



## Quarantine Order (QO) vs Leave of Absence (LOA)

The Quarantine Order (QO) and Leave of Absence (LOA) aim to limit the transmission of the 2019 Novel Coronavirus

**Individuals under QO or LOA in Singapore are generally well  
The risk of infection through transient contact is low**

### Quarantine Order



### Leave of Absence



#### WHAT IS THE DIFFERENCE?

- Directive under Infectious Diseases Act, with legal force and severe penalties
- To be isolated either at home or at Government Quarantine Facilities

- Precautionary measure to prevent possible spread of infections

#### WHO DOES IT APPLY TO?

- Recent travellers from Hubei assessed to be at higher risk
- Singapore Citizens, PRs, long-term pass holders who returned to Singapore from Hubei in the last 14 days
- Carriers, suspected carriers or close contacts of confirmed cases

- Singapore Citizens, PRs and long-term pass holders who travelled to mainland China in the last 14 days

#### WHAT YOU CAN DO

- Monitor your temperature; report your health status at least three times a day
- Inform the QO Agent if you feel unwell or need help

- Stay home; monitor your health and practise good personal hygiene
- See a doctor promptly if you are sick
- Minimise visitors to your home; keep a record of people you come into contact with
- Minimise your time in public places and contact with people

#### WHAT YOU CAN'T DO

- Don't leave quarantine site for any reason
- Don't come into contact with others

- Don't go to crowded places or attend social gatherings

**PRACTISE GOOD PERSONAL HYGIENE**

*Information is accurate as at 4 Feb 2020*

Check [www.moh.gov.sg](http://www.moh.gov.sg) for the latest on the 2019 Novel Coronavirus



# 2019 NOVEL CORONAVIRUS

## PRACTISE GOOD PERSONAL HYGIENE

**WASH**  
your hands  
regularly with  
soap and water.



**AVOID**  
touching  
your face with  
your hands.

### 8 STEPS TO CLEAN YOUR HANDS



**Palm to palm**



**Between fingers**



**Back of hands**



**Base of thumbs**



**Back of fingers**



**Fingernails**



**Wrists**



**Rinse and wipe dry**

## DO NOT WEAR A MASK IF YOU ARE WELL

There are sufficient masks in the government's stockpiles, if used responsibly.

### WEAR A MASK ONLY IF

- You have a **FEVER, COUGH OR RUNNY NOSE**
- You are **RECOVERING FROM ILLNESS**



Stay home and  
**AVOID**  
social gatherings  
if you are sick.

Get the latest on the novel coronavirus and other important Government information by signing up for the Gov.sg WhatsApp channel ([www.go.gov.sg/whatsapp](https://www.go.gov.sg/whatsapp)), or at the MOH website ([www.moh.gov.sg](https://www.moh.gov.sg))

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