



COMMISSIONERATE Health & Family Welfare Services

COVID -19 (NOVEL CORONA VIRUS) GUIDELINES FOR HOME QUARANTINE

Home quarantine (restricted home stay on health grounds) is implemented to prevent the spread of infection in the community. This is applicable to contacts (apparently healthy persons) of a travel related /unrelated suspect or confirmed case of COVID-19. Guidelines issued periodically by Government will provide further details in this regard.

I. INSTRUCTIONS TO THE PERSON HOME QUARANTINED

Dos

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 is advisable to maintain a distance of at least 1 meter between the two.
2. Wash hands as often thoroughly with soap and water or with alcohol-based hand sanitizer.
3. Restrict his/her movement within the house
4. 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. Used mask should be considered as potentially infected.
5. 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.
6. If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or **call 104 (24X7 help line)**.

Don'ts

1. Stay away from elderly people, pregnant women, children and persons with co-morbidities like diabetes, hypertension, asthma and other serious illnesses within the household.
2. Under no circumstances attend any social/religious gatherings like wedding, condolences, etc.
3. Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.

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II. INSTRUCTIONS TO THE FAMILY MEMBERS OF PERSONS BEING HOME QUARANTINED

1. Only an assigned family member should be tasked with taking care of the home quarantined person.
2. Avoid shaking the soiled linen or coming in direct contact with skin
3. Use disposable gloves when cleaning the surfaces or handling soiled linen
4. Wash hands thoroughly with soap and water after removing gloves
5. Visitors should not be allowed
6. In case the person being quarantined becomes symptomatic i.e. develops fever, cough, breathlessness, etc., all his close contacts will be home quarantined and followed up for an additional 14 days or till the report of the case (symptomatic person) turns out negative on lab testing.

III. 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

IV. DURATION OF HOME QUARANTINE

The home quarantine period is for 14 days.

V. DURATION OF REPORTING PERIOD

After home quarantine, the person should follow 14 days of reporting where he / she calls the 104 helpline (24x7) to inform the health status.

VI. Any failure to follow home quarantine and other instructions will result in an offense punishable under Epidemic Diseases Act, 1895 and other regulations issued by Government of Karnataka.

Be a responsible citizen, follow home quarantine.

STAY HOME-BE SAFE



Commissioner

Health and Family Welfare Services.