

# NEW NORMAL: LIFE IN 2022

This document contains updated information on how you can manage close contact or confirmed cases of Covid-19.

Please take the time to read this as the government has recently updated its guidance on coronavirus-related matters including revised quarantine periods and new categorisations for Covid-19.

## REMINDERS



### GET TESTED IF UNWELL

Immediately take a Covid-19 test if you have symptoms e.g. fever, cough, fatigue.



### TEST BEFORE GATHERING

Do a rapid test before going for gatherings with other people. Keep everyone safe.



### ALWAYS MASK UP

Wear a face mask when you are outside your home, especially when seeing others.



### KEEP YOUR HANDS CLEAN

Wash and sanitise your hands regularly. Avoid touching your face if possible.



### AVOID THE 3CS

Stay away from the 3Cs: Closed areas, Crowded places and Close interactions.



### MIND YOUR DISTANCE

Observe adequate physical distancing of at least 1 meter from other people.

## VACCINATIONS

Research studies globally show that vaccinations provide the best protection against Covid-19 infections, in particular severe illness and death.

- ✓ Ensure that you and your family are fully vaccinated.
- ✓ Stay updated. Take your booster doses when you become eligible for them.
- ✓ Consider enrolling your children for vaccination once it is available to them.

9X

UNVACCINATED PEOPLE ARE **9X MORE LIKELY TO BE INFECTED**

62X

UNVACCINATED PEOPLE ARE **62X MORE LIKELY TO DIE FROM COVID-19**

# UPDATES YOU SHOULD KNOW

## CATEGORIES OF COVID

### CATEGORY 1 - ASYMPTOMATIC

#### CATEGORY 2A - MINOR SYMPTOMS

NEW

- Sore throat/cold
- Cough
- Loss of sense of taste (but still have appetite)
- Loss of sense of smell
- No fever
- No difficulty breathing
- Diarrhoea twice in 24 hours
- Nausea and vomiting
- Fatigue (but can still do daily activities)
- Muscle aches and pains (but can still do daily activities)

#### CATEGORY 2B - MODERATE SYMPTOMS

NEW

- Fever/onset of fever for more than two days
- Shortness of breath when exerting yourself
- Chest pain
- Loss of appetite
- Fatigue while doing daily activities or after waking up
- Requires walking assistance
- Increasing severity of symptoms (e.g. persistent cough, nausea, diarrhoea etc)
- Decreased level of consciousness
- Gradual decrease in urine output over 24 hours

### CATEGORY 3 - SOME BREATHING ISSUES

### CATEGORY 4 - REQUIRES OXYGEN SUPPORT

### CATEGORY 5 - NEEDS INTUBATION/VENTILATOR

## CLOSE CONTACT



#### SHARED SPACE

- People who live together;
- Colleagues in the same workspace;
- Classmates in the same classroom.



#### CLOSE PROXIMITY

Face-to-face for more than 15 mins, less than 1 meter distance, in an enclosed area with a positive case.



#### LONG EXPOSURE

Not face-to-face but present in an air-conditioned room for more than 2 hours with a positive case.



#### TRAVELLING TOGETHER

Travelling in the same vehicle (1 or 2 seats apart) with a positive case for more than 15 mins.

# IF YOU ARE A CLOSE CONTACT

## QUARANTINE PERIOD



**FULLY VACCINATED  
+ BOOSTER  
COMPLETED**



**FULLY  
VACCINATED  
ONLY**



**UNVACCINATED  
/ NOT FULLY  
VACCINATED**

## WHAT TO DO

### ASYMPTOMATIC CLOSE CONTACTS

- Undergo digital Home Surveillance Order (HSO)
- You can quarantine at home
- No need to go to the Covid-19 Assessment Centre (CAC)
- Testing for Covid-19 is not mandatory
- If you opt to test yourself, keep in mind it is best to test on the fifth day of exposure to the positive case

### SYMPTOMATIC CLOSE CONTACTS

- Take a Covid-19 rapid self-test
- If you test negative: Continue your home quarantine for the required period
- **If you test positive:** Refer to the next page

## YOUR STATUS IN THE CHAIN

<b>LAYER 1</b> Covid-19 positive	Follow SOPs for managing Covid-19 cases and doctor's instructions	Return to the workplace only after you are given a release letter
<b>LAYER 2</b> Close Contact of Layer 1	Undergo home quarantine for 5 to 10 days depending on your vaccination status	Return to the workplace if you test negative at the end of your quarantine period
<b>LAYER 3</b> Close Contact of Layer 2	If you go out to work, adhere strictly to SOP. If you work from home, stay in until your Layer 2 close contact Covid-19 results are known.	Adhere strictly to SOP. Reduce any non-essential movements outside the home.
<b>LAYER 4</b> Close Contact of Layer 3	No specific restrictions. Get updates of any change in status of your Layer 3 close contact.	No specific restrictions.



