

CONDITIONS ATTACHED TO THE QUARANTINE ORDER UNDER SECTION 15(1) / SECTION 15(2) / SECTION 15(3) OF THE INFECTIOUS DISEASES ACT (CAP 137)

WHAT MUST BE DONE DURING THE QUARANTINE PERIOD (QO)

(A) Proceed to the Place of Isolation / Dwelling Place Immediately

1. You must proceed to the place of isolation / the dwelling place (whichever is applicable) specified in the Order immediately.

(B) Isolate at the Place of Isolation / Dwelling Place During the Quarantine Period

2. You must isolate and remain at the place of isolation / the dwelling place (whichever is applicable) during your QO period. You must not leave your place of isolation / the dwelling place (*whichever is applicable*) for any reason including to buy groceries, go for a walk, visit the playground or go to the hawker centre.
3. You must permit the use of your personal mobile phone, inside your place of isolation / the dwelling place or at such other suitable place (*whichever is applicable*), for it to report on your whereabouts. You must connect and turn on the mobile phone and present yourself in front of the phone camera at the pre-identified location. If for any reason you are unable to comply, you must notify the officers of the Ministry of Health (MOH) at **6916 0190**.
4. You must remain contactable at all times. In the event that there are changes to your contact number, you must notify the MOH officers immediately at **6916 0190**.
5. You must answer all phone calls from the MOH officers and other persons acting on behalf of the Director of Medical Services.
6. You must respond fully and truthfully to all questions put to you and provide all information required of you by the MOH officers and other persons acting on behalf of the Director of Medical Services.
7. If you urgently need to leave your place of isolation / the dwelling place (*whichever is applicable*) for matters needing personal attention which cannot be postponed, you must first seek the permission of the MOH officers at **6916 0190**.
8. If you are issued a QO to isolate at (a) your residence as the place of isolation ("your Residence") or (b) the dwelling place:
 - (a) you may arrange with your household members / relatives / friends who are not issued a QO, Isolation Order, or any other stay orders to purchase food, groceries and daily necessities, whenever necessary. You should however ensure that you do not come into close proximity (i.e. less than 2 metres) with them, including persons ordinarily resident in your Residence / the dwelling place; and
 - (b) if your spouse or any other person ordinarily resident in your Residence / the dwelling place has not been issued with a QO, Isolation Order or any other stay orders, they are free to leave your Residence / the dwelling place and carry on with their daily activities.

(C) Monitor Health Status & Seek Medical Treatment If Necessary

9. Check your temperature twice a day, once in the morning and once in the afternoon using a thermometer. Take note of any respiratory symptoms such as cough or breathlessness.
10. If you are not feeling well (e.g. fever $\geq 37.5^{\circ}\text{C}$, cough or breathlessness) at any point of time, you should call the MOH officers at **6916 0190** to inform them.
11. In emergency situations (e.g. difficulty in breathing, unconsciousness), your family member should call **995** directly for an ambulance. Your family member should also inform the 995 operator that you are a contact of a confirmed case of COVID-19 and that you are under quarantine at your Residence or the dwelling place.

(D) Observe Personal Hygiene

12. You must maintain good personal hygiene, including hand washing with soap and water or use of alcohol-based hand rub.
13. You must cover your mouth when coughing or sneezing.
14. You must maintain good indoor ventilation at the place of isolation / the dwelling place (whichever is applicable).
15. You must ensure that contaminated surfaces are cleaned and disinfected with standard household cleaning products / disinfectants, for instance 1:50 diluted household bleach (i.e. adding 1 part of bleach to 49 parts of water). Alcohol can be used for surfaces where the use of bleach is not suitable e.g. metallic surfaces.
16. You may wash laundry (e.g. bedding, towels, clothing) in a standard washing machine with warm water and detergent; bleach may be added. You should handle with care soiled laundry to avoid direct contact with contaminated material. Soiled laundry should not be shaken or otherwise handled in a manner that may disperse infectious particles.
17. You must not share dishes and other eating utensils with others. Soiled dishes and eating utensils should be washed in a dishwasher or by hand with warm water and soap.

Spot checks will be carried out to ensure that you strictly adhere to these conditions under the Quarantine Order during the period specified. If you are found to be non-compliant, the Director of Medical Services may require you to wear an electronic tag or order that you be detained and isolated in a hospital or in any other suitable place. It is an offence if you do not comply with the conditions listed above.