

# I Can Recover at Home!

A COVID  
Home  
Recovery  
Guide  
for Families  
& Kids

Written by Emily Lim-Leh  
Illustrated by Josef Lee

With medical input from Dr Darryl Lim & the paediatric team



This book is written for young children to provide a reassuring peek into the journey of recovering from COVID at home.

It is also meant as a handy guide for parents and caregivers with children going through Singapore's Home Recovery Programme (HRP) for COVID.

---

This book is produced in collaboration with Dr Darryl Lim, who is helming a voluntary initiative with a team of fellow paediatricians to provide free telemedicine care for children with COVID, in support of our Ministry of Health's Home Recovery Programme.

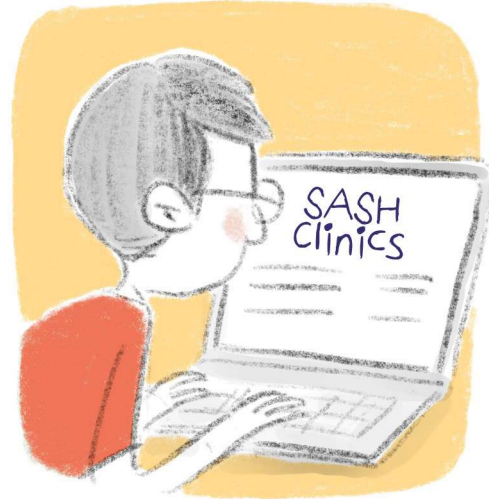
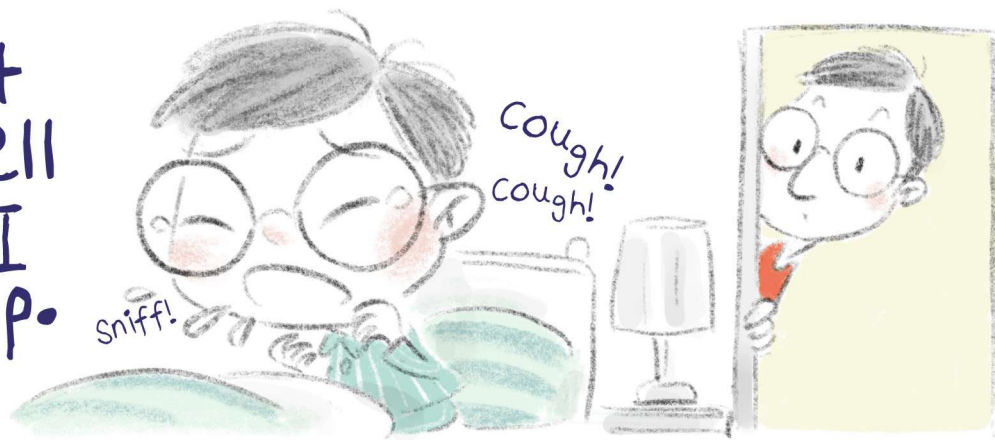
Read more about your family's eligibility for the Home Recovery Programme at:

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

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 9 November 2021).

I didn't  
feel well  
when I  
woke up.



Certain SASH clinics can swab children under 12 for COVID. Check <https://flu.gowhere.gov.sg> and book an appointment before going.



Daddy took  
me to a  
nearby  
clinic.



Book an appointment with a SASH (swab And send Home) clinic.  
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.

Why are  
they in  
spacesuits  
?



Our clinic sees  
patients who  
may have COVID  
infections. —  
These PPE suits  
keep us safe.



Sniff!





Dr Ling was friendly. She examined me and asked a few questions.

Hmm... I see COVID symptoms...  
I'll need to swab your nostrils.

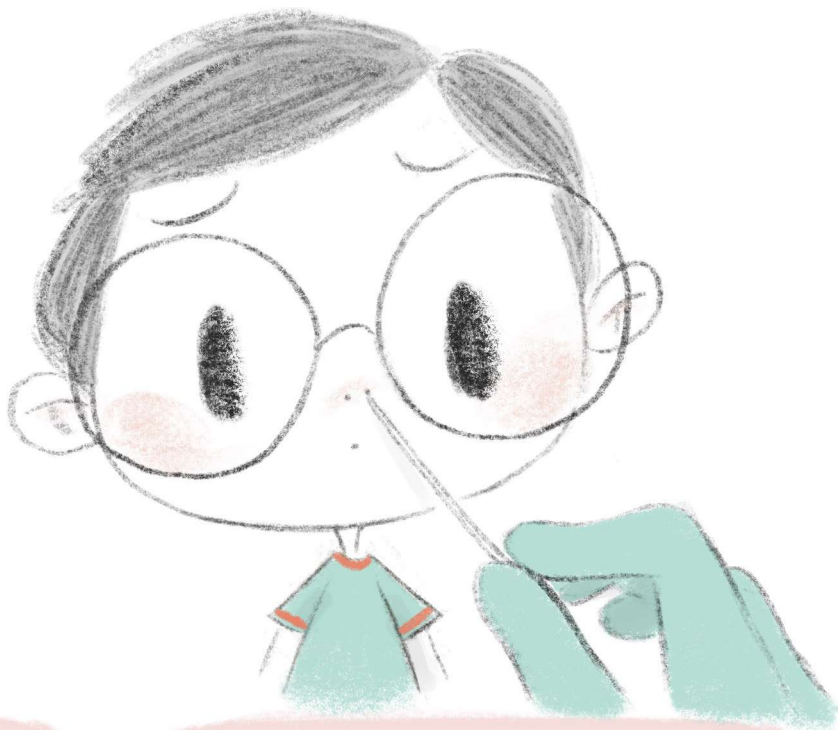
I don't want!



