

GUIDELINES FOR HOME QUARANTINE FOR PREVENTION AGAINST COVID-19

- Prepared by India's Rapid Response Team to Kuwait

- 1 The aim of this Standard Operating Procedure (SOP) is to render suitable advice to all persons who are placed on home quarantine.
- 2 A contact is defined as a healthy person who has been in such association with an infected person or a contaminated environment as to have been exposed and is therefore at a higher risk of developing of disease.
3. Home quarantine is applicable to all contacts of a suspect or confirmed case of COVID-19. This intervention will be limited to the following:
 - (a) Travel related cases
 - (b) Focal clusters arising from a travel related/unrelated case where cluster containment strategy is adopted.
 - (c) Persons coming from COVID-19 affected areas where local and community transmission is evident.

Duration of home quarantine

4. The duration of home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspected case (of whom the index person is a contact) turns out negative on laboratory testing.

Instructions for contacts being home quarantined

5. The home quarantine person should:
 - (a) Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it is advisable to maintain a distance of at least 1 meter between the two
 - (b) Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities (like chronic lung/ heart disease and diabetes) within the household.
 - (c) Restrict his/her movement within the house. Under no circumstances attend any social religious gathering e.g. wedding, condolences, etc)
- 6 Personal hygiene/ public health measures to be followed by home quarantined person and these are as under:-
 - (a) Wash hand often thoroughly with soap and water (at least 40 seconds) or with alcohol-based hand sanitizer (at least 20 seconds) especially after coughing and sneezing, and before and after eating, drinking and using the washroom.

(b) Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.

(c) Wear a three-layered surgical mask at all the time. The mask should be changed every 8 hourly and disposed off. Disposable masks are never to be reused. A three layered cloth mask can also be used and washed with soap and detergent and reused.

(d) If symptoms appear (cough, fever/difficulty in breathing), he/she should immediately inform the nearest health center.

Instruction for the family members of persons being home quarantine:

7. Household members should stay in a different room and be separated from the person as much as possible. Only an assigned family member should be tasked with taking care of such person.

8. Avoid shaking the soiled linen or direct contact with skin.

9. Use disposable gloves when cleaning the surfaces or handing soiled linen.

10. Wash hands after removing gloves and before and after eating, drinking and using the washroom with soap and water (at least 20 seconds) or with alcohol-based hand sanitizer (at least 30 seconds)

11. Visitors should not be allowed. Stay at least 1 m away from those who are coughing

12. In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined and followed up for an additional 14 days or till the report of such case turns out negative on lab testing.

Environmental sanitation

13. Immediately remove and wash clothes and bedding that have blood, stool or other body fluids on them. Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g -. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution/ any commercially available disinfectant like bleach. A household detergent may also suffice.

14. Clean and disinfect toilet surfaces daily with regular household bleach solution.

15. Clean the clothes and other linen used by the person separately using common household detergent and dry thoroughly using the warmest temperatures recommended on the clothing label.

16. Place all used disposable gloves, masks and other contaminated waste in a lined container before disposing of them with other household waste and wash hands with soap and water/alcohol-based hand rub as shown in the picture below.

