Guideline for Home/ Institutional Isolation For COVID-19

DGDSC Version 2.0 April 2020
Introduction

The previous quarantine / isolation guideline has been modified to meet the evolving situation from local transmission to community transmission, which require to upgrade the level of mitigation and preparedness to epidemic phase 5 (level 5).

Definition:

Isolation: separates infected or exposed person who has symptoms or not but not requiring admission in the hospital.

Eligibility criteria for Isolation:

Specify by click ✔ in the box:

☐ Person arriving from affected countries of the current outbreak.
☐ A close contact of a probable or confirmed contagious respiratory disease e.g. COVID-19
☐ Symptomatic person who does not require admission.

Steps to be followed at point of entry:

- Based on the above-mentioned eligibility criteria, arrivals should be filtered at the point of entry and a decision to be made whether to go to home or to designated institute, and whether to be quarantined or isolated.
- Once the decision for Home/Institutional Isolation is made, the following should be ascertained:

✔ A person eligible for Home/Institutional Isolation should go immediately to home/designated institute by his/her own private transport (Do not use public transports e.g. taxi or public bus)
✔ A person eligible for Home/Institutional Isolation will be provided with isolation information sheet and will be instructed to apply the instructions in it as soon as he/she reach home/designated institute.
✔ Obtain the information of the person and his/her contacts and fill the isolation follow up sheet. (Annex 1)
✔ The contact details and address of the person eligible for Home Isolation will be forwarded by the clinic/health disk at the port of entry to the nearest health care facility in his/her catchment area.
✔ The person eligible for institutional Isolation will be guided to the designated institute and the governorate public health staff will follow him/her.
✔ Public health should notify the governorate hotline when eligible passenger for quarantine/isolation has arrived from affected country.
Types of Isolation

1. Home Isolation

Instructions for Home Isolation:

- A person should have his/her own house or apartment and does not leave in a campus or a hotel.
- For isolation, the person should have his/ her own private room with a dedicated bathroom.
- Basic amenities should be available.

- Contact the MOIC at primary health care (PHC) in the respective catchment area of home isolated person.
- Obtain the information of the person and his/her contacts and fill the isolation follow up sheet. (Annex 1)
- Ensure daily follow up for symptoms of fever and cough which should be documented in the isolation follow up sheet. (Annex 1)
- The person judged for home isolation should sign the endorsement form upon isolation (Annex 4).
- Send daily feedback to Disease Surveillance and Control Department (DSCD).
- Provide the Isolated person with information card for home Isolation. (Annex 2&3)
- Provide the Isolated person with contact numbers of focal point at public health care.
- Instruct the isolated person to call the nearest health center if symptoms deteriorated for guidance of the next step in management.
- Inform the respective governorate if the eligible person to be home isolated in a different governorate through the governorate public health hotline and fill the transfer form. (Annex 5).
- Ensure providing the required sick leave to the person who is under home isolation.
- Once the duration of isolation is over fill the release form. (Annex 6).
Environmental cleaning:

Cleaning to be done by the isolated person him/her self as following:

- Clean the isolation room as per need but insure thorough cleaning once the isolation ended.
- Start cleaning using any cleaning detergent and water
- Dilute 1 ml of household bleach to 49 ml of water = 0.1% with contact time after 5 minutes.
- Disinfect the frequently touched items such as toilets, bedside tables, light switches and door handles, phones, elevator buttons, washrooms, dining tables
- All used disposable contaminated items should be placed in a lined container before disposing removed items that cannot be easily cleaned (e.g., newspapers, magazines, stuffed toys, carpets) be removed.

If cleaning to be done by a caregiver follow the above steps in addition to the following:

- Perform hand hygiene before and after cleaning.
- Wear PPE e.g. gloves, mask and fluid resistant a before start cleaning.
- Do not use compressed air or water sprays as these techniques may aerosolize infectious material

For Waste management: Please refer to (Annex 7&8)

Laundry:

- The options for washing the laundry of isolated person are:
  - The isolated person can wash their own laundry provided they have the facility (washing equipment, dryer or area to dry cloths).
  - If the same household washer/ drier to be used ensure that the infected person laundry to be washed separately and the washing is done by another person, he/she should follow the below instruction
    - Put the laundry of the isolated patient in a separate closed plastic bag.
    - Laundry handling person should use pair of gloves.
    - Use normal laundry detergent according to washing machine instructions and on water temperature not less than 60 C or the warmest temperature that the clothing material can handle and dry thoroughly
    - Wash his/her hands thoroughly with soap and water after removing the gloves or handling dirty laundry.
2. Institutional Isolation:

Those who are not eligible for home isolation will be placed in institutional isolation.

The following table describes Infection prevention & control recommendations for institutional isolation of COVID-19 confirmed /suspected individuals:

<table>
<thead>
<tr>
<th>S.No</th>
<th>Criteria</th>
<th>Patient isolation (COVID-19 Confirmed cases)</th>
<th>Person suspected (Not Confirmed yet) with COVID-19</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Building / room specification</td>
<td>The patient can be in a single or shared room with other confirmed case ensuring the following;</td>
<td>Single room for each person with dedicated toilet and ensure not to be in the same area/building with confirmed isolated cases.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Segregate one building for patient isolation with no mixing with non-infected individuals or non-confirmed cases</td>
<td>• Limit furniture to the necessary items and avoid carpets, wall paper, door mats, and items that cannot be easily cleaned and disinfected</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Single-bed for each patient even if they are sharing the same room</td>
<td>• Ensure the Door has a closer to keep the room close all the time</td>
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<tr>
<td></td>
<td></td>
<td>• Room with attached toilet (can be shared with another confirmed case only)</td>
<td>• Hand hygiene facility (hand washing basin and hand sanitizer) in each room</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Limit furniture to the necessary items and avoid carpets, wall paper, door mats, and items that cannot be easily cleaned and disinfected</td>
<td>• Building with good ventilation (windows available in each room and can be opened)</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>• No shared activities or food with others in the same building</td>
</tr>
</tbody>
</table>
Ministry of Health  
Directorate General for Disease Surveillance & Control