I'll be very gentle.

This will be slightly uncomfortable, my dear.

I stayed very still.  
The first swab  
felt like a cotton  
bud cleaning my  
nostrils. The  
second swab was  
like a longer  
cotton bud that  
went deeper in.



Swab 1 - ART



Swab 2 - PCR







Daddy handed me a lollipop.  
I SWABBED my mouth with it.



A few minutes later...



We'll get the PCR Swab results within 24-48 hours.

It's safer if one family member isolates with your son in a room at home till the PCR results are out.





What's i...so...late?



It means that you and I should stay in your room and not go anywhere.



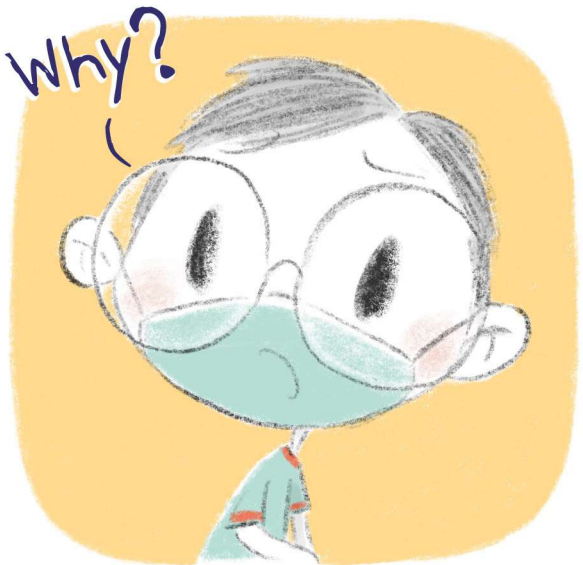
What if I need to go to the toilet?



You'll need to wear a mask and I'll bring you there. I'll need to wash and wipe all the surfaces clean after each use.



Why?





We don't want to  
— pass COVID to Mummy  
and Mei Mei.

I nodded. I wanted  
Mummy and Mei Mei  
to be well.



Let's plan  
how you and —  
I will spend  
these days  
together,  
okay?

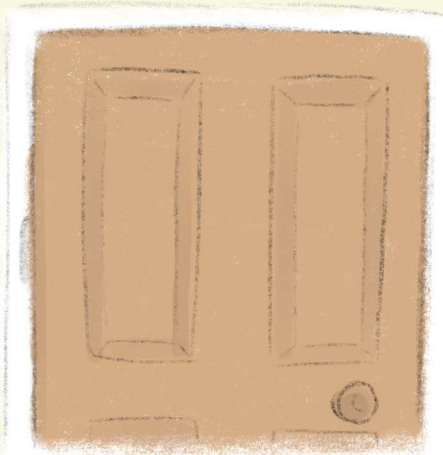






When we reached home, I wanted  
to hug Mummy. But Daddy took me  
straight to my room.  
SOB!





Daddy's stuff was in the room instead of Mei Mei's. Mummy also put useful things in our room.





Within the next day or two, Daddy received an SMS from the Ministry of Health with the PCR results.



If child tests COVID-positive with PCR, an e-isolation order will be sent via SMS. Day 1 is the day of the results. No further swabs are required during the 10-day recovery period.



Boy,  
you have  
COVID.

We'll have to  
follow the  
Isolation Order  
to stay in  
your room  
for 10 days.

Close contacts of a COVID positive person will receive a Health Risk Warning (HRW) via SMS. See <https://www.covid.gov.sg/exposed/hrw>  
Parent will need to notify MOH of the household members via FormSG.



Daddy, I have  
COVID but  
you don't...  
so, how come  
you are  
wearing a  
mask but I'm  
not?

Boy, it'll be so  
uncomfortable for you  
to wear a mask all day  
during isolation.

It's easier  
for me to  
do it and it  
can keep  
me safe  
from  
COVID.



Mummy  
knocked on  
our door each  
time she left  
food outside.



Daddy and I would  
count to five before  
opening our door.  
Then, we  
would bring  
our food in.



Mummy and  
Mei Mei would  
be safely away  
by then.





Shortly after we i-solated,  
someone called HR Buddy phoned Daddy  
to ask some questions.

Yes, we have a room we can isolate in.

Yes, my 75-year-old mother  
lives with us.

No, we don't have a pulse oximeter...  
Oh, you can have it delivered to us?  
Thanks!



Daddy said we could call this Buddy at 6874 4939 if  
we had any questions about recovering at home.

