Home Quarantine Guidelines: COVID 19 Panorama

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Abstract: *At present coronavirus disease (COVID-19), an outbreak, calls for an emergency concern for public health internationally reported by the Director-General of WHO [1]. Nowadays, it stands for a universal crisis because the adverse effect of coronavirus proceeds to advance and continuously evolve to all of the countries in the world. Affected countries are trying to stop the functioning of this outbreak to the regions within the affected country or to reduce human transmission. Public health measures may include quarantine to achieve these goals, including people movement restriction or keep separate from the community, with the goal of monitoring the symptoms of healthy individuals who have been exposed to the virus and ensuring early detection. With coronavirus (COVID-19) burning news, are beginning to toss around words "quarantine" with an anxious casualness. But what does the word exactly mean for life? The paper will outline the meaning of quarantine, lists of quarantinable diseases, to whom it is for, precautionary measures and necessary guidelines about quarantine.*

Keywords: *Coronavirus; Covid 19; Diseases; Outbreak; Quarantine*

Quarantine

The quarantine, also popular as movement restrictions or travel bans, is frequently the primary reaction against with new diseases which can be infectious [2]. Essentially, quarantine implies a strict restriction forced to anticipate the transmission of infection or disease. According to wikipedia "quarantine is a restriction or confinement on the movement of people and goods to and fro which is aiming to anticipate the spread disease or pests" [3]. The term quarantine frequently used in disease and illness to prevent the movement of people who may have been exposed to a communicable disease, but do not have affirmed as restorative diagnosis determination. Steven Gordon, as infectious disease specialist, assures that "Quarantine is not any scary thing rather an effective way to protect an individual from the public [4]". Many countries around the world have the legal right to impose quarantine. It should be applied as part of a comprehensive package of public health response and regulatory systems and be fully respected for the dignity, human rights and fundamental freedoms of the individual in accordance with Article 3 of the International Health Regulations (2005) [5]. Government of the respective countries or individual can be used quarantine to stop contagious diseases and its spread. The people or groups who do not show any symptoms but possibility to become sick needs to go for quarantine. A quarantine keeps them isolate from the others for not unwittingly contaminate anybody whereas isolation isolation serves the same reason as quarantine, it's saved for those who are as of now sick and keeps them away from the people.

Quarantinable Diseases

From the websites of Centers for Disease Control and Prevention and the quarantine and isolation are authorized by executive order of the president. The president can revise this list. Recently, COVID-19 is also added in the Quarantinable Diseases list [2]. Nontheless, the prvious list includes Cholera, Diphtheria, Infectious tuberculosis, Plague, Smallpox, Yellow fever, Viral hemorrhagic fevers, Severe acute respiratory syndromes, and Influenza that can cause a pandemic as Quarantinable Diseases.

Objectives

The fundamental objective of this paper is to provide a simple guideline to the countries or individual for implementing quarantine measures to handle the COVID 19 outbreak. The intention of this paper is to inform the responsible party who establishes the local and national quarantine policy and for ensuring adherence to infection prevention and control (IPC) measures. As the spread of COVID-19 outbreak outweighs the previous viruses, so far no country has been able to find out its cure or remedy, So, this document is informed by COVID-19 outbreak and by considerations undertaken in response to other respiratory pathogens, including the

severe acute respiratory syndrome coronavirus (SARS-CoV), the Middle East respiratory syndrome (MERS)-CoV and influenza viruses.

Quarantine: For whom?

Quarantine means restricted an individual's activities or separated a person from others who are not sick but there is a possibility to an infectious agent or disease with a view to monitoring the suspected person's symptoms and ensuring the early detection of cases. But there is a clear difference between quarantine and isolation which is mentioned earlier. International Health Regulations (2005) provides a framework related to the quarantine in 2005. Particularly, Travellers under public health observation (Article 30), Health measures relating to entry of travelers (Article 31), and Treatment of travelers. (Article 32) [5]. WHO recommends that contacts of patients with laboratory-confirmed COVID-19 be quarantined for 14 days from the last time they were exposed to the patient. WHO also explains that, quarantine should be implemented for those contact people who is involved in any of the following from 2 days before and up to 14 days after the beginning of symptoms in the suspected or COVID 19 positive [6,7]:

- Having direct contact with any COVID 19 patient within 1 meter and for more than 15 minutes;
- Giving direct services to any COVID 19 patient without using proper personal protective equipment;
- Living in the same residence in a close environment as a COVID-19 patient (including sharing a workplace, classroom or household or being at the same gathering) for any amount of time;
- Travelling with COVID-19 patient in close distance with (within 1 m separation from)
- And situation instructed by the local risk assessments

Quarantine measures

Before taking decision to quarantine by a person, one should definitely ensure the following measures [8]:

- Appropriate setting with sufficient water, food and hygiene measures.
- At least minimum IPC measures.
- Any personal items, (mobile, laptops, pillow, goggles etc.)
- Health care monitoring measures, e.g.,

➢ Digital thermometer (for daily use)
➢ Temperature & symptom log
➢ Hand sanitizer (for times you can't wash)
➢ Alcohol wipes (for cleaning, as needed)
➢ Water bottle (stay hydrated!)
➢ Face masks (when available) to wear if in a shared space, or to a health care appointment if needed
➢ Watch for symptoms

Guidelines for Home Quarantine, COVID 19

Through "Quarantine", healthy persons who have come in contact with an infectious rage, are kept separate from other healthy individuals, regulate activity and whether they are infected with that infectious rage within a specified period of time.

