

Guidance & SOP on Quarantine for COVID-19



Ministry of Health
Royal Government of Bhutan
4th Edition

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Document History

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Quarantine for COVID-19

1. Definition

Quarantine is a public health measure, which limits the movement of, or separate an individual who may have been exposed to an infectious disease from those who have not, to prevent the spread of the disease, and to see if s/he become ill to provide necessary medical support.

2. Objective

The purpose of the quarantine is to keep an individual under observation for signs/symptoms of COVID-19 infection. It is also to provide necessary medical support, and to prevent the spread of the disease to his/her immediate family members, friends/colleagues or to the community as he/she is assumed to be exposed to the infection.

3. Legal provision

During the emergency, as per Article 33 (2) of the Constitution of Kingdom of Bhutan, 2008, the Fundamental Rights granted under Article 7 (2), (3), (5), (12) and (19) shall be suspended as per Article 33 (7).

Any individuals not complying and failing to cooperate shall be liable for the offence of Criminal Nuisance as per the Section 410 and for the offence of Obstruction of Public Service as per the Section 424 of the Penal Code (Amendment 2011).

4. Designated Quarantine Facility

4.1. Criteria

Any individual/traveler entering the country or who have history of close contact (contact within 1-meter distance for a minimum of 15 minutes) with the confirmed COVID-19 case shall be put under quarantine at the designated facility/hotel.

4.2. Duration of quarantine

The duration of the quarantine shall be 21 days from the date of last contact with the confirmed

case or from the day of arrival into the country.

4.3. Testing

Rapid diagnostic test (RDT) shall be carried out on the 22nd day and if test result is negative, the individual will be released with a quarantine completion certificate, test result, and health education.

If RDT result is positive, then RT-PCR test will be carried out for confirmation. If the RT-PCR result is negative for two consecutive tests, tested 24 hours apart, then the individual will be released with quarantine completion certificate, test result and health education.

However, if the result is confirmed positive by the RT-PCR, the individual will be moved to isolation ward for further management (Annexure 1). Contact your local area quarantine management team or call 112 for ambulance to transport the individual to the isolation.

4.4. Management team

The Quarantine facilities shall be managed by the following:

- Health staff / Desuup or any officials deputed by the Quarantine Management Team for COVID-19 and the Ministry of Health
- Medical Doctor- on call
- Royal Bhutan Police
- Hotel Management (if quarantined in hotel)
- BAFRA

4.5. Medical and PPE item list

- Soap
- Hand sanitizer
- Face mask (surgical and N95 face mask)
- Gloves and gown
- Disinfectant
- Basic medicines—antipyretics, antihistamines, antacid, vitamins and minerals, etc
- Waste Bins
- Biohazard bag

◆ Utility gloves

The facility managers shall raise requisition for above supplies to the medical supply focal person of their respective districts/area.

4.6. Quarantine Procedures

The following measures shall be enforced:

- ◆ The quarantine facility will be cordoned off with barricade to restrict the movement of the people in and out of the facility.
- ◆ There shall be a sign board with clear name and instructions to public
- ◆ Visitors/public shall not be allowed to enter the quarantine facility
- ◆ Upon arrival at the facility, the Health official will allocate rooms to individuals based on the background information.
- ◆ Men and women shall be segregated while checking into the quarantine facilities by allocating rooms accordingly
- ◆ The quarantined individual shall receive all necessary health education and precautionary measures to prevent COVID-19 infection and spread
- ◆ A minimum of one health staff / Desuup shall be assigned to the designated facility to provide necessary medical and logistical support. In addition, a minimum of one police officer/ constable shall be also assigned to ensure the compliance of the quarantine requirements and provide security
- ◆ The designated health staff Desuup shall monitor the health of the quarantined individuals twice a day through telephone to minimize physical contacts
- ◆ If a quarantined individual develops fever OR sign/symptoms of a respiratory illness (cough, or shortness of breath) OR gastrointestinal symptoms (diarrhea, or vomiting), OR loss of smell/taste during the quarantine period, he/she shall immediately call the facility manager (health staff /Desuup on duty), who shall then call Outbreak

Investigation & Surveillance Team for further assessment and sample collection.