A Home Recovery Buddy will assess the household's suitability for the child's home recovery. If they cannot self-isolate, or if there's someone above 80 years old living in the same home, the COVID-positive child and caregiver will need to move to a care facility to keep the rest of these household members safe.



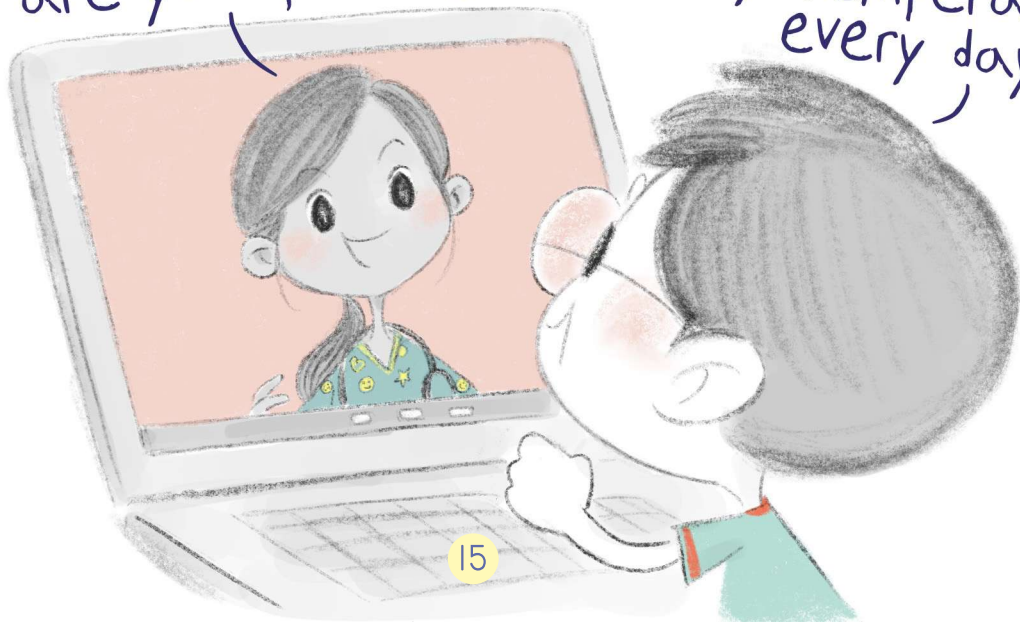
soon after,  
a Dr Siti  
phoned  
Daddy.



Dr Siti wanted to see me and  
find out how I was doing.

Sayang,  
how are you feeling?

I'm okay.  
My Daddy checks  
my temperature  
every day!





I also check my boy's pulse rate and oxygen level daily.

That's very



good!

It was nice to see Dr Siti's smiley face.

If your child has tested PCR positive for COVID, a doctor will assess your child. Older children will be assessed via a tele-medicine call, usually via WhatsApp video-call. Younger children will undergo a physical examination at the hospital's children emergency unit. These services, provided under MOH's directive, are free.

Daddy Still had to work.  
So, I played alone in the day.



I stayed as quiet as a mouse when  
he was on video-calls with his boss.



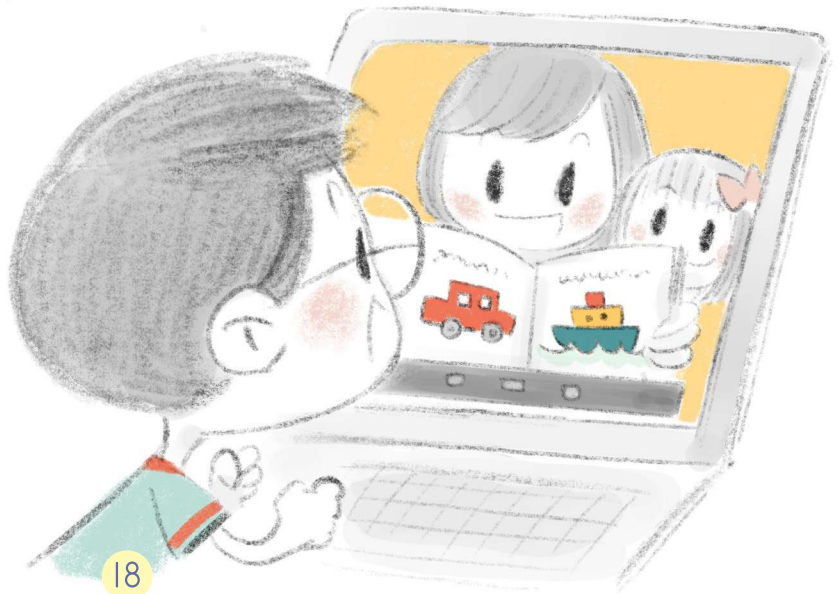
Well, not always.





