

## Annexure 7: Guidelines For Home Quarantine

MOST URGENT/ TOP PRIORITY



Primary & Secondary  
Healthcare Department

Government of the Punjab  
Dated Lahore the 15<sup>th</sup> March 2020

To,

1. Senior Member, Board of Revenue, Punjab
2. Inspector General of Police, Punjab
3. All Commissioners in Punjab
4. Director General, Provincial Disaster Management Authority, Punjab
5. All Deputy Commissioners in Punjab
6. All Assistant Commissioners in Punjab
7. All Chief Executive Officers, District Health Authorities in Punjab
8. All Medical Superintendents, DHQ/THQ Hospitals in Punjab

SUBJECT: **GUIDELINES FOR HOME QUARANTINE**



Reference to the subject cited above, please find the following guidelines:

<b>1. SCOPE</b>	In order to contain exponential spread of COVID-19, the Primary and Secondary Healthcare Department (P&SHD), hereby, issues Guidelines for Home Quarantine in the context and conditions explained in subsequent sections of these Guidelines.
<b>2. WHAT IS HOME QUARANTINE?</b>	<ul style="list-style-type: none"><li>➤ As per WHO, 'Quarantine' means the restriction of activities or separation of persons who are not ill, but who may be exposed to an infectious agent or disease (COVID-19), with an objective of monitoring symptoms and early detection of cases.</li><li>➤ Home Quarantine means when a close 'contact' of any suspected or confirmed case is separated in his home with restricted movement and interaction with other members of family and general public to contain the spread the disease.</li></ul>
<b>3. WHOM TO QUARANTINE</b>	<ul style="list-style-type: none"><li>➤ All citizens coming from countries affected with COVID-19 infection and ongoing human-to-human transmission. The countries include but not limited to Iran, China, Korea, Japan, Italy, Spain or other countries as and when notified by the Government of Pakistan.</li><li>➤ Any person who has proven close contact/ epidemiological link with a suspected or confirmed COVID-19 patient.</li></ul> <p><b>Home quarantine is applicable to all such contacts of a suspect or confirmed case of COVID-19.</b></p>

H. M. / 15/3/20

<b>4.</b>	<b>DURATION</b>
	The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing or as decided by the Health Authorities.
<b>5.</b>	<b>DEFINITION OF 'CONTACTS'</b>
	<ul style="list-style-type: none"> <li>➤ A "contact" is a person who is involved in any of the following from 2 days before and up to 14 days after the onset of symptoms in the patient: <ul style="list-style-type: none"> <li>○ Having face-to-face contact with a COVID-19 patient within <b>1-METER</b> and for more than 15 minutes.</li> <li>○ Providing direct care for patients with COVID-19 disease without using proper personal protective equipment (PPEs).</li> <li>○ Staying in the same close environment as a COVID-19 patient (including sharing a workplace, classroom or household or being at the same gathering) for any amount of time.</li> <li>○ Travelling in close proximity with (that is, within <b>1-METER</b> separation from) a COVID-19 patient in any kind of conveyance.</li> <li>○ Other situations, as indicated by local risk assessments.</li> </ul> </li> <li>➤ Persons including caregivers (family members) and Healthcare Workers (HCWs) who have been exposed to individuals with suspected or confirmed COVID-19 are considered contacts and should be advised to monitor their health for 14 days from the last day of possible contact.</li> </ul>
<b>6</b>	<b>PREPARATION FOR HOME QUARANTINE</b>
<b>A</b>	<b>Assessment</b>
	<ul style="list-style-type: none"> <li>➤ When 'Home Quarantine' is advised, a trained Public Health Personnel should conduct an assessment to verify whether the residential setting is suitable for Home Quarantine.</li> <li>➤ The health officials must assess whether the person (close contact) and the family are capable of adhering to the precautions that will be recommended as part of home quarantine (e.g., restrictions on movement around or from the house, no visitors, hand hygiene, respiratory hygiene, and environmental cleaning).</li> <li>➤ Consider special needs of persons under quarantine like wheelchair bound, pregnant and lactating mothers etc.</li> <li>➤ Communication link with public health personnel should be established for the duration of the home care period – that is, until the completion of Quarantine period.</li> <li>➤ Quarantined Person and household members should be counseled, educated and sensitized about importance of quarantine and on "Do's &amp; Don't" of Home Quarantine.</li> <li>➤ Educate 'Quarantined Person' on Self-monitoring of symptoms and 12 Hourly temperature recording.</li> </ul>

