



HOME QUARANTINE FOR STABLE SUSPECTED PTS.

(Source : WHO ,CDC)

ISOLATION

- Place in a well-ventilated single room.
- Limit the number of caretakers, ideally assign one person who is in a good health without risk conditions.
- No visitors.
- Household members should stay in a different room or, if that is not possible, maintain a distance of at least one metre from the ill person.
- Limit the movement and minimize the shared space.
- Ensure that shared spaces (e.g. kitchen, bathroom) are well ventilated (Open Window)

PROTECTIVE MEASURES

- Caregiver should wear a medical mask fitted tightly to the face when in the same room.
- Masks should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. Discard the mask after use and perform hand hygiene after removal of the mask
- Perform hand hygiene following all contacts with the persons under observation or their immediate environment.
- Hand hygiene should also be performed before and after preparing food, before eating, after using the toilet, and whenever hands look dirty.

DISPOSABLES

- Perform hand hygiene before and after removing gloves.
- When using soap and water, disposable paper towels to dry hands is desirable. If not available, use dedicated cloth towels and replace them when they become wet.
- Follow respiratory hygiene - covering the mouth and nose during coughing or sneezing using medical masks, cloth masks, tissues or flexed elbow, followed by hand hygiene.
- Discard materials used to cover the mouth or nose or clean them appropriately after use (wash handkerchiefs using regular soap or detergent and water).
- Use disposable gloves to avoid direct contact with body fluids, (particularly oral or respiratory secretions, urine and stool) and cleaning or handling surfaces, clothing or linen soiled with body fluids.
- Clean and disinfect frequently touched surfaces such as bedside tables, bedframes, and other bedroom furniture daily with regular household disinfectant containing one percent hypochlorite solution.
- Clean and disinfect bathroom and toilet surfaces at least once daily with regular household disinfectant containing a diluted hypochlorite solution (1-part bleach to 99 parts water).
- Clean clothes, bedclothes, bath and hand towels, etc using regular laundry soap and water or machine wash at 60–90 °C with common household detergent, and dry thoroughly.

MONITORING

- Persons with symptoms should remain at home until their symptoms are resolved based on either clinical and/or laboratory findings.
- All household members should be considered contacts and their health should be monitored
- If a household member develops symptoms of acute respiratory infection, including fever, cough, sore throat and difficult breathing, follow public health recommendations.