

HOME ASSESSMENT TOOL

1. Self-Assessment for person with symptoms and signs of respiratory tract infection but is not warded.
2. Person Under Supervision and Observation Order / Close contact of positive of COVID-19 case

Name	
Identity Card No./ Passport No./MyKid No.	
Telephone No.	Mobile: Home:
Type of exposure:	Category (1) OR (2) (please circle an appropriate choice and fill the details below)
Home Address	:
PERSON UNDER SUPERVISION AND OBSERVATION ORDER	
Date Arrival in Malaysia	
Flight No./Public Transport No.	
Date of symptom onset	
CLOSE CONTACT OF POSITIVE COVID-19 CASE	
Relationship with case	
Date of exposure to case *	

* please state the date of first contact

TABLE FOR DAILY MONITORING

INSTRUCTION: Please(√) the symptoms that you experience for each day.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Date:/...../.....	Date:/...../.....	Date:/...../.....	Date:/...../.....	Date:/...../.....	Date:/...../.....	Date:/...../.....
Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()

Day 8	Day 9	Day 10	Day 11	Day 12	Day 13	Day 14
Date:/...../.....	Date:/...../.....	Date:/...../.....	Date:/...../.....	Date:/...../.....	Date:/...../.....	Date:/...../.....
Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()	Symptoms : Fever () Cough () Shortness of breath ()

NOTE: Days of self monitoring can be added to the instructed period IF a person has recurrent exposure to the risk of infection.

Please do all the below while you are under *home surveillance*:

- Be contactable at all time.
- Stay at home during the self-monitoring period.
- Limit visitors to your house.
- List the name of those visiting you.
- Always practice good cough etiquette.
- If you develop any symptom, always wear face mask. If you did not wear *face mask*, close your mouth and nose with tissues when coughing or sneezing. Throw the tissues into closed dustbin and **immediately WASH YOUR HANDS** with soap or hand sanitiser.
- Limit your distance with healthy person (s) to at least 1 meter.
- Wear face mask when you go out of your room and avoid contact with others.
- Open all windows in your house to ensure good ventilation.
- Do not share utensils, tableware and personal hygiene items.

FOR TRAVELLER

- Wear mask all the way from the International Point of Entry to the house.
- If you have any symptoms, contact the nearest District Health Office.
- HSO wristband should be worn throughout the supervision and observation order.
- On the 13th, you are required to undergo a COVID-19 serological test at a private health clinic / clinic approved by Ministry of Health. Ensure that you get a copy of the laboratory result.
- On the 14th, please report at the nearest District Health Office with the copy of the serological test result. Release of OSO will be provided, and OSO wristband cut.

MONITOR YOURSELF FOR DEVELOPMENT OR WORSENING OF SYMPTOMS**IF YOU ARE CATEGORY 1: Patient Under Investigation (PUI) / Self Assessment for person with symptoms and signs of respiratory tract infection but is not warded.**

If your symptoms worsen, such as:

- Difficulty in breathing – shortness of breath, fast breathing or lips turning blue; OR
- Prolonged fever more than 3 days

IMMEDIATELY contact the District Health Office at _____.

IF YOU ARE CATEGORY 2: Close contact of person infected and positive of COVID-19

If you develop any fever or cough or sore throat, **IMMEDIATELY contact the District Health Office at _____.**