

Home Recovery Programme FAQs for Children with COVID-19

1. Why is my child given an Isolation Order to recover at home?

Singapore's high vaccination rates enable the Ministry of Health (MOH) to review the care model for COVID-19 patients. Local and global data show that fully vaccinated COVID-19 patients have a much lower risk of developing severe disease. This allows MOH to pilot a home-centric care model (Home Recovery) for the management of COVID-19 patients with mild or no symptoms, requiring minimal supportive care. Home Recovery enables COVID-19 patients to stay with their families, which in turn allows family members to provide support for COVID-19 patients to recover within the comfort of their homes.

To qualify for Home Recovery, COVID-19 patients with no or mild symptoms and their household members must not belong to any vulnerable groups, such as the elderly or immunocompromised. Young patients under Home Recovery will have to stay within a designated room in their homes with an attached bathroom (that cannot be accessed by others). The room should be well-ventilated but window(s) should not open into the house or shared areas.

2. Will this bring risks to other household members?

The young patient and caregiver should not have any physical contact with their household members during the period of isolation and recovery. They should perform contactless interactions and ensure items are bagged securely to reduce exposure to others. There could be other instances where the caregiver needs to perform daily functions from within the room such as collecting meals, have laundry changed or clear trash. To ensure the safety of the household members supporting in managing these daily necessities, there are some tips that can be followed:

- Ensure no one from the household is near the doorway to your room
 - o Your family should only collect the items after the door has been closed
- Put on a surgical mask before opening the door
 - o Your family should put on a surgical mask before collecting the items
- Place your secured double-bagged trash at the door for your family to help dispose
 - o Your family should throw the bag directly into the rubbish chute immediately
- Place your laundry in a bag at your door
 - o Your family may wash your soiled laundry together with theirs, but they should empty the bag of laundry directly into the washing machine and avoid handling the soiled clothes with their hands
- Dedicate a set of utensils for your meals, do not share dishes, drinking cups etc.
 - o Your family should wash the used utensils immediately with dishwashing liquid
- Wash your/your child's hands with soap and water regularly or when necessary
 - o Your family should minimise contact with your used items and wash their hands thoroughly with soap and water immediately after handling

3. What does it mean for my household?

From 26 April 2022, Health Risk Notice (HRN) will not be sent to close contacts. There is no need for you to register your close contacts for HRN.

- People in your household should take an ART self-test daily and only leave the house if ART result is negative over the next 5 days.
- If tested ART positive while remaining well, the household member should self-isolate for 72 hours and monitor their health. The individual can resume normal activities if ART is negative on Day 4. Otherwise, the individual is expected to continue to self-isolate and self-test. He/she can resume normal activities with a negative ART result or automatically exit self-isolation without a need to test on Day 7, 12pm onward (for fully vaccinated individuals and children below 12) or on Day 14, 12pm onward (for partially vaccinated individuals/ unvaccinated individuals aged 12 and above)
- If the household member is unwell and tested ART positive, he/she should visit a doctor via private transport or request for a Telemedicine consult via a telemedicine provider to assess and advise on the next steps.

4. How do I care for my child with COVID-19 at home?

Please refer to the Home Recovery Guide for more details at <https://www.kkh.com.sg/Documents/covid19-resources/home-recovery-guide.pdf>.



Medications:

For patients who have visited our Children's Emergency (CE), our doctors would have prescribed the necessary medications for your child and these medications will be given to you before you leave CE. Thereafter, our Pharmacy staff will contact you within the next 1 to 2 hours to advise you on the use of these medications.

Some children may get a follow-up call from the doctor to check how they are doing a few days later. If there are medications prescribed thereafter, the medications will be delivered to your designated address on the afternoon of the next working day (Monday to Friday between 2.00pm and 6.00pm). Our Pharmacy staff will contact you to advise on the use of the medications.

Otherwise, please contact a telemedicine provider or the Home Recovery Buddy, details of which are in the Home Recovery Guide.

5. How do I know that my child is/ I am well after the Home Recovery isolation period? How soon can I leave home?

Your child should self-isolate with an accompanying caregiver immediately for at least 72 hours. Thereafter, your child may exit self-isolation in the following scenarios, whichever is earlier:



- (a) Your child tests negative on a self-administered ART, or
- (b) On Day 7 if fully vaccinated or below 12 years old, or
- (c) On Day 14 if unvaccinated or partially vaccinated and aged 12 and above.

From 13 June 2022, MOH no longer issues a recovery memo. The negative ART result can be shown to employer or school as proof of recovery status after at least 72 hours.

6. If my child is not well during the isolation period, what should I do?

Please refer to the Home Recovery Guide at <https://www.kkh.com.sg/Documents/covid19-resources/home-recovery-guide.pdf> for a list of Red Flag Symptoms and what to do.



7. Can I admit my child in KKH?

While we conserve hospital resources for the very sick patients, we would strongly encourage children above 3 months old, who have mild symptoms and qualify for home recovery, to recuperate within the comfort of their homes.

8. Who will be paying for the expenses incurred?

From 1 July 2022, Singaporean citizens/ Permanent Residents/ Long-Term Pass Holders who seek treatment for COVID-19 in Emergency Departments (ED) of public acute hospital which do not result in a subsequent admission are required to pay for the ED charges regardless of their vaccination status.