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## Guidelines

# Home Quarantine during COVID 19 Out-break

### Objective

To provide general public, international travelers arriving in Pakistan, public health workers & health care providers the guidelines regarding home quarantine of **contacts** of a confirmed or suspected case of COVID-19, and for those who arrive in Pakistan after undertaking international travel.

### Rationale

Start of home/ self-quarantine is an attempt to involve the community and general population in implementing public health measures to limit the spread of a disease that has the potential to overwhelm the available resources applicable in contacts of confirmed cases and, for international in-bound travelers in Pakistan

### Definitions

A person is considered as a **contact** if he or she:

- Had a direct physical touch with, or with the body fluids of, someone with confirmed or suspected COVID-19 disease.
- Has shared a space with someone with confirmed or suspected COVID-19 disease for more than 15 minutes.
- Has cared for a patient with confirmed or suspected COVID-19 disease, without using the recommended personal protective equipment.

In home quarantine, a **contact** is segregated in his home with restricted movement and interaction with other members of family and general public for a period of 10 days.

For international travelers, a 10 days duration of self/home quarantining is suggested, from the day or arrival in Pakistan.

The quarantine will end if the suspected case, whom the quarantined person had come in contact, or shared a space with, turns out negative on laboratory testing, or the quarantined person has completed the 10 days self/home quarantine duration.

### Instructions

- The quarantined person should stay segregated in a separate room if possible or observe social distancing of at least 1 meter from people living in the same house.
- The quarantined person should preferably take the food in the same room and should not share the washroom with others.
- Use separate dishes, drinking glasses, cups, eating utensils, towels, bedding, and other items for the quarantined person.
- Clean the doorknobs, bathroom utensils and taps with soap and water.



- Wash food utensils, clothes and bed linen with soap and water.
- Monitor body temperature with a thermometer, twice a day.
- Communication link with a healthcare worker should be established for the duration of the quarantine period. Appearance of any of the symptoms of COVID-19 must immediately be reported.
- Quarantined person and household members should be counseled, educated and sensitized about the importance of quarantine. The guidelines for hand sanitization and cleaning and disinfection of environmental surface should be understood and observed by all members of the household.
- If the person in quarantine is a housewife, she should avoid preparing, cooking and serving food to other members of the family.
- Minimize visitors to the household. The quarantined person should not interact with the visitors.
- Dispose off home garbage in closed bags at garbage collection points.

*Note: The above recommendations are being regularly reviewed by the Ministry of National Health Services, Regulations & Coordination and will be updated based on the international & national recommendations and best practices.*

*The Ministry acknowledges the contribution of Irfan Mirza, Ms Javeria Yousaf and HSA/ HPSIU/ NIH team to compile these guidelines.*

#### References:

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2. [https://www.who.int/docs/default-source/searo/whe/coronavirus19/the-guideline-for-home-quarantinepdf?sfvrsn=1bc12565\\_4](https://www.who.int/docs/default-source/searo/whe/coronavirus19/the-guideline-for-home-quarantinepdf?sfvrsn=1bc12565_4)
3. <https://www.dailymail.co.uk/news/article-8629613/Testing-travellers-arrival-Britain-later-reduce-quarantine-time.html>. (Cited on 16th September 2020)
4. <https://www.independent.co.uk/news/uk/home-news/coronavirus-testing-quarantine-travel-10-days-sage-a9671996.html>. (Cited on 16th September 2020)

#### For more information, please contact:

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<http://covid.gov.pk/>

<http://nhsrco.gov.pk/>

<https://www.facebook.com/NHSRCOOfficial>

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<https://twitter.com/nhsrcoofficial>

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