- ◆ In the case of quarantined individuals requiring any psychological counseling support, the facility manager shall inform the National COVID-19 Mental Health Team or an individual may call 17123237/38 /39/ 40/41.
- ◆ Moving anything out from quarantine facilities or rooms (containers, clothes, etc) is strictly prohibited until the quarantine period is over, due to risk of cross-infection and spread of disease.
- ◆ The quarantined individuals are recommended to register Stay Home App and report their signs and symptoms daily
- ◆ The quarantined individuals are recommended to exercise at their respective confined area (room & veranda)
- ◆ The windows can be kept opened for good ventilation
- ◆ For any damaged things in the facility, the individual should be liable for it
- ◆ The quarantined individuals shall comply with the Do's and Don'ts which are outlined in Annexure 2.
- ◆ The visitor is strictly not allowed to meet the individual in the quarantine.
- ◆ The health official/Desuup & RBP will carry out the task as reflected in the Annexure 3 & 4 respectively.

4.7. Amenities to be provided to the Quarantined Individuals

- ◆ Three standard meals a day
- ◆ Tea/Coffee and snacks twice daily
- ◆ Mineral water three liters a day (any additional water required, the individual shall contact the health staff of the facility, but delivery will be timed with meal times to limit interactions),
- ◆ Health staff/Desuup shall maintain record of the supplies
- ◆ Water boiler in the individual's room (where feasible)
- ◆ Two towels for use of quarantined individuals throughout their stay at the facility
- ◆ Soaps, detergents and bleaching solution

for washing and cleaning toilet

- ❖ A pair of slippers for the entire quarantine duration
- ❖ A set of linen for the entire quarantine duration
- ❖ Toiletries such as tooth brush, tooth paste, toilet paper {For additional requirement, the individual should contact the official on duty(health staff Desuup at the facility)}
- ❖ Wifi

Note- If the quarantine facility is other than the hotel in worst case scenarios (e.g., school hostel or guest house)where there are no basic amenities such as toiletry items or food, the quarantine management team of the respective districts may have to purchase those supplies on case by case basis. Similarly, food may have to be provided from catering or the quarantine team may consider to arrange cooking facilities in such situation.

4.8. Food

- ❖ All quarantined individuals will be served standard meals, tea/coffee and snacks from the hotel
- ❖ Meals, tea and coffee shall be served by the hotel in a disposable container
- ❖ Any additional or on-demand foods /tea/coffee will be served at their own cost
- ❖ Home prepared meals and snacks will be allowed as long as they are packed in disposable containers. An advance notice of one day should be given to the Health staff/Desuup for bringing in the home-made food. In the case of meals brought in non-disposable containers, the containers shall not be allowed to be taken out of their room until the quarantine is over.
- ❖ A set of plate, spoon and cup shall be provided in the room. However, the individual shall clean and reuse for the entire stay at the quarantine facility.
- ❖ The special need of food for quarantined people with comorbidity will be assessed and provided accordingly

4.9. Laundry

- ❖ Personal laundry shall be done by the individuals themselves using regular laundry soap, or detergent
- ❖ Extra clothes for change from home shall be allowed through the designated health staff Desuup.

However, no clothes will be allowed to be sent home or given to laundry until the quarantine period is over.

4.10. Cleaning and waste management

- ❖ The individual shall maintain cleanliness of their own room and toilet.
- ❖ The corridor and premises of the facility shall be cleaned by the cleaner with water and detergent (surf)
- ❖ Waste bin with commercial waste bag shall be provided in all the respective rooms. The biohazard bag is recommended for those facilities/hotels quarantining the primary contacts
- ❖ The commercial waste bag/biohazard bags shall be collected and sealed when the bag is $\frac{3}{4}$ full and shall be placed outside the room to be collected by the cleaner, which will then be placed at designated area.
- ❖ For the designated facilities hotels used for holding travellers from affected countries and no case confirmed in the facility, the general waste disposal process shall be followed. However, the facilities/hotels quarantining the primary contacts, sprinkle /pour 2% glutaraldehyde or 0.5% bleaching solution on waste bag and keep it for 20 minutes,tighten it and then dispose
- ❖ The waste shall be collected every two days from the designated areas of the Quarantine facility/ies or on case by case basis and transported to the treatment site for incineration or burning as appropriate.
- ❖ The Thromde, Dzongkhag or Drungkhag in coordination with the Health Staff/Desuup shall arrange transport vehicle and a dedicated staff for the transfer of wastes from the designated area of the quarantine facility/ies to the treatment site for autoclaving, burning or incineration where available.