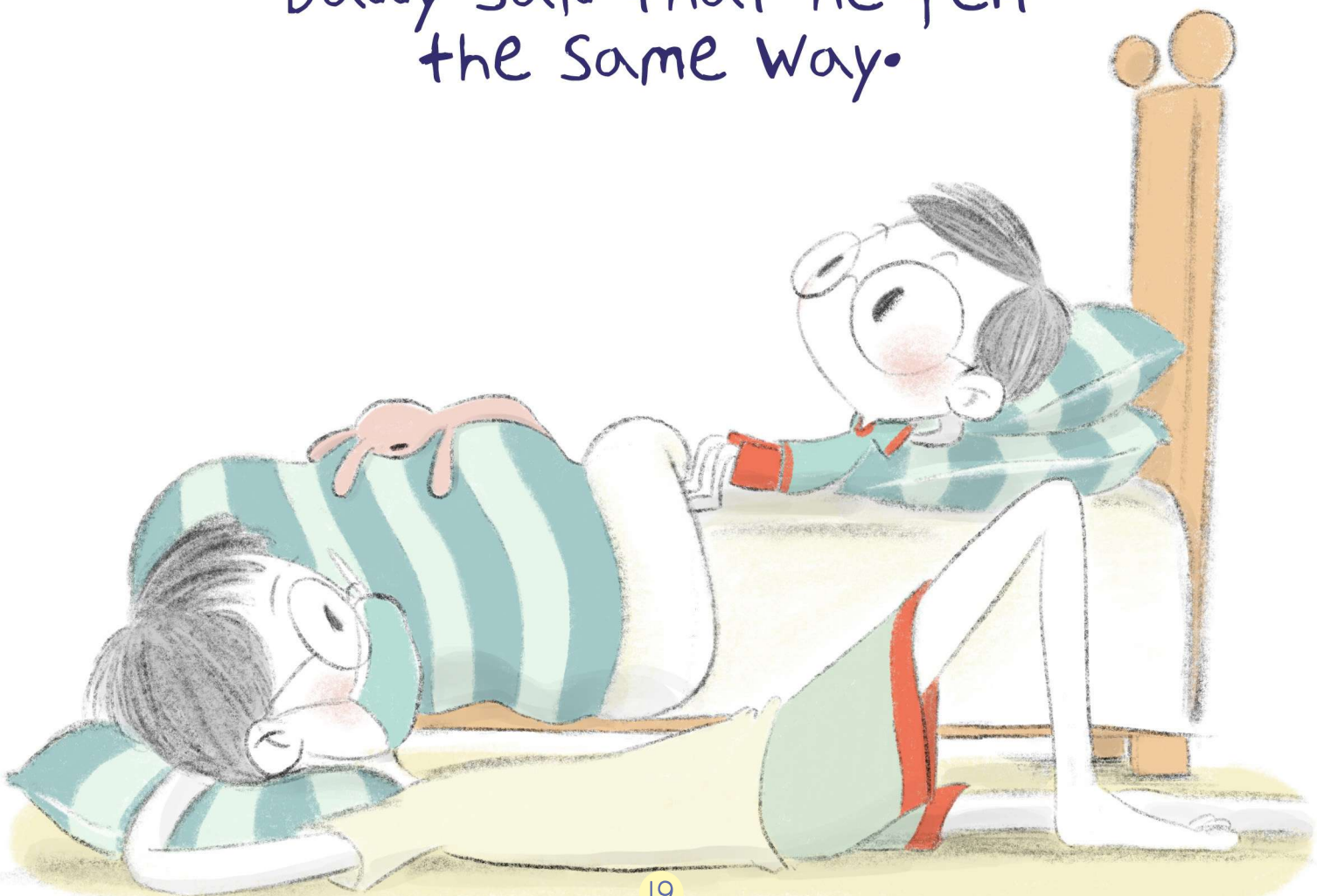
When Daddy finished his work,  
he played with me.

Mummy called  
and read me  
stories a few  
times a day.  
I liked seeing  
her face.



Some days, I didn't feel like  
doing anything.

Daddy said that he felt  
the same way.

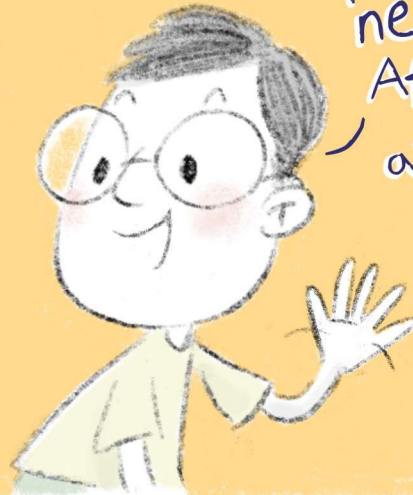


Finally, our  
I..S..O..l..a..t..i..o..n  
period ended.

Daddy leapt  
out of bed  
and said,  
"We are  
done!"

sun	mon	tue	wed	thu	fri
			<del>1</del>	<del>2</del>	<del>3</del>
<del>5</del>	<del>6</del>	<del>7</del>	<del>8</del>	<del>9</del>	<del>10</del>

Do I have to  
swab again?



You don't  
need to.  
After 10 days,  
you are  
automatically  
discharged.

COVID positive patients are automatically discharged  
from the Home Recovery Programme at the end of  
the Isolation period via an SMS.





Yippee!  
I tried to run out of the room.

Wait! You need to  
shower and change.

