

# Home Recovery (HR) is the default

if assessed COVID-positive by your doctor



## All can recover at home, except:

- Partially vaccinated or unvaccinated persons aged 50 and above
- Vaccinated persons aged 80 and above
- Children below 1 year old
- Children aged 1 to 4 who are clinically unsuitable for HR

### 1 Isolate in a room

### 2 Get Isolation Order and instructions via SMS

### 3 Register household members\* as close contacts

Submit their ART results within 24 hours at [go.gov.sg/agsubmit](https://go.gov.sg/agsubmit)

### 4 HR Buddy will guide your HR journey

Those who need more help e.g. seniors living alone can call HR buddy at **6874 4939**

### 5 Monitor your temperature, pulse rate and oxygen saturation daily

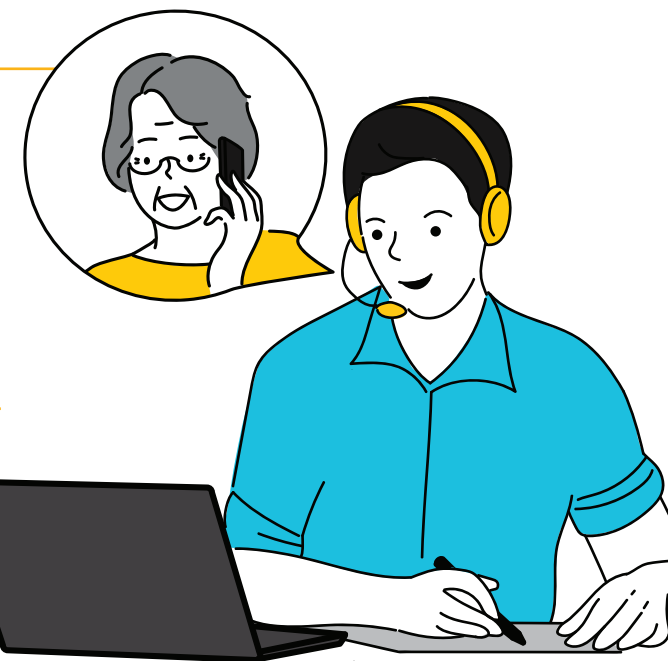
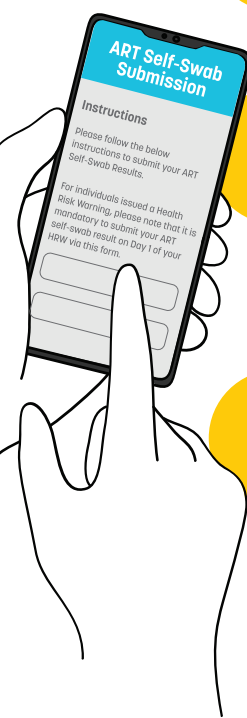
### 6 Call your telemedicine provider if unwell

e.g. fever, cough, sore throat ([go.gov.sg/telemedicineproviders](https://go.gov.sg/telemedicineproviders))

### 7 Automatically discharge at the end of isolation period

You will also get a memo via SMS

\* Living in the same house



More information at:  
[covid.gov.sg](https://covid.gov.sg)

gov  
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