- ✿ Gloves and masks shall be provided to the individuals identified for waste disposal by the health staff/Desuup.

Note: In case the quarantined individual tests positive, the room shall be disinfected and decontaminated by health team as per the “SOP for decontamination and disinfection of COVID-19 contaminated areas”.

5. Home Quarantine

5.1. Criteria

Any individual who are identified as secondary contacts (contact within 1-meter distance for a minimum of 15 minutes) to the primary contacts of COVID-19 positive case.

5.2. Duration

The duration of the home quarantine shall be for a minimum of 21 days from the date of last close contact to the primary contacts.

5.3. Quarantine Procedures

- ✿ The health team (Surveillance team) shall identify the secondary contacts.
- ✿ The details of the individual to be home quarantined (name, contact no and address) shall be shared to the Royal Bhutan Police (RBP).
- ✿ The individual should be provided with all the necessary health education and precautionary measures to prevent COVID-19 infection and spread. A home quarantine measure flyer should be handed over.
- ✿ The RBP will ensure the compliance of the home quarantine
- ✿ To ensure compliance, RBP and health officials shall:
 - ✿ Make phone calls to quarantined person or any of the family members to confirm his/her presence at home.
 - ✿ Make joint surprise visit any time to check their presence.
- ✿ Quarantined person or family members shall inform RBP and health team if they have to visit hospital for medical checkup.

- ✿ Family members to ensure that there are no visitors.
- ✿ Family members are responsible to ensure that the quarantined individual do not move out of the house for 21 days from the 1st day of quarantine
- ✿ The health team (Surveillance team) will release the individual with quarantine completion certificate at the end of quarantine period (after 21 day)