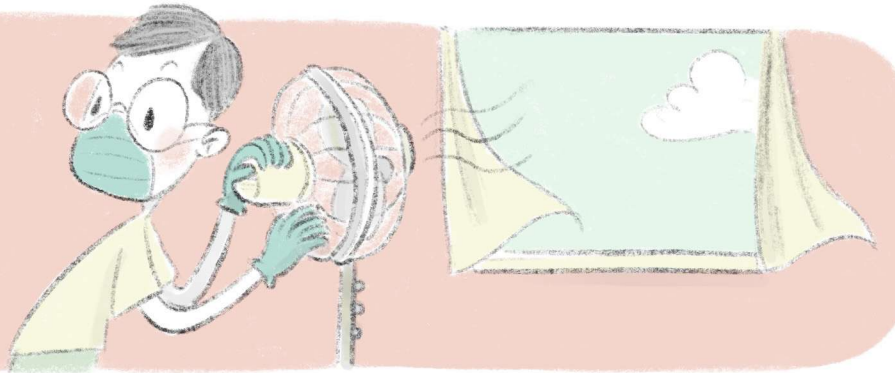
After that,  
you can hug  
Mummy and  
Mei Mei.



Daddy kept the windows wide open.  
He wore gloves to remove our  
bedsheets and pillow covers.



Daddy,  
what are  
you doing?



I'm airing and  
cleaning the room.  
This clears the  
room of any virus  
left before  
Mei Mei sleeps  
here again.





I showered  
and changed  
my clothes in  
super speed.



Recovered COVID patients are exempted from further pre-event testing (PET) and rostered routine testing (RRT) for 270 days from the start of their infection. This will be stated in the discharge memo (with an end date) issued at the end of the Isolation period.

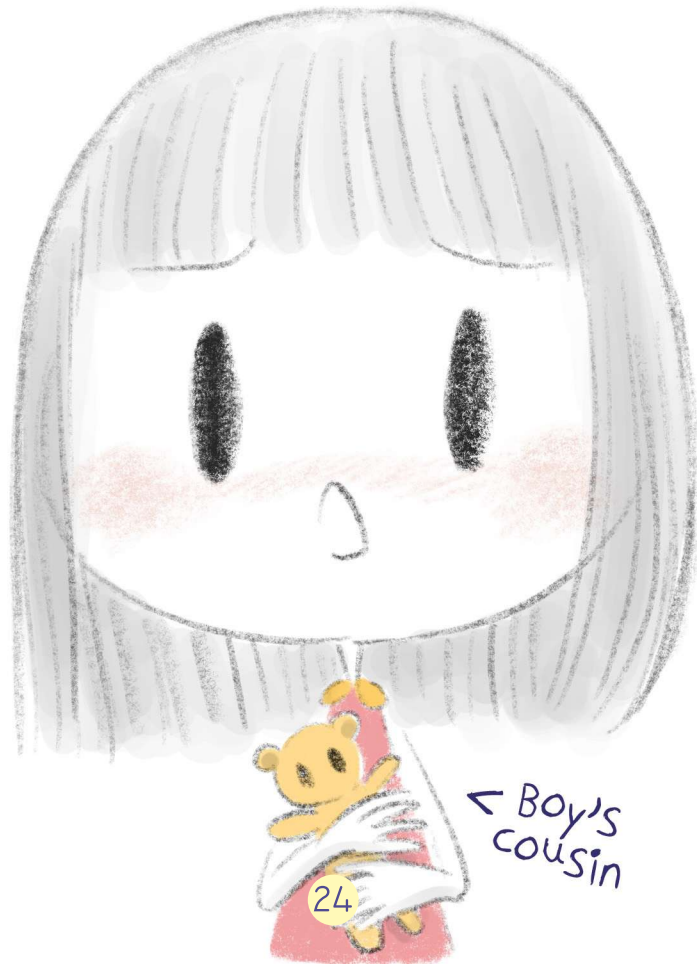


I recovered

at home!

Yay!

What happens if I cannot  
stay at home to  
recover from COVID?  
)



← Boy's  
cousin

Hi, I'm  
Dr Darryl.  
Believe MOH  
has notified  
you that  
your child's  
PCR results  
are COVID  
positive.



I peeped from  
behind Mummy.



I need to  
see you  
and ask  
a few  
questions,  
okay?





My girl vomited last night  
and has 38.5 degrees fever.



You look  
tired, dear.



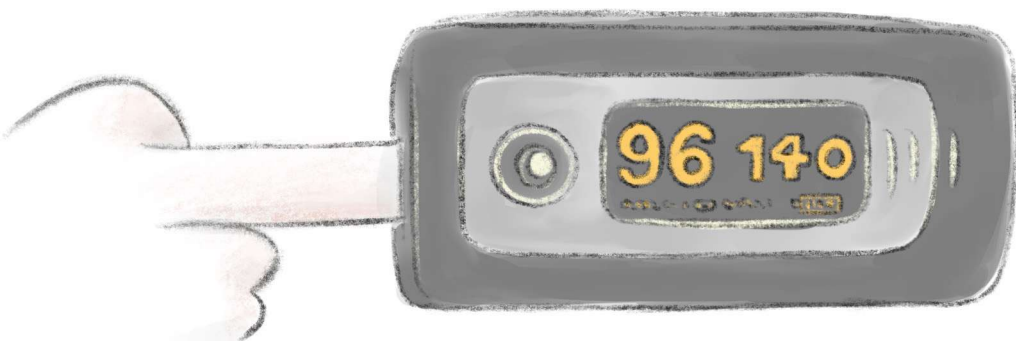
Do you feel  
pain in any part  
of your body?



