



# All India Institute of Medical Sciences Rishikesh



## Guideline for Home Quarantine

# Home Quarantine should be advised for each **CONTACT CASE**



**COVID-19**

## **WHO IS A CONTACT CASE**

**1**

Staying in the same house without proper protection with COVID-19 patient

**2**

Staying in the same close environment as a COVID-19 patient (including workplace, classroom, household, gatherings)

**3**

Traveling together in close proximity (less than 1 m) with a symptomatic person who later tested positive for COVID-19

**4**

Person providing direct care to a COVID-19 patient

**5**

Epidemiological link may have occurred within a 14-day period before the onset of illness in the case under consideration



## **Instructions for Contacts being Home Quarantined**

1. Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.
2. Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.
3. Restrict his/her movement within the house.
4. Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.
5. Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
6. Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.

## Instructions for Contacts being Home Quarantined

7. Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused
8. Masks used by patients / care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial
9. Used mask should be considered as potentially infected.
10. If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre

## Instructions for the Family members of Persons being Home Quarantined

1. Only an assigned family member should be tasked with taking care of the such person
2. Wear a surgical mask at all the time when in contact with infected person
3. Avoid shaking the soiled linen or direct contact with skin
4. Use disposable gloves when cleaning the surfaces or handling soiled linen
5. Wash hands after removing gloves
6. Visitors should not be allowed
7. 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 14days or till the report of such case turns out negative on lab testing



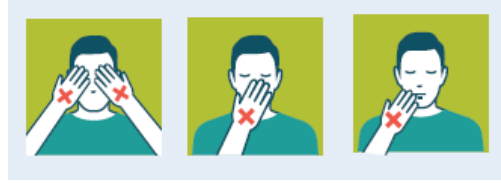
## **Environmental sanitation**

1. Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
2. Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
3. Clean the clothes and other linen used by the person separately using common household detergent and dry.

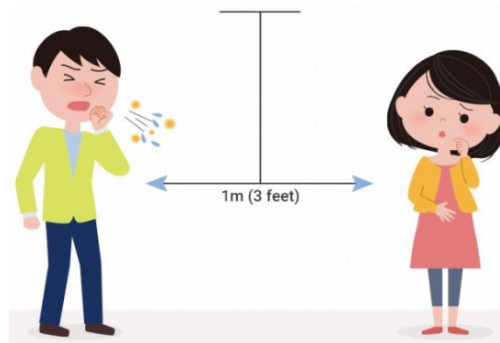
## **Duration of Home Quarantine**

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

# Together we can fight Coronavirus



— Protect yourself and others! —



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Rishikesh**

***COVID-19: Be Prepared, Don't Panic  
Are You Prepare?***

