

# SOP for Quarantine at Designated Facility for COVID-19



Royal Government of Bhutan  
Ministry of Health  
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## **SOP of Quarantine at Designated Facility (other than Hotel)**

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 your immediate family members, friends/colleagues or to the community as you are exposed to the infection.

Any individual who had close contact (contact within 1-meter distance for a minimum of 15 minutes) with the confirmed COVID-19 patient shall be put under quarantine at the designated facility.

The duration of the quarantine shall be for a minimum of 14 days from the date of last contact with the confirmed case.

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 of the Penal Code (Amendment) Act, 2011 and Section 424 of the Penal Code, 2004.

## **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.
- Visitors/public shall not be allowed to enter the quarantine facility
- The person shall receive all necessary health education and precautionary measures to prevent COVID-19 infection and spread
- The designated health official shall monitor the health of the quarantined individuals twice a day
- A minimum of one health and one police official will be assigned to the designated facility to ensure the compliance of the quarantine requirements and provide security
- If a quarantined individual develops cough, fever, shortness of breath, or respiratory or any other illness during the quarantine period, he/she shall immediately call the Quarantine Team Leader
- The quarantined individual shall comply with the Do's and Don'ts which are outlined in Annexure I.

## **Management team**

- Health staff (at a ratio of 1:10)
- One ward boy
- Royal Bhutan Police

### **1. Roles and responsibilities of members**

#### **i) Health staff (Nurses/HA)**

- Overall management and supervision of the quarantine facility (supply of meals and supplies, ensure regular cleanliness, laundry service and waste disposal)
- Responsible for monitoring of signs or symptoms related to COVID-19, such as fever, cough, diarrhoea, etc twice daily
- Manage any pre-existing condition such as diabetes, hypertension etc and minor illness
- Distribute foods packed in disposable container to individuals
- Report any symptoms of disease including COVID-19 to the Quarantine Team Leader
- The health staff shall wear basic PPE + N95 where necessary
- Provide counselling service when required

#### **ii) Ward Boy**

- Responsible for cleaning and disinfection (follow Infection Control & Waste Management Guideline 2018) of the facility twice a day (following
- Any other work assigned by the health officer

#### **iii) 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 off the designated quarantine facility where necessary

### **2. Food**

- All quarantined individuals will be served pre-packaged meals three times a day, and provide fruits, water, tea and snacks
- Any additional or on-demand foods will be served at their own cost
- Home prepared meals and snacks will be allowed as long as they are pre-packaged. An advance notice of one-day should be given to the Health Focal Officer

### **3. Laundry**

- Laundry shall be done using regular laundry soap, common detergent and water
- Changing clothes from home will be allowed and shall be handed over to the designated health officer

**4. Cleaning and waste management**

- Clean and disinfect bathroom and toilet surfaces at least once daily with regular disinfectant containing a diluted bleach solution (1 part to 99 parts of water)

**5. Medical and PPE list**

- Hand sanitizer
- Face mask (surgical and N95 face mask)
- Gloves
- Disinfectant
- Knapsack or power sprayer
- Basic medicines – antipyretics, antacid, vitamins and minerals, etc

**6. Quarantine amenities**

- Standard meals
- Tea/Coffee and snacks
- Mineral water
- Water boiler and tea/coffee facility
- Towels
- Soap
- Slippers
- Toiletries
- Wifi

**Annexure I**

**Do's and Don'ts during Quarantine**

*You will be quarantined for a minimum of 14 days from the date of your last contact with the COVID-19 confirmed case*

*The health official will monitor your health on daily basis and provide necessary medical support. You will be provided with standard meals, bottled water, basic amenities*

*You will manage your laundry using regular laundry soap, common detergent and water.*

*Changing clothes from home will be allowed and shall be handed over to the designated health officer*

<b>Do's</b>	<b>Don'ts</b>
○ Cooperate with quarantine officials	○ Please do not go out of quarantine facility
○ Maintain personal hygiene and cough etiquette	○ Please do not smoke or drink alcohol
○ Maintain a minimum of 1meter contact distance with others at all times	○ Please do not litter the surroundings
○ Report any signs and symptoms of illness, particularly fever, cough or respiratory illness to the quarantine officials immediately	○ Please do not loiter unnecessarily
○ Maintain peace and respect to other colleagues	○ Please do not post false, incorrect information on social media
○ Change your own linens and toiletries	
○ Dispose waste in proper designated waste bins or biohazard bags	