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 14-day 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, and avoid having visitors to your residence or coming into contact with other persons (outside of your household) 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. Do not use common facilities in your estate/building, including 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. The Singapore Government agencies (MOE, ECDA, MOM and ICA) may contact you through multiple platforms including phone calls, WhatsApp or Short Message Service (SMS). When contacted, you must respond within one hour.

CHECK FOR SYMPTOMS

7. Monitor your health closely, i.e. twice daily for fever (i.e. ≥ 38°C) and respiratory symptoms such as cough and breathlessness.

8. If you are unwell, wear a mask and seek medical attention immediately, and avoid contact with others.

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.


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.

PENALTIES FOR BREACH OF STAY-HOME NOTICE

17. Individuals who breach their Stay-Home Notice may be prosecuted under the Infectious Diseases Act. First-time offenders can be fined up to $10,000, jailed for up to six months, or both.

MINISTRY OF HEALTH
30 MARCH 2020
FREQUENTLY ASKED QUESTIONS (FAQS) FOR PERSONS ISSUED STAY-HOME NOTICE

1. **Do I need to be on SHN?**

As Singapore’s border restriction measures will evolve according to the global situation, you are advised to check the Ministry of Health website ([https://www.moh.gov.sg/covid-19](https://www.moh.gov.sg/covid-19)) for the latest measures.

2. **How should I get from the airport/ checkpoint to my place of serving SHN?**

You should make your own transport arrangements, but wear a mask and avoid public transport. Sit alone at the back seat of the car or taxi, with windows down and the air-conditioning turned off. You should also handle your own luggage.

3. **Can my family members continue to stay with me during this time? Are they at risk of infection?**

Your family members may continue to live in the same house. However, you and your family should avoid contact with each other and observe good personal hygiene practices (refer to guidelines).

If you are living with a vulnerable person, consider alternative accommodation for yourself or the vulnerable person.

If you become unwell, wear a mask and seek medical attention immediately.

4. **What if I require medical attention while on SHN?**

For life-threatening cases such as cardiac arrest, active seizures, breathlessness, major traumas and stroke, please call 995 directly for assistance; and

For non-emergencies (such as cough or fever, follow-up visits for chronic conditions, refilling of prescription, etc.):

   a. For Singapore Citizens, Permanent Residents and Long-Term Visit Pass holders, you may contact the People’s Association (PA) at 63448222. PA will assist you to make the necessary arrangements with the nearest Public Health Preparedness Clinic (PHPC) or GP clinic, or to arrange for a house call by a GP (for those with mobility issues). Please inform the staff and doctor of your travel history and that you have been issued a SHN;

   b. For students/ pre-school students, you can seek assistance from your school or MOE/ECDA; and

   c. For foreign employees issued with a work pass, you should contact your employer.

You should put on a mask before leaving your house to seek medical attention, and do not take public transport.
5. If I am worried about my status (whether or not I am infected), can I go to a hospital / National Centre for Infectious Diseases (NCID) to get tested?

Diagnostic testing is available for symptomatic individuals who are admitted to hospital on suspicion of infection. If you develop fever, cough or breathlessness, or are feeling unwell, you should seek medical attention (see previous question). Your doctor will assess and refer you to the hospital if necessary.

6. My family members/ flatmates/ tenants have just returned from one of the affected areas. Can I still carry on with my daily activities (e.g. work, school)?

Yes, the SHN applies only to persons returning from affected areas listed in the advisory, and you should avoid contact with these persons to reduce risk of transmission. You should also continue to monitor your health, observe good personal hygiene and seek medical attention if unwell.

7. Can I send my employees/ students to the doctor to get tested at the end of the 14-day period so that they can be cleared to come back to work/return to school?

It is not useful to send persons who do not have symptoms to the doctor/ hospital for testing. Such individuals will not be offered diagnostic testing, and will be asked to return home.

8. If I am delivering food/ supplies to a person under SHN, should I wear a mask or other protective equipment to protect myself?

There is no need for masks or other protective equipment. The delivery can be conducted in such a way as to minimise contact with the person under SHN. The SHN is a precautionary measure and persons under SHN are not close contacts of confirmed cases.

9. Are utility workers e.g. electrician, plumber, aircon servicing worker, allowed to enter the place of residence of a person under SHN?

Households with persons under SHN are advised to defer such services requiring the entrance of a non-household member into the house during the SHN period. However, if the service is essential and required urgently, utility workers may enter the house but should remain at least 2 metres away from the person under SHN at all times. Contact details of the worker should also be taken down to facilitate contact tracing if required.

A person under SHN meeting a non-household member within 2 metres other than for the purposes of receiving delivery of food or other essential supplies and services may be prosecuted under the Infectious Diseases Act.

10. Where do I get the latest information on the disease situation?

Health advisories and latest information on the local disease situation is available on the Singapore Ministry of Health website at www.moh.gov.sg. For the latest global disease situation, you may wish to refer to information on the World Health
Organization website at www.who.int. For queries on SHN, please call the SHN Helpline at 6812 5555.