

What do I do if I'm COVID positive?

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Illustrated by Josef Lee

With medical input from
the Ministry of Health, Singapore



This e-book is written to provide parents and caregivers of children below 12 years old with a reassuring and handy guide to our Ministry of Health's latest efforts as we learn to live with COVID.

Our neighbourhood GP clinics, polyclinics, paediatric clinics and telemedicine providers will now be able to care for children who are assessed as low risk with mild symptoms. This allows family doctors to continue caring for children and their families in a familiar environment.

This also allows our hospitals, care facilities and our healthcare resources to focus on those who are high risk or with more severe symptoms.

This e-book is a voluntary community initiative in support of Singapore's efforts towards living with COVID.

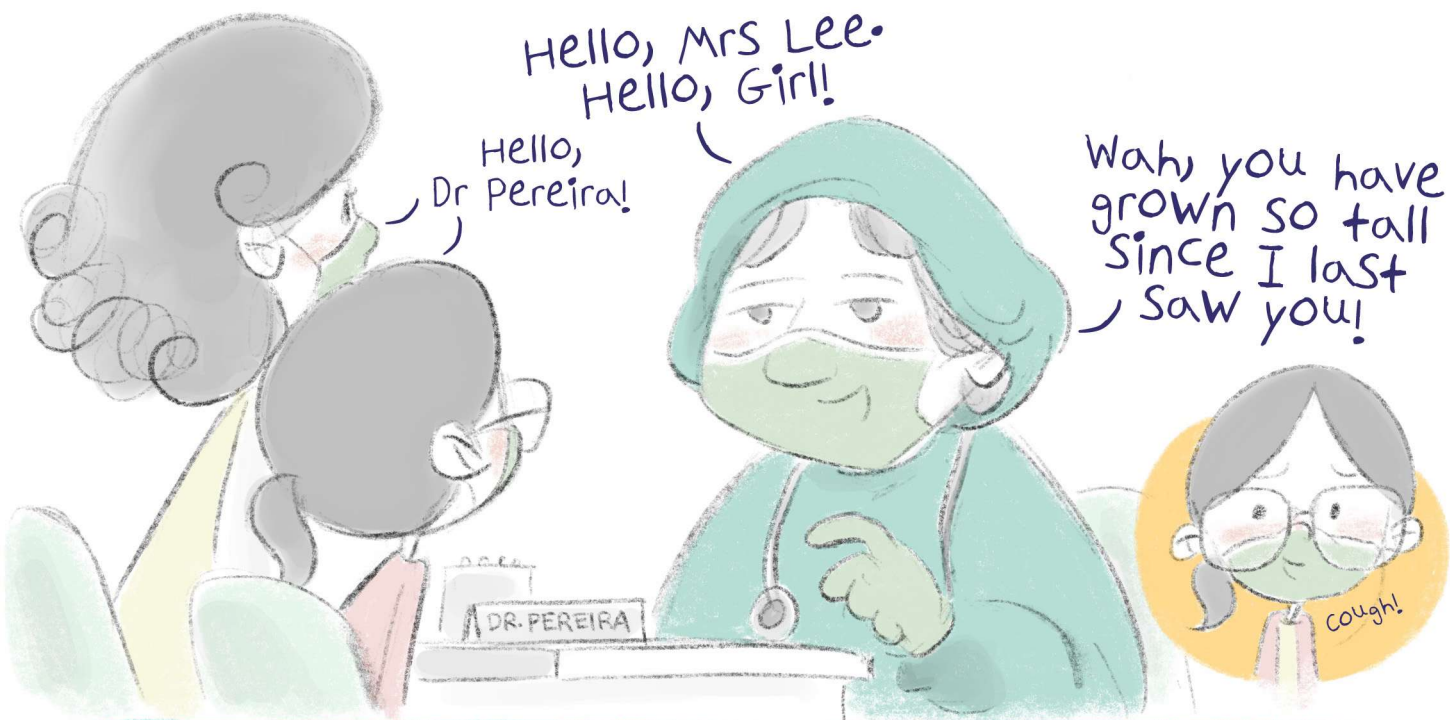
Check out the latest updates on living with COVID at:

<https://www.covid.gov.sg/>

(This book is based on advisories and information as of 18 February 2022).