According to Article 32 of the International Health Regulations (IHR-2005), all travelers arrived and arriving from countries where local transmission of COVID-19 has occurred (domestic and foreign-born citizen), who were in contact of 3 affected persons in your country, and those who have no physical symptoms must observe quarantine for 14 days[9,10].

All persons whose home can be adequately arranged according to the instructions of Quarantine, who are willing to comply with all the rules of voluntary / home quarantine, and to whom all contents of family and societal quarantine are ensured, can stay voluntary / home quarantine.

Instructions for Self/Home Quarantine, COVID 19

1. Urgently Stay At Your Home,
- Don't go outside unless you need medical treatment.
- Skip going outside of home, school, college or populous places.
2. Stay Away From Other Members Of Your House,

- Stay in the place where there is enough light and breeze and stay away from other members.
- If not possible, then keep a distance from them by at least 1 meter (3feet). (Keep your own single bed for sleep).

- If possible, use separate bathrooms and toilets, if not, then reduce the number of places you can use with others and open the windows in those places and arrange for adequate lighting.
- Feed the infant breast milk of its mother.
- Wash hands and use masks before going near the baby.
- Don't keep any pet with you.

    3. Use masks,

- When you are staying at home with other members and when you go near them by less than 1 meter.
- When wearing a mask, refrain from touching it with your hands.
- When you are urgently going outside of the home, in that case, use masks.
- If you cough or sneeze while using masks, then put out the masks and wear new masks.
- After using the mask, though it and cover the dustbin, wash hands thoroughly with soap and clean water.
4. Wash hands [13],
- Wash your hands for at least 20seconds by using water and soap (especially when your hands seem very dirty), if you need it, you can use a hand sanitizer.
- Don't touch your eyes, nose, and face with your dirty hands.
- Dry your hands using tissue paper after washing the hands. If you don't have tissue paper then you can use towels.
- Throw your tissue in a dustbin which contains the cover and then wash your hands using soap and water.
5. Cover your mouth while coughing or sneezing,
- Maintain sneezing manners.
- While coughing or sneezing cover your mouth using tissue paper/medical masks/normal masks/bent arms and maintain the given instruction on top while washing hands.
- After using tissue paper and medical musk, remove it to the dustbin and cover the lid.
- Don't share personal materials with others.
- Don't share your plate, glass, cup, towels and bed covers with others.
- After using these items wash them properly using soap.

When will your quarantine end?
Your quarantine will end at your doctor's suggestion. According to the physicians, the at the doctor's suggestion, your quarantine will end. According to the doctor's decision, quarantine may vary from one person to another [13]. However, based on the information available so far, this timeframe is 14 days.

What you can do while you're in quarantine, COVID 19
- Contact information about COVID-19. You can find information in the website of WHO, CDC.
- Connect with family and friends over the phone/mobile/internet.
- Explain to the child exactly what it is. Give the child enough play items and disinfect the toys after playing.
- Maintain your daily routine like-eating, exercise etc.
- If possible then work from home.
- Engage yourself in humorous work such- reading book, watching movies or listening music.

Instructions for the family members
- Make sure the quarantined person is always at home.
- Someone with sound health, who doesn't have any long-term disease (Example: Diabetes, High Blood Pressure, Cancer, Asthma etc) may be appointed as a nurse to that person. He/she will stay in that room or in a room beside and won't change that room.
- Do not allow the quarantined person to meet any guests.
- The nurse will wash his/her hands in the ways mentioned above after doing any of these following works:
    - If he/she comes in contact with the quarantined person or enters his/her room.
    - Before and after making food.
    - Before eating anything.
    - After using the toilet.
    - Before putting the gloves on and after taking them off.
    - Whenever the hands seem dirty.
- Don't touch anything in that room with bare hands.

- Things used by the quarantined person or Masks, Gloves, Tissues etc that are used to cure that person or any other refuse from that room should be kept in a pot with a lid. These wastes should not be thrown in open space but burnt.
- Floors, every surface of the furniture's, toilets and bathrooms should be disinfected at least once in a day. To clean these places, make a solution by taking One litre of water and 20 gm(Two table-spoon) of Bleaching Powder and mixing them. Wipe all these places with the solution. The solution can be used till 24 hours after being prepared.
- The quarantined person should be told to dry their clothes, bed sheet, towel etc after firmly washing them with detergent powder or soap, and water.
- Keep the dirty clothes separated in a laundry bag. Do not shake the clothes that are dirty or contain excreta of the quarantined person and make sure those do not come in contact with your body.

*Special instructions for persons under quarantine, COVID 19
- For contact, collect the emergency numbers of regional government hospitals and respective health department.
- While under quarantine if any symptoms found (like body temperature above 38 Celsius or 100 Fahrenheit/coughing/sneezing/pain in throat/respiratory problems) then contact of regional government hospitals and respective health department.
- Daily follow up with a self recorded health log with 14 days quarantine period.

Sample Health Log				
It is important to monitor own temperature (°F) and record any symptoms each day.				
Day	date	temp	temp	symptoms
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
If fevers raise above **100.4 °F** plus, cough or feeling shortness of breath, contact emergency to local health department				

Finally, since there is no cure for COVID 19, there is no other way to be self quarantined. With Covid-19 in our communities, it's time to imagine and implement public health laws that emphasize support rather than limitation.

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