11/15/20

<p><b>B</b></p>	<p><b>Sign Posting</b></p> <div style="border: 1px solid black; padding: 10px; text-align: center;">  <p>یہ گراب _____ ہارنگک کو رونا سے بچاؤ کے سلسلے میں قرطینہ قرار دے دیا گیا ہے۔  آپ کو تنہی کی جاتی ہے کہ اس جگہ غیر ضروری آنے جانے اور میل جول سے گریز کریں۔  ذرا سی بے احتیاطی سے آپ بھی کو رونا وائرس سے متاثر ہو سکتے ہیں۔</p> <p><b>احتیاط کیجئے محفوظ رہیے</b></p>  </div>
<p><i>15/3/20</i></p>	<p><b>7. INSTRUCTIONS FOR FAMILY MEMBERS OF PERSON IN QUARANTINE</b></p> <p><b>PLACEMENT</b></p> <ol style="list-style-type: none"> <li>Place the person in a well-ventilated single room (i.e. with open windows and an open door).</li> <li>Ensure that shared spaces (e.g. kitchen, bathroom etc.) are well ventilated (keep windows open).</li> </ol> <p><b>RESTRICTED MOVEMENT</b></p> <ol style="list-style-type: none"> <li>Limit the movement of the person in the house and minimize shared space.</li> <li>Household members should stay in a different room, or, if that is not possible, maintain a distance of at least <b>1-METER</b> from the ill person (e.g. sleep in a separate bed).</li> <li>If the person in quarantine is housewife, she should avoid preparing, cooking and serving food to other members of family.</li> <li>Only an assigned family member should be tasked with taking care of the quarantined person</li> <li>Visitors should not be allowed until the completion of quarantine period.</li> </ol> <p><b>INFECTION PREVENTION PRACTICES</b></p> <ol style="list-style-type: none"> <li>Perform hand hygiene after any type of contact with quarantined persons or their immediate environment.</li> <li>Hand hygiene should also be performed before and after preparing food, before eating, after using the toilet, and whenever hands look dirty.</li> <li>If hands are not visibly dirty, an alcohol-based hand rub can be used.</li> </ol>

For visibly dirty hands, use soap and water.

- d) 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 frequently.

#### **USE OF PROTECTIVE MASK**

- a) To contain spread by droplets, a medical mask should be provided to the quarantined person and worn as much as possible, and changed daily.
- b) Individuals who cannot tolerate a medical mask should use rigorous respiratory hygiene; that is, the mouth and nose should be covered with a disposable paper tissue when coughing or sneezing. Items used to cover the mouth and nose should be discarded or cleaned appropriately after use (e.g. wash handkerchiefs using regular soap or detergent and water).
- c) Family members should wear a medical mask that covers their mouth and nose when in the same room as the quarantined person.
- d) Remove the mask using the appropriate technique – that is, do not touch the front. Discard the mask immediately after use and perform hand hygiene.
- e) Used mask should be considered as potentially infected.

#### **DISINFECTION OF ENVIRONMENT**

Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables, door handles, knobs, switches etc.) daily with 1% Sodium Hypochlorite Solution.

Clean floor often with solutions available for floor cleaning or prepare 1% Sodium Hypochlorite Solution.

#### **DISINFECTION OF TOILETS**

- a) Clean and disinfect bathroom and toilet surfaces at least once daily.
- b) Regular household soap or detergent should be used first for cleaning, and then, after rinsing, disinfect with regular household bleach solution/phenolic disinfectants.

#### **UTENSILS AND LINEN**

- a) Use dedicated linen and eating utensils for the quarantined persons; these items should be cleaned with soap and water after use and may be re-used instead of being discarded.
- b) Clean the used clothes, bed linen, and bath and hand towels using regular laundry soap and water or machine wash at 60–90 °C (140–194 °F) with common household detergent, and dry thoroughly.
- c) Place used linen into a laundry bag. Do not shake soiled laundry and avoid contaminated materials coming into contact with skin and clothes.
- d) Gloves and protective clothing (e.g. plastic aprons) should be used when cleaning surfaces or handling clothing or linen soiled with body

5/3/20

	<p>fluids. Perform hand hygiene before putting on and after removing gloves.</p> <p><b>WASTE MANAGEMENT</b></p> <p>Gloves, masks, and other waste generated during home care should be placed into a waste bin with a lid in the quarantine room before disposing of it as infectious waste.</p>
<b>8.</b>	<b>INSTRUCTIONS FOR PERSONS UNDER QUARANTINE</b>
	<p>a) Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer</p> <p>b) Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.</p> <p>c) Wear a surgical mask at all the time. The mask should be changed daily.</p> <p>d) Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.</p> <p>e) Under no circumstances quarantined person should attend any social/religious gathering e.g. wedding, condolences, etc. till the completion of quarantine period.</p> <p>f) If symptoms appear (cough/fever/difficulty in breathing), immediately inform the health authorities or call 1033.</p>
<b>9.</b>	<b>SOPs IF QUARANTINED PERSON DEVELOPS SYMPTOMS</b>
	<p>In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14 days or till the report of such case turns out negative on lab testing.</p>

*Asim*  
15/3/20

**Dr. Asim Altaf**  
**Additional Secretary (Tech)**  
**Primary & Secondary Healthcare**  
**Department**

A copy is forwarded for information and further necessary action to:

1. Additional Secretary (Staff) to Chief Secretary, Government of the Punjab
2. Additional Secretary (Tech), SH&MED
3. Director General Health Services, Punjab, Lahore
4. PSO to Secretary, SHC&MED, Government of the Punjab
5. PSO to Secretary, P&SHD, Government of the Punjab