I woke up with
a mild fever
and cough.

Mum took me to
our neighbourhood clinic to see Dr Pereira.



Don't rush to A&E or call 995 unless it's a life-threatening emergency. Examples of such emergencies include shortness of breath and chest pain. Monitor and ask your child about these.

Dr Pereira
examined me
and asked a
few questions.



Hmm... You have
some mild flu-
like symptoms.
I will need to
do an ART swab
to check if it
is COVID.



I had swabbed my nose
before. It was like a
cotton bud digging
my nostrils. EWW!

Done! We'll get your results
in a few minutes.



So, did your
family go
overseas during
the school
holidays?



Kind of... We had
a staycation in
Sentosa!



Haha ha haha!



For a list of clinics that can swab children below 12 years old, visit <https://flu.gowhere.gov.sg>. Some telemedicine providers are also able to supervise you to self-test with your ART kit.

A few minutes later...

The ART swab shows you are COVID positive. Since you are low risk and only have mild symptoms, I'll give you an MC and some medicine. You can recover at home.



If your child is assessed by your doctor to be low-risk and with mild symptoms, your doctor will be able to make a diagnosis by performing just an ART swab done in the clinic.



Your girl will need to isolate at home in her room away from the rest of the family members for the first 72 hours. After that, you need to guide her to take an ART swab. If it's negative, she can end self-isolation.

Don't worry,
I will continue to be your girl's
primary care doctor during her
recovery period. If her symptoms
worsen, bring her back to see me.
That is a valid reason to leave
home when on self-isolation.



Thank
you!

If your child requires any urgent medical assistance, but the clinic is not open, you may also request for a tele-consult via our Telemedicine providers at <https://go.gov.sg/telemedicineproviders>

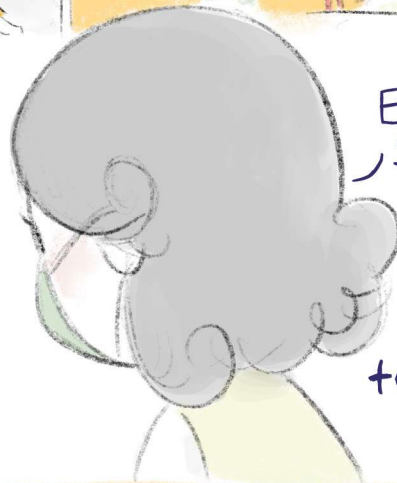
My brother
moved out of
our bedroom.
Mum wanted to
move in to stay
with me.



No need!
I'm almost 12!
My classmate
Ker Yee could
isolate in
a room by
herself.



Every family's
situation is
different...
I prefer
to stay in
the room
to take care
of you.



Let's figure
out what
works for our
family, okay?



If your child is diagnosed with COVID by the doctor, the caregiver will receive an SMS from MOH, within 24 hours of the positive result. The SMS will contain instructions to fill in an online form, via the link <https://go.gov.sg/cplusform>, to provide MOH with details of the COVID-positive person and to register household members as close contacts.

Dad was now back to office.
Mum could work from home.

We wedged my bedroom door slightly open
so Mum could keep an eye on me.