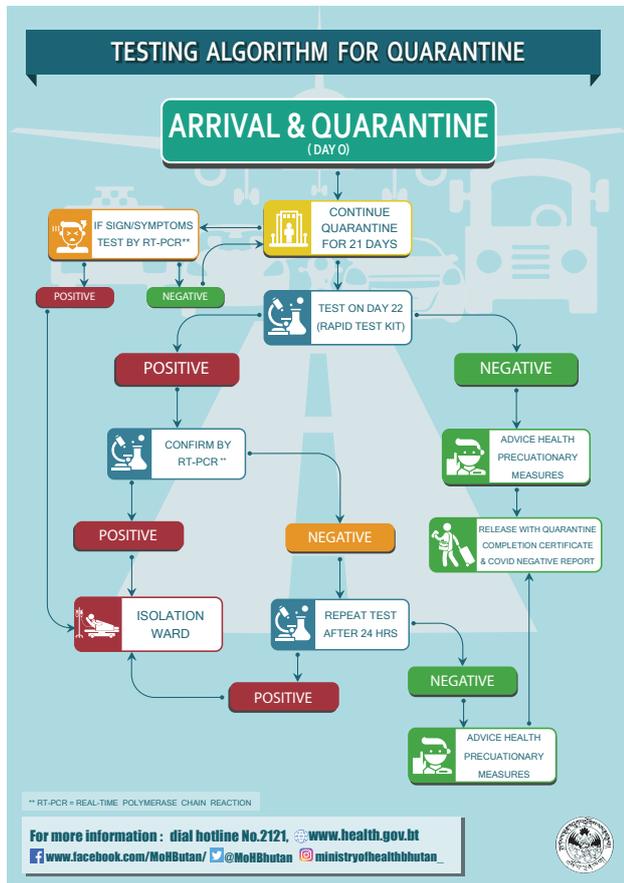
5.4. Advice to be given by Health Staff

- ✿ Do not go out of house and avoid social gathering for 21 days
- ✿ Stay and sleep in a separate room
- ✿ Avoid close contact with the visitors
- ✿ Don't organize any gathering or social events at home
- ✿ Wear face mask, follow cough etiquette and hand hygiene, and maintain social distance (avoid close contact at least 1 meter, avoid talking face-to face, kissing, hugging, etc) with family members, relatives or colleagues.
- ✿ When washing hands with soap and water, it is preferable to use disposable paper towels to dry hands. If these are not available, use clean cloth towels and replace them when they become wet
- ✿ Use dedicated linen and eating utensils for the family member under quarantine; these items should be cleaned with soap and water after use and can be re-used instead of being discarded.
- ✿ Clean and disinfect frequently touched surfaces such as bedside tables, bedframes and other bedroom furniture on daily basis.
- ✿ Clean and disinfect bathroom and toilet surfaces at least once daily. Regular household soap or detergent should be used for cleaning
- ✿ Gloves, masks and other waste generated at-home should be placed into a waste bin.
- ✿ Report immediately by calling this toll free no 2121 or 112 if you suffer from any of the following signs/symptoms:
 - ✿ Fever
 - ✿ Cough
 - ✿ Shortness of breath

- ❁ Diarrhea
- ❁ Vomiting
- ❁ Loss of smell/taste

6. Annexures

Annexure 1: Testing Algorithm for Quarantine



Annexure 2: Do's and Don'ts during Quarantine

The quarantine duration is 21 days from the date of your last contact with the COVID-19 confirmed case, or from the date of arrival into the country, wherein day one will be considered as zero.

The health staff/Desuup will monitor your health on daily basis and provide necessary support.

Annexure 3: Roles and responsibilities of Health staff/Desuups/ assigned officials

Do's

- ❁ Cooperate with quarantine officials
- ❁ Maintain personal hygiene and cough etiquette, and physical distancing
- ❁ Report any signs and symptoms of illness, particularly fever, cough, shortness of breath, vomiting, diarrhea or loss of smell taste to the quarantine officials immediately
- ❁ Maintain peace and respect to other colleagues
- ❁ Change and clean your own linens and toilet, and your own room
- ❁ Manage your own laundry using regular laundry soap, common detergent and water.
- ❁ Dispose waste in waste bins or plastic bags provided

Don'ts

- ❁ Go out of quarantine room
- ❁ Loiter around unnecessarily
- ❁ Post false and incorrect information on social media
- ❁ Litter the surroundings
- ❁ Damage properties in the facility (where individual room occupant will be held accountable)
- ❁ Transfer food and other items with other through windows
- ❁ Health staff/Desuups assigned at the designated Quarantine Facility (QF) must remain at the facility for a minimum of 21 days (till the completion of quarantine period and handing over of the facility).
- ❁ Health staff/Desuups shall:
 - ❁ Be responsible for the overall management and supervision of the quarantine facility (monitor security, fix time for food, tea/snacks, supply of meals and supplies, ensure cleanliness, laundry service and waste disposal)
 - ❁ Monitor and manage any pre-existing medical condition/s such as diabetes, hypertension, etc. and minor illness and if unable to manage, consult with focal doctor/s.(Only if health staff is in duty at QF)

- ❖ Check for signs and symptoms through telephone twice daily and submit the report to the Outbreak Investigation & Surveillance Team at 17123201/17123203 every day before 10:00 am.
- ❖ Totally refrain from going inside the room/s of the quarantined individual.
- ❖ Register and update all the quarantined individuals at the facility and submit a report to the Quarantine focal point at the Ministry of Health.
- ❖ Maintain proper hand hygiene by hand washing with soap and water or alcohol-based hand rub and follow cough etiquette
- ❖ Maintain physical distancing of more than 1 meter or 3 feet from the quarantined individual at any given point and minimize contacts with the quarantined individual as far as possible.
- ❖ Ensure that no personal belongings or any things once placed at quarantine facility are taken out of the quarantine facility.
- ❖ Ensure proper usage and disposal of the PPE's (face mask & gloves).
- ❖ Deliver food or any other items, as per the SOP to the quarantined individuals.
- ❖ Instruct the quarantined individuals to clean and tidy their respective rooms including their wash room.
- ❖ Monitor and manage the waste generated from individual room at the QF
- ❖ Maintain a record of logistics and supplies, including PPEs, waste bags, parcels/donated items, and other consumables used by the quarantined individuals at the respective facility and submit to the MoH on completion of quarantine.
- ❖ Where there is no health staff, carry out vital monitoring of the quarantined individuals twice daily and submit the report of signs

and symptoms before 10 AM everyday to the Outbreak Investigation & Surveillance Team at 17123201/171123202/17123203.

