate medical attention. Please inform the staff / doctor of your travel history and that you have been issued a SHN prior to the start of the consultation.

AVOID INTERACTION WITH VULNERABLE PERSONS

12. 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

13. 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.

14. Do not touch your face.

15. Cover your mouth when coughing or sneezing.

16. Maintain good indoor ventilation.

17. Carry out frequent cleaning of your place of residence.

18. Do not share food, crockery, utensils and other personal hygiene items.

19. If you need to leave your room, avoid touching any surfaces such as doorknobs and handles, or wipe them down with disinfectant should you do so.

20. Masks are mandatory at all times when leaving the room / house e.g. if you need to seek medical attention.

PENALTIES FOR BREACH OF STAY-HOME NOTICE

21. Individuals who breach their Stay-Home Notice may be prosecuted under the the Infectious Diseases Act and/or 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
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