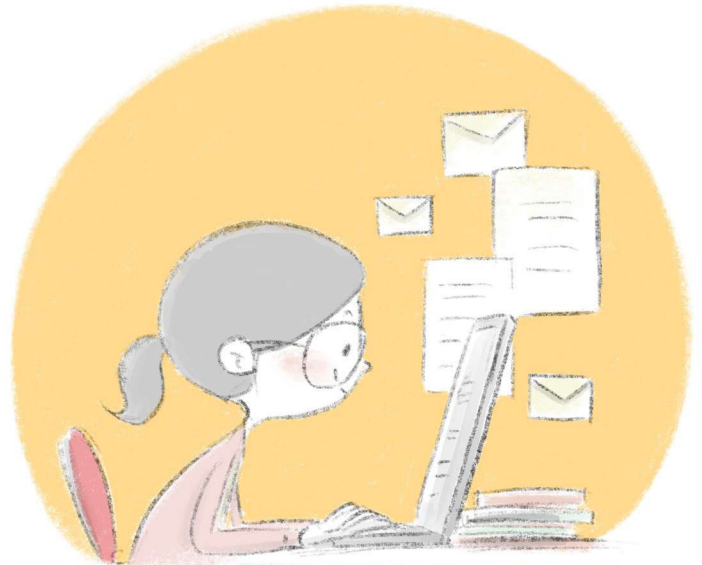


Close contacts of a COVID positive person will receive a Health Risk Notice (HRN) via SMS. Individuals on HRN are advised to self-test and ensure they have a negative ART before leaving home for the next 5 days upon receiving the HRN notification. See <https://www.covid.gov.sg/exposed/hrn>



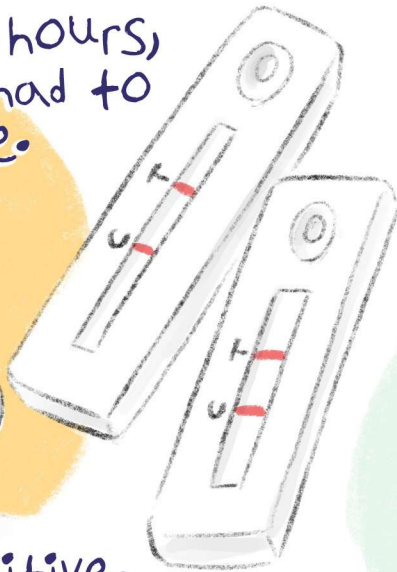
I masked up when I came out to use the bathroom.

I felt okay. So, in the day, I worked on school assignments which my teachers emailed to me.



If you or your household members need ART kits, these can be collected from a vending machine nearby (see <https://www.gowhere.gov.sg/art> for locations). It is recommended that relatives/household members who are ART negative collect the ART kits on behalf of the household, if possible.

At the end of 72 hours,
Mum said that I had to
swab my nose.



The next day,
I swabbed again.
Still positive. SOB!



I tested COVID positive.
Sigh!



Now, I did not feel okay.

Your child will need to do an ART swab at the end of 72 hours. If the swab is negative, your child can stop self-isolation. If the swab is positive, your child will need to continue to self-isolate and self-test (with parent's guidance) till ART negative OR until 12 noon of Day 7, whichever is earlier. Day 1 is taken as date of first positive COVID test.

I'll move in with you,
till you recover,
okay?



Okay...

Sun	mon	tue	wed	thu	fri	Sat
				1	2	3
4	5	6				

On Day 6,
I swabbed again.

Yay!
Negative!



I'm negative too!
Phew!



Well, I look forward to going back to school to see my friends!




What if
I need further
medical attention?
)



