



# 8 IMPORTANT STEPS: What must you do when you are notified that you are a close contact of a COVID-19 positive case?

For Persons under Quarantine Order, you will receive an electronic Quarantine Order (eQO) via SMS.



**1** Go home immediately and self-isolate in your own room, preferably with attached bathroom. Keep room well-ventilated by keeping windows open. Make sure there is no physical contact with your household members.

**2** You will need to undergo quarantine at your place of residence. However, if your place of residence is unsuitable, you will be quarantined at a Government Quarantine Facility (GQF) instead.

**3** The QO is for 10 days from the date of exposure. You are not allowed to go out except to travel to designated centres for your Polymerase Chain Reaction (PCR) tests. To ensure your well-being, you will be given instructions to access 24/7 telemedicine service.



**4** You are required to take PCR tests at the start and end of the 10-day QO. Follow your eQO instructions to book your PCR tests online and attend the tests at a Regional Screening Centre (RSC) near your home. Make your own way to the RSC to take your PCR tests. Your doctor will inform you of your results within 24 to 48 hours. Alternatively, you may check your results via HealthHub.

**5** At the RSC, you will collect free Antigen Rapid Test (ART) kits at the same time. During the entire QO period, you are required to do a self-administered ART every day and report your ART results by 12pm. You are to submit your results at <https://go.gov.sg/mohartresults>



**6** Prior to the end of the 10 days of quarantine, you will need to book an appointment similar to your entry PCR test and make your own way to the RSC again to take your exit PCR test.

**7** Should you receive a Health Risk Warning or Health Risk Alert at the same time as the eQO, do note that quarantine takes precedence.

**8** On Day 10, if your PCR test is negative, you will receive a rescindment SMS and your QO will end. For your own protection, do continue with daily self-administered ART from Days 11 to 14.



For persons identified as close contacts by TraceTogether data, some may receive a Health Risk Warning (HRW) or Health Risk Alert (HRA) depending on your degree of risk exposure.

## Health Risk Warning (HRW)

- For Persons issued HRW, you will receive a notification via SMS.
- Take one PCR test upon receiving the notice and self-isolate until you receive a negative PCR test result.
- Take another PCR test at the end of HRW.
- Take Antigen Rapid Tests (ARTs) as advised in your SMS.

## Health Risk Alert (HRA)

- For Persons issued HRA, you will receive a notification via SMS.
- Strongly encouraged to come forward for a free PCR test.
- Minimise interactions with other people, even though there are no movement restrictions.
- Monitor your health for next 10 days upon receiving the notice.
- Take Antigen Rapid Tests (ARTs) as advised in your SMS, if applicable.