Annexure 4: Roles and Responsibilities of Royal Bhutan Police

- ❖ Provide security to the quarantine facility
- ❖ Enforce movement restriction in and out of the quarantine facility
- ❖ Manage traffic in and around quarantine facility where necessary
- ❖ Cordoning of the designated quarantine facility where necessary
- ❖ Receiving parcels and handing over to health staff/Desuup
- ❖ Maintain visitor register containing visitor name, contact, quarantined individual name and room number for whom the parcel is to be delivered, parcel content, date and time of parcel delivery and submit to the MoH on completion of quarantine.

Annexure 5: Roles and Responsibilities of Hotel Management (if quarantined in hotels)

- ❖ Provide meals, tea/coffee and snacks as per schedule fixed by the health staff/Desuup
- ❖ Provide other basic hotel amenities as per SOP
- ❖ Assign adequate number of food servers, housekeeper and cleaners
- ❖ Ensure non-mixing of essential hotel staffs (cooks, etc.) with quarantined individuals through proper communication and monitoring.
- ❖ Ensure designated hotel staff undergo training on basic infection prevention and use of personal protective equipment and waste management,
- ❖ Ensure staff are present at all time for providing essential services to the quarantined individuals.
- ❖ Maintain cleanliness and hygiene of the hotel and its premises

Annexure 6: Contact number of important focals

Sl. #	Name	Designation	Agency	Role for Quarantine	Contact #	Email id
1.	Dr. Sonam Wangchuk	Head	RCDC, MoH	TAG/ For COVID-19 test	17760958	swangchuk@health.gov.bt
2.	Dr. Tshokey	Microbiologist	JDWNRH	TAG/ For COVID-19 test	17589485	tshokey@jdwnrh.gov.bt
3.	Dr. Gosar Pemba	Medical Superintendent	JDWNRH	Isolation Manager for JDWNRH (in case QIs is positive)	77107526	gpemba@jdwnrh.gov.bt
4.	Tandin Pemo	Nursing Superintendent	JDWNRH	HR for isolation at JDWNRH	17604104	tpemo@jdwnrh.gov.bt
5.	Chimi Lhamu	Dy. NS	JDWNRH	Focal for isolation at JDWNRH	77119091	clhamu@jdwnrh.gov.bt
6.	Jigme Choden	Chief Program Officer	JDWNRH	Focal for isolation at JDWNRH	17370927	jchoden@jdwnrh.gov.bt
7.	UgyenTashi	Dy. CPO	MOH	National Focal for Medical Supply	17481763	utashi@health.gov.bt
8.	Sonam Tenzin	Project Manager	MOH	Waste Collection & Disinfection of facilities in Thimphu	77351020	sonamt@health.gov.bt
9.	Tshering Dendup	Adm. Officer	Cabinet	National Quarantine Facility Manager for Thimphu and Paro	17819388/ 17123195	tdhendup@cabinet.gov.bt
10.	Kinley Dorji	Chief Program Officer	MOH	National Quarantine Leader	17635634	dorjik@health.gov.bt
11.	Sonam Wangda	Dy. CPO	MOH	Quarantine Alternate Focal	17944150	swangda@health.gov.bt
12.	Tandin Dorji	Chief Program Officer	MOH	Surveillance Team Leader	17110329	tandindorji@health.gov.bt
13.	Dr. Tandin Zangpo	OSA	MoH	TAG/Clinical Monitoring	17123202	zangpo@health.gov.bt
14.	Mobile Medical Team	Medical Doctor/nurse	MoH	Clinical Monitoring Team	17123190	
15.	Passang Dema	APO	MOH	Other Surveillance members	17123201	pdema@health.gov.bt
16.	Col. PassangDorji	Colonel	RBP	National Security Focal	17112776	
17.	Maj. Nim Tshering	Major	RBP	Alternate for Security	17668667	