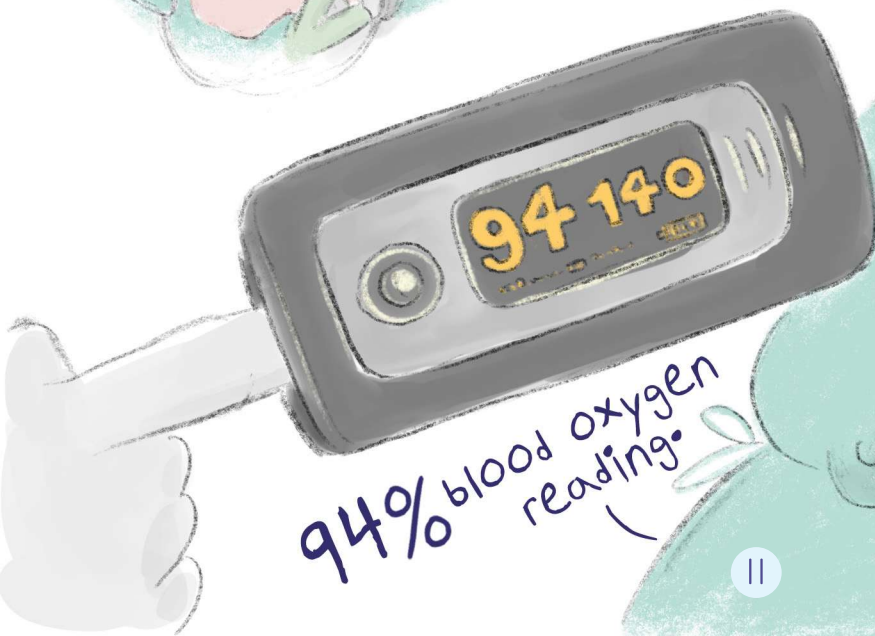
9 yrs old




Madam Aisha, your boy's ART swab shows that he is COVID positive.



Dr Pereira examined me and asked more questions. She also checked me with an oximeter.



94% blood oxygen reading



Heart rate is 140.

With your boy's symptoms of high fever and vomiting, he needs to go to the hospital's children's emergency department for further investigation.

I'll arrange an ambulance to send you both there.



The doctor will assess your child's symptoms to see if your child is suitable to recover at home or requires further review at the hospital's children's emergency unit.

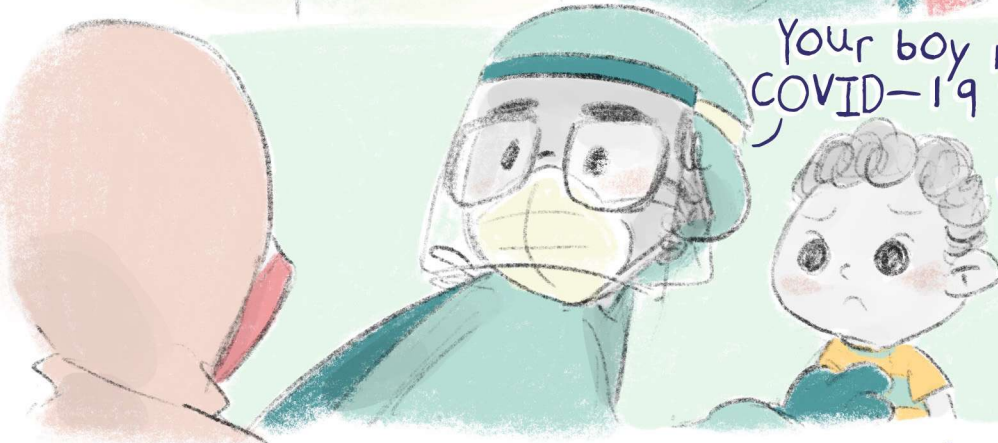




CHILDREN'S
EMERGEN

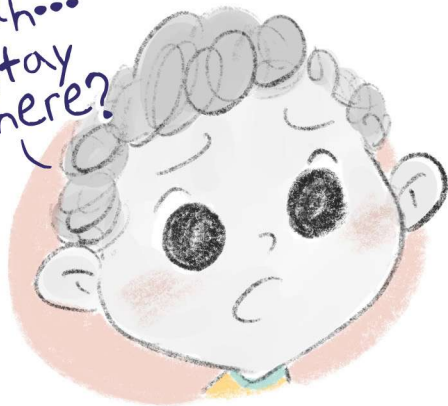


At the
hospital,
I was
examined
by Dr Sashi.



Your boy needs to stay in a
COVID-19 Treatment Facility.
The doctors there
will monitor him till
he recovers.

Huh...
Stay
where?



Don't worry. This place is specially
for kids. Your mum can be there
with you.



Oh...
Okay.

72 hours
later...

Hello boy, you are looking well!
Nurse Alex will need to swab
your nostrils, okay?



A few minutes later...

You are
COVID-negative!



Wonderful!
You can
go home
today!



Woohoo!!



If your child stays in hospital or a care facility for 72 hours, the medical staff will perform an ART swab for your child. If the ART result is negative, your doctor can discharge your child to return home. There is no need to isolate further.

Take Note!