# IF YOU TEST POSITIVE FOR COVID

## QUARANTINE PERIOD

**7**  
DAYS

**FULLY  
VACCINATED +  
ASYMPTOMATIC**

**10**  
DAYS

**UNVACCINATED  
/ NOT FULLY  
VACCINATED +  
SYMPTOMATIC**

## WHAT TO DO

### CAN QUARANTINE AT HOME

You can quarantine at home if you are:

- Asymptomatic (Category 1) or
- Having mild symptoms (Category 2A) and
- Are not in the high risk category (ie. below 60 years old and have no comorbidity)

Self-monitor and update the Health Assessment Tool on MySejahtera app every day

### MUST GO TO THE NEAREST CAC/HOSPITAL

You must go to the nearest Covid Assessment Centre (CAC) if you fulfil any of the following:

- Experience moderate to severe symptoms (Category 2B, 3, 4 and 5)
- Age 60 and above
- Have comorbidities (e.g. hypertension, diabetes, etc)
- Experience worsening symptoms
- Are unvaccinated or yet to be fully vaccinated

Immediately go to the nearest CAC or Hospital. You don't have to wait for the CAC's phone call. Find the list of CACs [here](#).



**UPDATE YOUR  
CLOSE CONTACTS**



**INFORM HR &  
YOUR MANAGER**



**GET MEDICAL  
HELP IF NEEDED**

# YOUR OBLIGATIONS TO PREVENT COVID-19

If you have tested positive or are identified as a close contact with a Covid-19 patient, you have the responsibility to keep health authorities updated, be contactable and to isolate yourself from others. This is to help reduce the spread of Covid-19 and keep other people safe.

## COVID-19 PATIENT

### 1 INFORM

Promptly update your status and details of close contacts via the MySejahtera app.

### 2 ISOLATE

Immediately isolate yourself from other people in your home or work environment.

### 3 ASSESSMENT

Do a self-assessment using the Home Assessment Tool in MySejahtera.

If you are symptomatic or are in the high-risk category, you will be instructed to go to the Covid Assessment Centre (CAC). Or else, you will be issued a Digital Home Surveillance Order via the app.

### 4 DAILY UPDATES

Every day, you must provide an update via the Home Assessment Tool in MySejahtera.

### 5 MONITORING

The CAC will conduct a virtual health assessment with you to monitor your recovery.

### 6 SEEK HELP

If your symptoms worsen seek medical attention or call 999.

## CLOSE CONTACT

### 1 INFORM

Update your status in the MySejahtera app immediately.

### 2 ISOLATE

Immediately isolate yourself from other people in your home or work environment.

### 3 HOME SURVEILLANCE

You will be in home quarantine for 5 to 10 days depending on your vaccination status. Once you complete this, you will be given a digital release order stamp.

During this time, if you have symptoms like fever or breathing difficulties, promptly seek medical attention or do a Covid-19 test.

### 4 DAILY UPDATES

Every day, you must provide an update via the Home Assessment Tool in MySejahtera.

### 5 IF OTHERS TEST POSITIVE

If someone in your shared living space (household, room or dorm) tests positive during your quarantine period, then the duration of your quarantine will be extended.

WHAT TO DO IN SITUATIONS OF

# COVID-19

# HOME QUARANTINE

Covid-19 patients (or those undergoing a Home Surveillance Order) are allowed to quarantine at home if they fulfil certain criteria. This includes if they have mild or no symptoms, are not high-risk individuals, can be contactable anytime, have a room for their self-isolation and have a suitable caregiver. Here are some tips on how to safely quarantine at home.

## WHAT TO DO



### REST & HYDRATE

Get plenty of rest, drink lots of fluids and eat well to boost your immunity.



### PERSONAL HYGIENE

Maintain good personal hygiene and keep your living space clean.



### MONITOR YOUR SYMPTOMS

Pay attention to your symptoms and contact a doctor if it worsens.

## WHAT NOT TO DO



### HAVE VISITORS OVER

Do not invite or allow visitors into your space or your home



### GO OUT ANYWHERE

Stay in and do not go out to buy food, medicine or anything



### SELF-MEDICATE

Take medical advice from professionals, not social media

## THIS INFO MAY ALSO BE RELEVANT TO YOU IF YOU ARE:

- Waiting to take a Covid-19 test
- Waiting for your test results
- Waiting to be admitted to hospital
- Waiting for further instructions from health authorities
- Unwell and living in a shared space



SOME TIPS IF YOU ARE A:

# COVID-19 PATIENT IN HOME QUARANTINE

Covid-19 patients may be allowed to quarantine at home if they fulfil certain criteria, such as if they have mild or no symptoms, are not high-risk individuals, can be contactable anytime, have a room for their self-isolation and have a suitable caregiver. Here are some tips on how to safely quarantine at home.



## SPACE TO ISOLATE

If possible, allocate a separate bedroom for you to isolate in. Keep the door closed. Leave an outside-facing window open and fan on for ventilation.



## DESIGNATE ONE CAREGIVER

Designate one person to be your main caregiver. This person will be the one passing you your meals and disposing the waste you generate. Ask family or friends for help to get your meals and other necessities sorted.