Here.

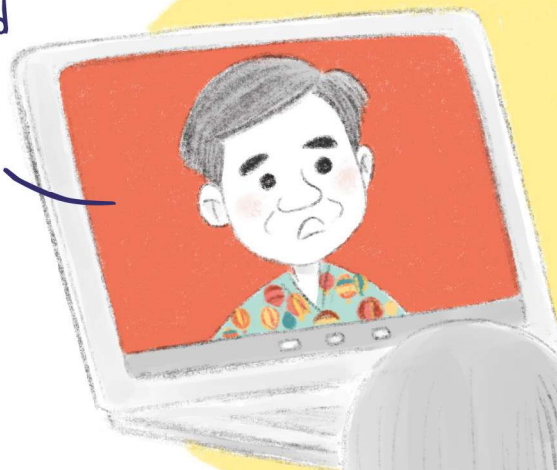
chest →

Can you  
check her  
heart rate  
with the  
oximeter?  
(asking Mummy)



It's 140.

What is  
the blood  
oxygen  
reading?



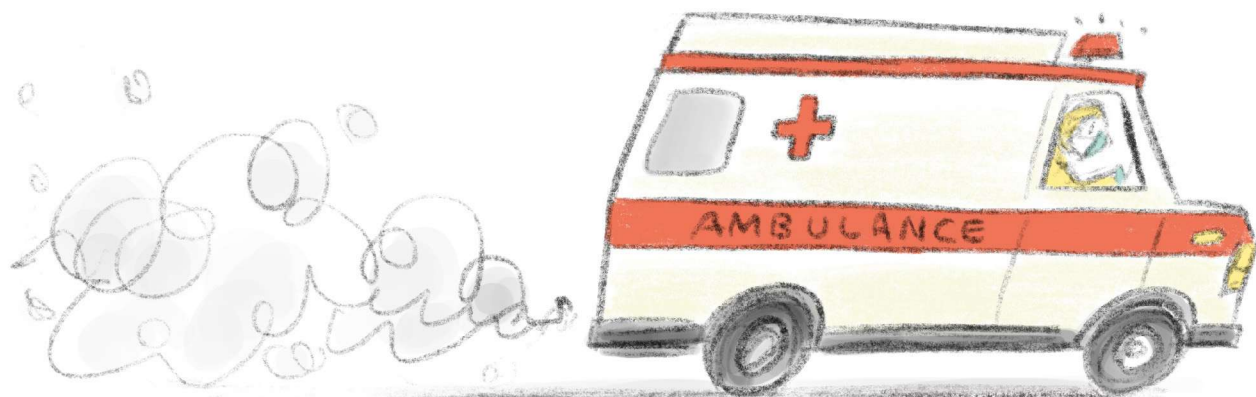
It's  
96%



I'll need to  
arrange for  
an ambulance  
to fetch your  
girl to the  
hospital's  
children's  
emergency  
unit.



Given her  
symptoms,  
we'll need a  
doctor to  
examine her  
more closely.



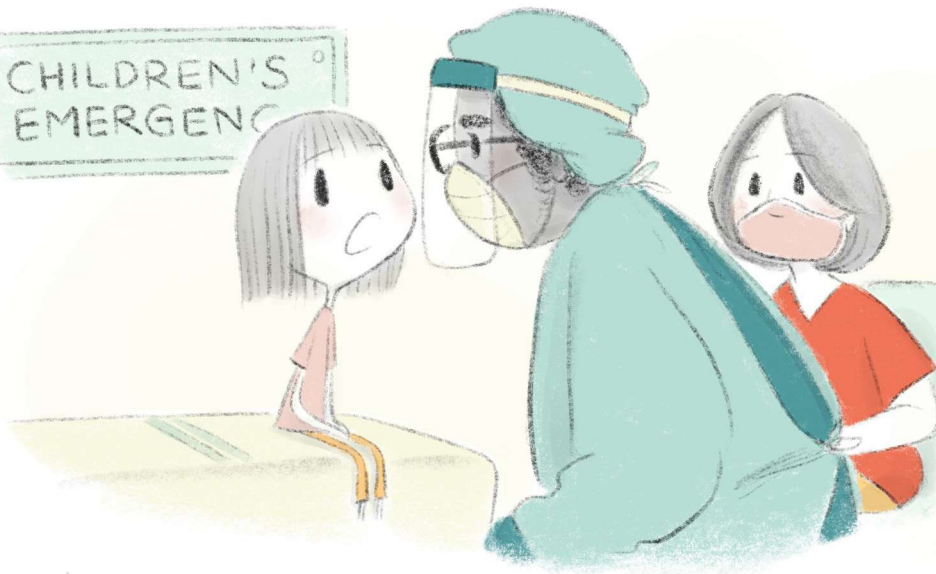
Dr Darryl  
arranged for an  
ambulance to  
send us to  
hospital. I saw  
more people in  
spacesuits.

