



## **SOP for Quarantine at Designated 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. However, for minors (less than 18 years old) upon informing the guardian and terminal patients requiring frequent medical checkup will be home quarantined (***Follow Home Precaution Measures as give in the flyer***).

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 for the offence of Obstruction of Public Service as per the Section 424 of the Penal Code, 2004.

## **Quarantine Procedures**

The following measures shall be enforced:

- The quarantine facility will be cordoned off with barricades 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
- People coming from the same country should be quarantined at the same facility (may share the same room) as they will be exposed to the same level of risk.

- Those individuals who have ventured near the bordering town of India for a short duration (Example to Siliguri and Jaigoan) for shopping may be advised to quarantine at home.
- The quarantined individual shall comply with the Do's and Don'ts which are outlined in Annexure I.
- During the emergency declared 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). Therefore, all individuals shall comply and cooperate with the emergency disease response team
- 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 for the offence of obstruction of public service Section 424 of the Penal Code, 2004.

### **Management team**

- Health staff (at a ratio of 1:20)
- One Cleaner/Housekeeper
- Royal Bhutan Police

## **2. Roles and responsibilities**

### **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 counseling service when required

### **ii) Housekeeper**

- Responsible for collection of waste from the quarantined individuals
- Conduct decontamination of the hotel rooms (follow National Guideline on Infection Control & Waste Management 2018) of the facility twice a day
- 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 of the designated quarantine facility where necessary

**iv) Hotel management**

- Provide meals, tea/coffee and snacks
- Provide other basic hotel amenities
- Assign adequate number of designated food servers, housekeeper and cleaners
- Ensure non-mixing of essential hotel staff (cooks, etc) who need not come in contact with quarantined individuals through proper communication
- Ensure designated hotel staff undergo training on basic infection prevention and use of personal protective equipment
- Ensure staff are present for providing essential services of hotels to the quarantined individuals at all times
- For each quarantined individual, eating utensils (plate, spoon, mugs, and glass) should be kept in the room prior to their arrival.

**2. 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 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 Focal Officer for bringing home-made food
- The individual will have to wash for reuse during the entire stay at the quarantine facility.

**3. Laundry**

- Personal laundry shall be done by the individuals 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**

- The individual shall maintain cleanliness of the room and toilet.
- Waste bin with Biohazard bag shall be placed in all the room.
- The Waste bags shall be sealed properly when the bag is  $\frac{3}{4}$  full and should be placed outside the room to be collected by the ward boy/ sweeper, which will then be placed in a designated area.

- The waste will be collected every two days from the designated areas of the Quarantine facilities to be transported to the treatment site for autoclaving or incineration as appropriate.
- The Thromde, Drungkhag or the Dzongkhag in coordination with the Health Staff shall arrange transport and staff for the transfer of waste from the designated area of the quarantine facility to the treatment site for autoclaving or incineration where available.
- Gloves and masks will be provided to the individuals identified for waste disposal.
- Facility shall be disinfected if only the quarantined individual is tested positive for COVID-19. Otherwise, normal cleaning procedures can be practiced.

*\*Where waste autoclave and incinerators are not available, open burning of the waste may be considered.*

*\* In case the quarantined individual tests positive, the room will be decontaminated by health team following SoP for decontamination and disinfection of COVID-19 contaminated areas.*

#### **5. Medical and PPE list**

- Hand sanitizer
- Face mask (surgical and N95 face mask), gloves and gown
- Disinfectant
- Basic medicines – antipyretics, antihistamines, antacid, vitamins and minerals, etc
- Biohazard bag
- Gumboots and utility gloves

#### **The following Quarantine amenities shall be provided during your stay at the quarantine facility**

- Three Standard meals
- Tea/Coffee and snacks will be provided twice daily
- Mineral water will be placed in the individuals room ( any additional water required, the individual may contact the health staff of the facility, but delivery will be timed with meal times to limit interactions)
- Water boiler and tea/coffee facility will be placed in the individual's room.
- A pair of towel will be provided, which will be used throughout the Individuals stay at the facility.
- Soaps, Detergents and bleaching solution shall be placed in the toilet
- A pair of slipper shall be provided for the entire stay of the individual at the facility
- A set of linen shall be provided to the individual for the entire stay of the Individual at the facility
- Toiletries (tooth brush, tooth paste, toilet paper) will be provided and if additional required, the individual may contact the health staff at the facility.
- Wifi will be made available at the facility.

**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, and 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	