

# GUIDELINES FOR HOME QUARANTINE

According to Epidemiology Unit  
Ministry of Health & Indigenous Medical  
Services

**The Guideline for Home quarantine /  
Quarantine in non-health care settings**

is intended for anyone who believes they have been exposed to COVID-19 and are required to be home quarantined to prevent community transmission.

1. Allocate a separate room with **adequate ventilation** at home if possible. Household members should stay in another room or should be separated from the returnee.

2. Maintain at least **one meter distance** from family members.

3. Other household members should **use a separate bathroom**. If sharing the same bathroom, cleaning of taps, doorknobs and utensils with soap and water are a requirement.

4. Minimize visitors to the house, the returnee **should not interact with any visitors**

5. Frequent hand washing with soap and water for at least **20 seconds at a time** and maintain alcohol based hand hygiene in instances where hand washing facilities are inadequate

6. Avoid touching eyes, nose and mouth with unwashed hand

7. The home quarantined person is expected to monitor body temperature using a **thermometer twice a day**.

If he/she develops fever , cough, difficulty in breathing, sore throat, body aches and pain, including flu like symptoms, immediately inform MOH / PHI of the area

8. After use, disposable facemasks and gloves should be properly discarded without reuse, preferably in a closed container

9. Assign separate dishes, drinking glasses, cups, eating utensils, towels, bedding, and other items for the quarantined person

10. Used utensils, bed linen and clothes should be washed with soap and water

Transportation of suspected patient is arranged through

**1990 on-call ambulance**

(Suwaseriya) service

to the nearest government hospital  
or to the designated hospitals