I was  
scared. But  
the spacemen  
were nice.  
So, I  
cheered up.





CHILDREN'S  
EMERGENCY



In hospital,  
I was  
examined by  
Dr Sashi.

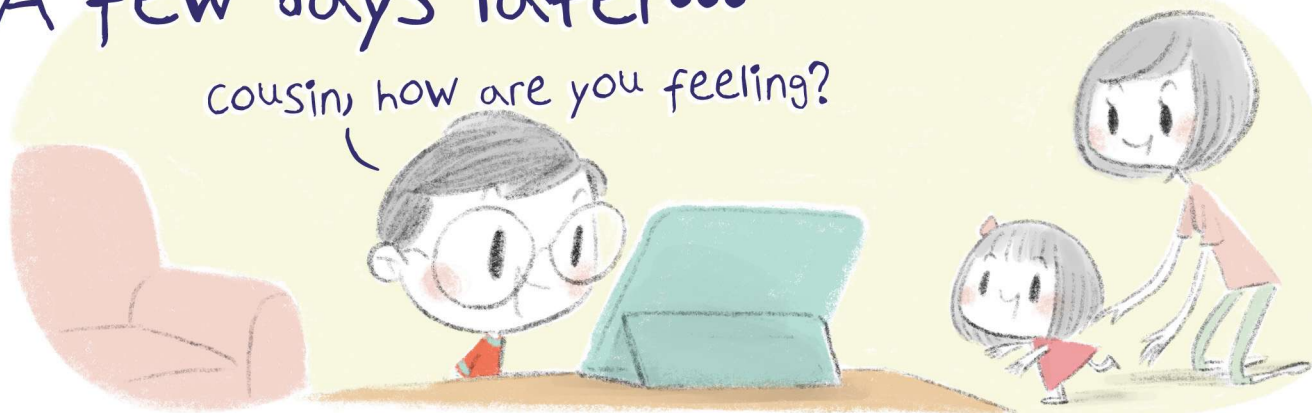
Girl, I'm arranging  
for you to stay in  
a hospital room  
to recover.

That way, I  
can check on  
you to make  
sure you are  
recovering  
well, okay?

Okay.

# A few days later...

cousin, how are you feeling?



Much better!  
I can go home  
tomorrow!

The doctor says I can  
complete my remaining days  
of recovery at home!