Some examples of symptoms & signs of concern that may require a child to go to hospital for further examination and for admission:

- Chest pain
- Shortness of breath
- Chest palpitations
- Lethargy
- High fever ($>40^{\circ}\text{C}$) or prolonged fever ($>38^{\circ}\text{C}$ continuously for 5 days or more)
- Significant pain/discomfort
- Headache that isn't better or worsens
- Persistent diarrhoea/vomiting/abdominal pain & unable to take fluids
- Dehydrated, with poor urine output

Take Note!

Other than feeling unwell, what else might make a child unsuitable for recovery at home?

- Below 3 months old
- Has Diabetes Mellitus or hypertension
- Has a disease affecting heart, lungs, kidneys, liver, or brain that required hospital admission in the last 6 months
- Has any congenital condition or growth disorder that affects the heart, lungs or brain
- Had an organ transplant surgery in the past
- Has any disease or is taking any medication that weakens the immune system
- Has been diagnosed with cancer (including blood cancers) before
- On dialysis
- Diagnosed with HIV or AIDS

Children who have these conditions are advised to see a doctor, even if the child is feeling well. The doctor will assess the child's suitability to recover at home under the doctor's care or refer him/her to MOH. The child may still be assessed suitable to be cared for under MOH's Home Recovery Programme or may need to be conveyed to a care facility.

Take Note!

Even if the doctor refers your child to MOH for further management, your child may still be able to recover at home if deemed suitable for MOH's Home Recovery Programme.

Which children would benefit from closer monitoring under the Home Recovery Programme?

- Children who are overweight
- Children with poorly controlled diabetes or hypertension
- Children between 3 months to 3 years old

When your child is assessed to be suitable to be placed into MOH's Home Recovery Programme, your child's medical care will be via Telemedicine providers.

To read more about the Home Recovery Programme, download our free e-book at <https://mumumstheword.wordpress.com/> or scan this QR code:



Other Frequently Asked Questions

1. Where can I collect ART kits?

Residents who receive the SMS from MOH informing them that they are required to do an ART Self-Test can collect them from the locations listed here:

<https://www.gowhere.gov.sg/art>

2. How do we prevent our COVID positive child from spreading the virus to other family members, especially to our other children?

It is important to ensure: 1) good hand hygiene 2) regular disinfection and cleaning of the home and 3) good ventilation at home.

The parent/caregiver staying with the child should maintain personal hygiene and reduce interactions with other household members, as well as ensure sanitisation of surfaces especially in the bathroom. Here are some useful cleaning guidelines:

<https://www.nea.gov.sg/our-services/public-cleanliness/environmental-cleaning-guidelines/guidelines/cleaning-and-disinfection-guidelines-for-households-on-home-recovery>

3. What if I have vulnerable household members and my child is unable to isolate away from them?

Do get your family members to vaccinate and boost themselves as it protects them from getting infected and from severe illness. And in the event you are unable to make alternative living arrangements for your vulnerable household members, do inform your doctor. Your doctor will be able to make the necessary arrangements for you and your child to be transferred to a care facility for the isolation period. Otherwise, you may also call 6874 4939 (HR Buddy hotline).

4. What symptoms or signs should I seek medical attention for during Home Recovery?

Look out for prolonged fever and worsening respiratory symptoms.

(See <https://ask.gov.sg/questions/431>)

5. Where should I seek medical attention or emergency help for my child?

If your child needs medical attention, you can contact your family doctor/GP who first diagnosed your child. Alternatively, if your doctor is unavailable, you can consult telemedicine providers at <https://go.gov.sg/telemedicineproviders>

If it is a life-threatening emergency, call 995.

6. Do I still need to swab my COVID positive child with the ART swab while recovering at home?

At the end of 72 hours from when your child first tested COVID positive, your child will need to do an ART swab.

If the ART swab is negative, your child can exit self-isolation.

If the ART swab is positive, your child will need to swab daily till he/she is COVID negative. On Day 7 (at noon), your child automatically exits self-isolation.

(Day 1 is taken as date of first positive COVID test)

For latest updates, go to Ministry of Health's website: <https://www.covid.gov.sg/>
For any queries, call Home Recovery Buddy at: Tel: 68744939

The faces behind this book unmasked!



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COVID times and is free-to-share across all channels,
as long as you acknowledge the author and illustrator who
produced this content together with the medical expert team.
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