## SEPARATE YOUR UTENSILS

Have your meals in your room alone. Don't share utensils, plates and cups with others. Use disposables if possible but be sure to throw it away separately.



## ALLOCATE A WASHROOM

Allocate one bathroom for your own use. If not possible, use the bathroom after everyone else. Thoroughly clean and disinfect it after each use. Keep the windows open for ventilation.



## MONITOR SYMPTOMS

Keep tabs on your symptoms and report your daily status on MySejahtera as directed by health authorities. It is recommended to use a thermometer and oximeter to monitor your temperature and oxygen levels.



## MAINTAIN PERSONAL HYGIENE

Frequently wash your hands with soap and water, and sanitise. Wear a face mask and observe social distancing if you have to open your room door to receiving meals, items or leave out your garbage.

SOME TIPS IF YOU ARE A:

# CARING FOR A COVID-19 PATIENT AT HOME

Covid-19 patients may be allowed to quarantine at home if they fulfil certain criteria. Here are some tips on how to safely care for a Covid-19 patient at home or how to manage if you live with someone who has tested positive.



## ENSURE YOU ARE HEALTHY

If you are the designated caregiver, ensure that you do not have any underlying health conditions that may put you at risk when you perform your caregiving tasks.



## CONTACTLESS CAREGIVING

Set up a system for contactless delivery of food and necessities to the patient as well as for safe disposal of used utensils and garbage.



## WEAR PROTECTIVE GEAR

Wear a face mask and disposable gloves when you approach the patient or the patient's room to deliver meals, collect used utensils or take out the garbage for them.



## WASH YOUR HANDS

Frequently wash your hands with soap and water especially after handling surfaces or items that have been used by the patient. Use hot water and soap when cleaning utensils used by the patient.



## SANITISE & VENTILATE

Ensure that the other parts of the house are frequently cleaned and sanitised. Leave the windows open and keep the fan on to promote good ventilation and air quality.



## STAY IN & REDUCE CONTACT

Try to stay at home as much as possible and reduce your own contact with others for the duration of your caregiving. The Ministry of Health recommends staying home for 10 days.



SOME TIPS IF YOU ARE A:

# CLEANING & DISINFECTING

## WASHROOM



### WASHROOM/ BATHROOM

The washroom used by a Covid-19 patient must be cleaned and disinfected at least once a day if they are well enough to clean.



### CLEANING AGENT

It is recommended to clean surfaces using sufficient soap and disinfect using bleach, chlorine or alcohol.



### SHARED WASHROOMS

If the patient shares a washroom with others, any frequently touched surfaces must be disinfected after each use.

## WASHING PLATES/UTENSILS



### IMMEDIATE CLEANING

Plates, cups and utensils used by the patient should be promptly cleaned once they place it outside their room.



### USE HOT WATER

Clean plates, utensils and cups separately using hot water and sufficient soap to disinfect the items.



### WEAR GLOVES

Wear gloves and other protective gear when handling utensils used by the patient. Wash your hands after.

## GENERAL CLEANING PROTOCOL



### PROTECTIVE GEAR

When cleaning surfaces used by a patient, be sure to wear a face mask, face shield, disposable apron and gloves.



### GOOD HAND HYGIENE

Thoroughly clean your hands before and after cleaning as well as after removing any protective gear.



### SAFE STORAGE

Separately store any tools (such as buckets, mops and cloth) used for cleaning to avoid contamination.

# SAFE WASTE DISPOSAL



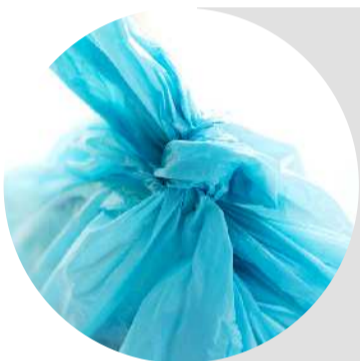
## PROVIDE GARBAGE BAGS

Provide the patient with thick disposable plastic bags for their personal use in their room.



## ALL WASTE TO BE DISPOSED

The patient should dispose of all waste generated daily including tissues, food scraps, used face masks and gloves etc.



## SECURE THE BAGS

The patient should securely tie up the used garbage bags and leave it outside their room for disposal. This is ideally disposed on a daily basis.



## PROMPTLY DISPOSE

The patient's carer must immediately dispose of the garbage bags left out by the patient. Do not mix with the waste generated by other people living in the home/shared space.



## DOUBLE BAG

It is recommended to place the patient's bag into a second plastic bag before disposing it outside the home in the allocated areas.



## SAFE HANDLING

The person handling the patient's waste or garbage bags must wear a face mask and gloves. After handling the waste, ensure that the handler washes their hands with soap and disinfects.



## RESPONSIBLE DISPOSAL

Any waste generated by a patient must be properly disposed in areas where the waste disposal service provider can take it away. If no services are available in your area, the garbage should be buried.