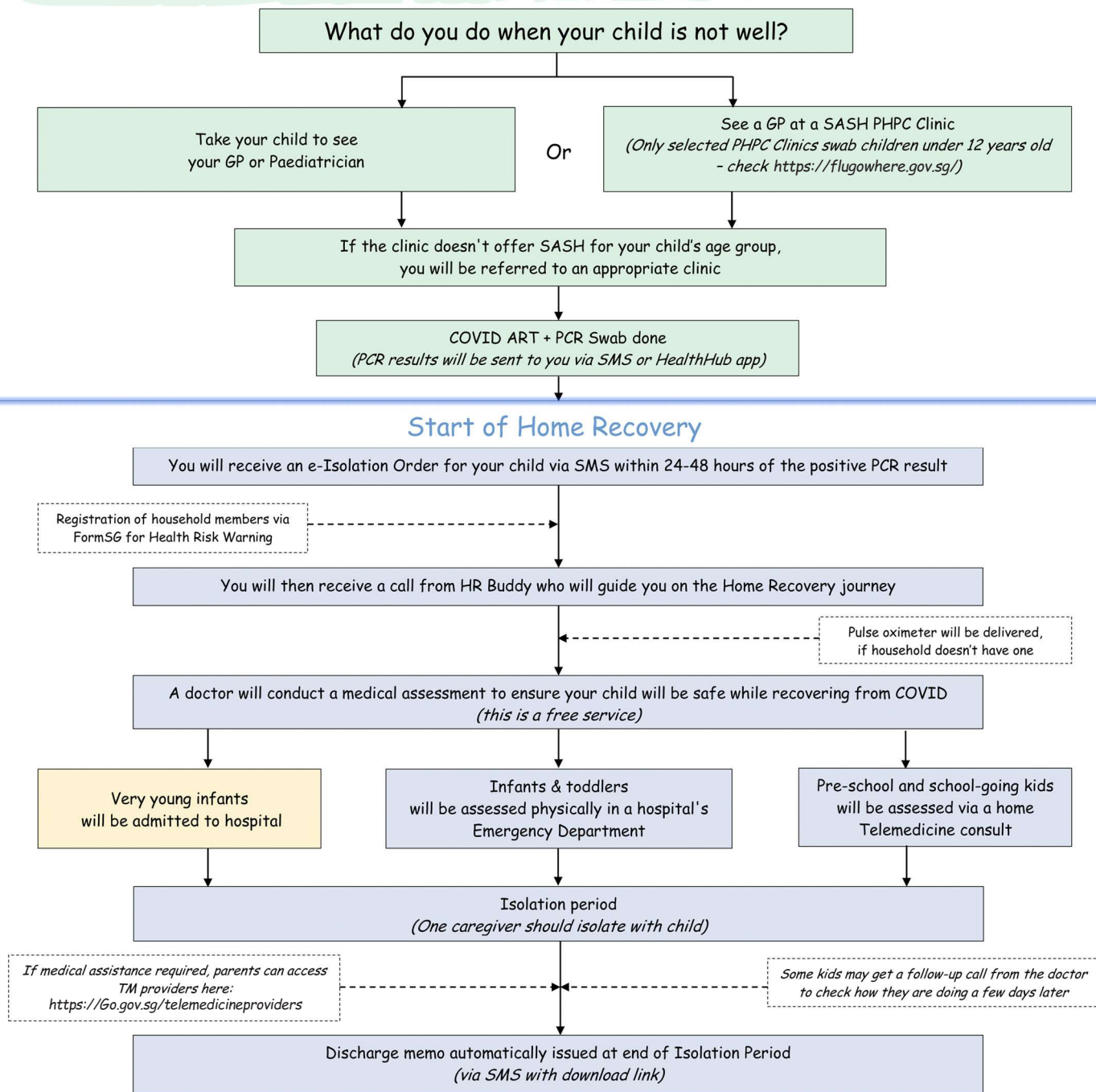


You can come over to play  
with Mei Mei and me soon!

Yay!



## Here's a quick summary of what happens for a young child on the Home Recovery Programme:





# 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's 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 there isn't enough room / space for our COVID positive child to isolate away from other family members?

You can call HR Buddy at Tel: 6874 4939 to arrange for you and your child to be transferred to a care facility for the 10-days isolation.

## 4. What if my child's heart rate is above the range for his / her age group?

Check your child's heart rate with the pulse oximeter whilst at rest, after lying down for 5 minutes or when your child is asleep. You can also confirm your child's pulse rate manually when asleep or at rest.

If your child feels his or her heart is pounding / beating fast, or there is significant chest discomfort, you should contact the Telemedicine team for advice at

<https://Go.gov.sg/telemedicineproviders>

## 5. 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>)

## 6. When should I seek medical attention or emergency help for my child?

If your child needs medical attention, you can contact a telemedicine provider for free consultation at <https://Go.gov.sg/telemedicineproviders>

If it is a life-threatening emergency, call 995. (See <https://ask.gov.sg/questions/397>)

## 7. Do I still need to swab my COVID positive child with the ART swab or repeat the PCR swab during the Home Recovery Programme?

There's no need to do any swabs on your child during Home Recovery. At the end of 10 days, your child will automatically receive a discharge memo via SMS.

## 8. Is my child required to do ART swab every 2 weeks as per MOH / school rules after recovering?

Recovered COVID patients are exempted from PET (pre-event testing) and RRT (routine-rostered testing) for 270 days from the start of their infection. This will be stated with an end date in the discharge memo issued at the end of the isolation period.

## Other useful information:

Eligibility for Home Recovery Programme: <https://www.covid.gov.sg/unwell/hrp>

Close contact to COVID positive case: <https://www.covid.gov.sg/exposed/hrw>

Looking for PHPC or SASH Clinics: <https://flu.gowhere.gov.sg>

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!



Dr Darryl Lim is a consultant paediatrician who attends to children with acute emergencies at all hours of the day and night. He has also spent a significant part of his life volunteering with medical charities and medical outreach projects.



Emily Lim-Leh is an award-winning author of over 40 children's books. She lost her voice to Spasmodic Dysphonia, a rare voice disorder. She recovered it when she found a new voice in writing. Emily blogs at <https://mummumstheword.wordpress.com/>



Josef Lee tells stories through pictures. His collection of comics and picture-stories about Life, Love & Stuff can be viewed at <https://joseflee.wordpress.com>

The creators hope that parents and caregivers will find Boy's and Girl's book helpful to navigating their child's home recovery journey.



Text © November 2021 by Emily Lim-Leh  
Illustrations © November 2021 by Josef Lee  
First published in November 2021

Acknowledgements to Dr Darryl Lim and his paediatrician colleagues who provided input and advice to the content for this collaborative community project. We also referenced public information available on the Ministry of Health and related Singapore government websites on COVID.

This book is created to help families in Singapore during these 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. The PDF version can be freely distributed so long as no unauthorised amendments are made.

All rights reserved. Any requests and permissions in relation to this book should be addressed to [dr.darryl.lim@gmail.com](mailto:dr.darryl.lim@gmail.com), [emilylim888@yahoo.com](mailto:emilylim888@yahoo.com) and [joseflee.stories@gmail.com](mailto:joseflee.stories@gmail.com)

### Limitation of Liability/Disclaimer of Warranty:

Whilst we have used our best efforts in preparing this book, we make no representations and warranties with respect to the accuracy or completeness of the contents of this book and specifically disclaim any implied warranties or fitness for a particular purpose. The book creators are not liable for any loss of profit or any other personal or commercial damages, including but not limited to special, incidental, consequential or other damages.