



## **GUIDELINE FOR HOME QUARANTINE**

### **Step 1:**

1. Detection of person (suspect) travelled from COVID-19 affected Region/State/Country
2. Rapid isolation of Person(suspect)
3. Contact tracing { People who have come into physical contact with the person(suspect) }
4. Home quarantine of all contact traced
5. Avoid community transmission by Home Quarantine
6. Time period of Home Quarantine-14 days

### **Step 2:**

After identification of the Suspected/ Infected person the steps given should be followed during **Home Quarantine**:

#### **A. What Suspected / Infected person should do:**

1. Stay in well ventilated single- room
2. Should use separate toilet
3. If other member in same room, maintain one metre distance
4. Stay away from pregnant, elderly, children
5. Restrict movement to other room or outside home
6. Wash hand using soap & water frequently or use hand sanitizer

#### **B. What Family members of Suspect / Infected person should do:**

1. Should not attend social/religious gathering
2. Wash hand using soap & water frequently
3. Use Alcohol based sanitizer if required
4. Provide separate-Utensils(Plate/glass/spoon etc.),towels, bed-sheets for suspect/infected
5. Only one caregiver(within family members) should attend suspect / infected if feasible
6. Use mask when attending to suspect/infected person
7. Disinfect mask of all members including suspect / infected using Bleach solution (5%) or Sodium Hypochlorite solution (1%)
8. Mask should be disposed either by burial/burning
9. Caregiver should avoid shaking Bedsheets used by suspect / infected and skin contact. Use gloves for cleaning anything in isolation room
10. Wash hands after removing gloves
11. Visitors should not be allowed

#### **General Instructions for all Home Quarantined:**

- i. In case person in quarantine becomes symptomatic, all his close contacts will be home quarantined (14 days)
- ii. After 14 days, will be followed up for additional 14 days, till reported negative on lab testing

### **Sanitation in Home Quarantine facility**

1. Quarantine person room disinfection (all items in room-Bed, chair table, computer etc.) daily using Sodium Hypochlorite solution (1%)
2. Disinfection of toilet of suspect-infected person using bleach solution/phenolic disinfectant
3. Clothes used by quarantined person to be washed separately and using detergent and dried in sunlight

**Issued in public interest by Assam State Disaster Management Authority**