Questions on Home Recovery (HR)

1. **How should I monitor my health during HR?**
   Monitor your temperature, pulse rate and blood oxygen (SpO2) levels at least once daily.
   
   SpO2 levels:
   - **95% and above:** Normal
   - **Consistently 93% - 94%:** Call a telemedicine provider (go.gov.sg/telemedicineproviders) or GP (go.gov.sg/list-of-phpc)
   - **Consistently 92% and below or feeling breathless:** Call 995

2. **Must I isolate in a room with an attached bathroom?**
   If you need to share a bathroom, disinfect common surfaces after use and wash your hands.

3. **How do we care for young children or seniors on HR?**
   Caregivers can isolate with the child/senior in the same room if needed. Seek medical help if the child/senior is unwell.
   Caregivers should maintain personal hygiene and reduce interactions with other household members.

4. **My whole family is on HR and cannot leave home. How do we get food and groceries?**
   Use contactless delivery, seek help from relatives and friends, or call HR Buddy (6874 4939).

5. **When will HR end?**
   - Fully vaccinated persons and children below 12: 10 days
   - Partially/Unvaccinated persons: 14 days

More information at: covid.gov.sg