Advice for Patients with Respiratory Infections
(fever, cough, and other flu-like symptoms)

You are advised to visit a GP clinic within walking distance of your home to minimise the need for transportation.

Stay home for the duration of your MC

You are required by law to stay home for the first 5 days of MC issued for this episode of illness. If your MC has been extended beyond 5 days, you should continue to stay home for the duration of your MC.

You should only leave your home if you need to seek medical attention.

Persons who do not comply will be liable to a fine of up to $10,000, or imprisonment up to six months, or both, under the Infectious Diseases Act.

To travel home from the clinic after your consultation:

- Avoid taking public transport, to minimise any potential risk of transmission;
- Please take your own private transport or a taxi / private hire car.
  - If you are a passenger, please wear a mask and sit alone in the back seat.
  - The windows of the car should be wound down and the air-conditioning switched off. Please obtain a receipt from the taxi/private hire car for the journey, and retain the receipt for 30 days for contact tracing purposes.

Visit www.moh.gov.sg/covid-19 for more information and updates on the local situation.
🏠 😷 You should:

- Avoid close contact with anyone except for health officers and police officers;
- Stay in a separate room at home if possible, ideally with an attached bathroom to minimise interaction with the rest of the household. If you are using a shared bathroom, surfaces that you have touched should be wiped down before and after use;
- Minimise contact with your household members, especially seniors, until you are well, e.g. avoid having meals together;
- Maintain good personal hygiene, including washing your hands with soap and water frequently; avoiding touching your eyes, nose and mouth; covering your mouth when coughing or sneezing etc.;
- Avoid sharing any food, crockery, utensils and other personal hygiene items;
- Take the medications prescribed for you (if any);
- Drink sufficient fluids;
- Continue to monitor your temperature and symptoms at home;
- (If you have a prior medical appointment) Call your healthcare provider and inform them that you are on MC so that they can advise if the appointment should be rescheduled.

😢 😚📞 What you need to do if your symptoms worsen and/or need medical attention or other assistance:

If your symptoms worsen, e.g.:

- Fever – or worsening of fever (temperature ≥ 38°C)
- Shortness of breath

Please do the following:

- Wear a surgical mask;
- Take your own private transport (with windows wound down) to the same clinic that you had visited for your consultation;
- Do not take public transportation like MRT or buses;
- In an emergency situation, please call 995 for an ambulance, and inform the ambulance operator of your respiratory symptoms and travel history.

You may use home delivery services or seek the help of others for your daily needs. If you need help during the MC period, you may contact the People’s Association (PA) at 6225 5322.

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