

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