



**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 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. You may only leave your residence for your scheduled COVID-19 test appointment at the designated testing facility, and you must return back immediately to your residence after the test. You should use your own private vehicle or pre-booked taxi to travel to the testing facility and back. If you use a taxi, you should only book one from the list of contact numbers provided. Please identify yourself as a person subject to a Stay-Home Notice when making the booking and when boarding the vehicle. When travelling in the taxi, you should sit alone in the back seat, with windows down and the air-conditioning turned off. Other forms of public transport (e.g. bus / train) and private hire services (e.g. Grab) should be avoided.

	Service Provider	Contact Number*
1	ComfortDelgro Taxi (Comfort & CityCab taxis)	6333 1133
2	TransCab	6213 0997
3	SMRT	6477 5971
4	Prime	6776 7553
5	Premier	6681 9462
6	HDT	8507 9691

*Operating hours: 8am - 6pm

6. If applicable, inform your employer or school that you have been issued a Stay-Home Notice as soon as possible.

CHECK FOR SYMPTOMS

7. 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.
8. If you are unwell, seek medical attention immediately, and avoid contact with others.
 - a. For life-threatening cases such as cardiac arrest, active seizures, breathlessness, major traumas and stroke, contact 995 directly for assistance.
 - b. For individuals with respiratory symptoms (e.g. cough, fever, runny nose), contact the desk manager or equivalent if you are serving your SHN at a dedicated SHN facility. Otherwise, contact the SHN Helpline (6812-5555).
 - c. For all other non-emergencies (such as follow-up visits for chronic conditions, refilling of prescription, etc.):
 - For Singapore Citizens, Permanent Residents and Long-Term Visit Pass holders, contact the desk manager or equivalent if you are serving your SHN at a dedicated SHN facility. Otherwise, please call the SHN Helpline (6812-5555).
 - For students, you can seek assistance from your educational institution. Parents/ guardians of pre-school students can approach ECDA; and
 - For foreign employees issued with a work pass, contact your employer to assist you in making the necessary arrangements with the nearest GP clinic.

AVOID INTERACTION WITH VULNERABLE PERSONS

9. 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

10. 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.
11. Do not touch your face.
12. Cover your mouth when coughing or sneezing.
13. Maintain good indoor ventilation.

14. Carry out frequent cleaning of your place of residence.
15. Do not share food, crockery, utensils and other personal hygiene items.
16. 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.
17. 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

18. 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
5 JULY 2020
