

FREQUENTLY ASKED QUESTIONS REGARDING COVID-19 PATIENTS AFTER DISCHARGE

1. Is it safe for patients who were diagnosed with COVID-19 to be discharged from the hospitals, government appointed treatment centres or quarantine centres?

Patients who were diagnosed COVID-19 after one week are allowed to be discharged from the hospitals, government appointed treatment centres or quarantine centres. They are to continue their quarantine period in their own accommodation or designated facilities if:

- They have recovered and are stable
- They do not have any new symptoms of infection and
- The swab results show that they cannot infect other people.

2. Can the family pick up and bring home the patients?

- Only one family member with a red code or under quarantine in the same period are ALLOWED to pick up and take the patient home, without making any stops during the journey.
- The family member is not allowed out of the vehicle when picking up the patients. Their personal details and licence plate numbers must be submitted prior to picking up the patient to the relevant authorities in the hospitals, government appointed treatment centres and quarantine centres.

3. What if the patient does not have any family members to pick him/her up?

The Ministry of Health will assist in sending the patient home if needed.

4. What if the patients do not have a separate room or suitable room to undergo the quarantine?

Patients will be placed in quarantine centres appointed by the Ministry of Health in accordance with the Chapter 204, Infectious Disease Act.

5. Do patients need to be in a separate room in their home?

Patients need to be in a separate room and must remain inside the house. They are prohibited from leaving the house until the end of their quarantine period. Patients need to continue monitoring their own health daily.

6. Can the patient go out of his/ her room in their own home?

Patients can go out of their room, however they are advised to limit their movements outside the room. Patients are also advised to limit socialising with family members and other household members. Patients must always wear a facemask when they are outside their room. They are prohibited from shaking hands or mixing with other family members.

7. Can patients share the use of the bathroom or toilets with other family members?

Patients may share bathroom and toilets with family members or household members. Make sure bathrooms and toilets have very good ventilation (open windows for a few hours daily).

Patients must remember to:

- Regularly wash hands with soap and water after using the toilet or when the hand is visibly dirty/soiled.

- Use tissue papers or disposable napkins to dry hands or specific towels and replace when wet.
- Clean the bathroom, floor and toilets using disinfectants such as Clorox after each use.

8. Can patients use other shared amenities within the house such as the kitchen, with other family members?

Patients may use other shared amenities such as the kitchen with other family members in the same household, taking into account the following:

- Wash hands before and after preparing food as well as before and after eating.
- Clean all surfaces in the kitchen and on furniture after use with common household disinfectant (eg Clorox or Dettol).
- Avoid sharing eating and drinking utensils.
- Wash your own plates, bowls, spoon, fork, glass and cups using washing liquid and water.
- Do not mix with family members or other household members while in the kitchen.
- Ensure the kitchen is well ventilated.

9. What to do with clothes and disposable items that are used by patients?

Patients should:

- Throw items such as tissues, facemasks and solid waste in a separate plastic bag before throwing it to the bin.
- Collect all clothes and soiled items and put aside in one place. Used clothes, bedsheets, blankets and towels are to be washed separately with laundry detergent and water after the end of the quarantine period.

Regularly clean table surfaces, beds and furniture in the room with common household disinfectant liquid (eg Clorox or Dettol).

10. What about patients who are taking medicines and have appointments in specialist clinics in the hospital?

Patients must continue to take their medicines which have been prescribed by their doctors. If patients have an appointment for blood tests or to see a doctor, please kindly change the appointment dates to another date by calling **Health Line 148 or 8123812 or 8123819**.

11. Who can be contacted if patients feel anxious or stressed?

If patients feel anxious or stressed and need advice related to their mental health, please contact Hope Line 145. Operational times for Hope Line 145 are as follows:

Monday - Thursday and Saturday: 08.00 am to 11.00 pm

Public Holidays: 10.00 am to 4.00 pm

12. Who can the patients contact if they are worried about other symptoms?

During the duration of the quarantine period, if patients experience any of the following symptoms, please contact **Health Line 148 or 8123812 or 8123819**:

- Shortness of breath
- Prolonged fever or rigors
- Worsening cough
- Chest pain

13. What do patients do after the quarantine period is over?

After the quarantine period is completed, patients can go about their daily activities as usual according to the current rules and regulations.