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<table>
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</table>
|   | • Ensure the Door has door closer to keep the room close all the time  
|   | • Hand hygiene facility (hand washing basin and hand sanitizer) in each room  
|   | • Building with good ventilation (windows available in each room and can be opened)  

2. **Ventilation system**  
   - Rooms must have individual ventilation systems (e.g., window, fan coil units, split AC)  
   - Ensure from the building engineer that the air in isolation room is not recirculate to other parts of the building

3. **Instructions for patient / individual in isolation**  
   - Perform hand hygiene frequently with water and soap  
   - The patient should wear a surgical mask when in contact with caregiver and/or going to health care facility  
   - Ensure Cough etiquette  
   - Do Not share personal items  
   - Maintain personal hygiene  
   - Inform caregiver if getting worse to get medical assessment.  
   - Do not allow to have visitors, such as friends and family to enter isolation  
   - Manage the cleaning of the rooms, laundry and waste as per the guidance of the facility  

<p>| | |</p>
<table>
<thead>
<tr>
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</thead>
</table>
|   | • Perform hand hygiene frequently with water and soap  
|   | • The person should wear a surgical mask when in contact with caregiver and/or going to health care facility  
|   | • Ensure adherence to cough etiquette  
|   | • Do Not share personal items  
|   | • Maintain personal hygiene  
|   | • Inform caregiver if getting worse to get medical assessment  
|   | • Do not allow to have visitors, such as friends and family members  
|   | • Manage the cleaning of the rooms, laundry and waste as per the guidance of the facility
<p>| | | |</p>
<table>
<thead>
<tr>
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</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td><strong>Avoid using shared spaces, such as kitchen, dining area, TV area, gym, lounge, or bathrooms.</strong></td>
</tr>
</tbody>
</table>
| 4. | **Caregiver instructions** | • Perform hand hygiene according to following:
   - Before and after patient contact
   - After contact with blood and body fluids
   - After contact with patient environment
   • Wear a disposable surgical mask and gloves when touching or have contact with the patient’s blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
   • Follow the patient condition and inform healthcare facility if patient become worse |
|   |   | • Perform hand hygiene according to following:
   - Before and after patient contact
   - After contact with blood and body fluids
   - After contact with patient environment
   • Wear a disposable facemask and gloves when touch or have contact with the patient’s blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
   • Inform concerned healthcare facility if person develop any signs and symptoms |
| 5. | **Catering instruction** | • Food can be provided in shared area with other confirmed cases as:
   - Separate tray with disposable utensils, avoid buffet services
   - Waiters should wear face mask and gloves and perform hand hygiene
   - Disposable utensils to be disposed in waste bin after use |
|   |   | • Provided food in individual room
   • Separate tray with disposable utensil
   • Dispose the disposable utensil in waste bine after use
   • Waiters should wear face mask and gloves and perform hand hygiene
   • Can Not share food with others
   • The re-usable utensil e.g. tray should be cleaned and disinfect using warm water and
<p>| | | |</p>
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</tr>
</thead>
<tbody>
<tr>
<td>6.</td>
<td><strong>Environmental decontamination and disinfection</strong></td>
<td>• The re-usable utensil e.g. tray should be cleaned and disinfected using warm water and detergent, rinsed thoroughly under running water and dried before re-use</td>
</tr>
<tr>
<td></td>
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<td>detergent then rinse thoroughly under running water and dried before re-use</td>
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<td></td>
<td></td>
<td>The cleaning personal should ensure the following;</td>
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<tr>
<td></td>
<td></td>
<td>• Avoid close contact with patients</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Perform hand hygiene</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Wear PPE e.g. gloves, mask and fluid resistant gown</td>
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<tr>
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<td></td>
<td>• Clean the isolation area as needed but ensure terminal cleaning after the de-isolation.</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Start cleaning using any cleaning detergent and water</td>
</tr>
<tr>
<td></td>
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<td>• Dilute 1 ml of household bleach to 49 ml of water = 0.1% with contact time after 5 minutes.</td>
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</tr>
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<td></td>
<td>• Do not use compressed air or water sprays as these techniques may aerosolize infectious material</td>
</tr>
<tr>
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<td></td>
<td>• For detailed procedures of cleaning and decontamination please refer to attached guideline</td>
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<tr>
<td>7.</td>
<td><strong>Waste management</strong></td>
<td>The staff handling the patient waste should be instructed accordingly:</td>
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<tr>
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<td></td>
<td>• Provide separate pedal bin with lid/cover in each room</td>
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<td>• Person(s) handling waste should wear appropriate personal protective equipment (PPE), e.g. masks and gloves</td>
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<td>• Once the bag is 2/3 full twist the top of the bag then close it with a single hand knot.</td>
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<td></td>
<td>• Place the closed bag into another empty bag &amp; then tie it firmly</td>
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<td></td>
<td>• Fix a clean and empty bag in the bin</td>
</tr>
<tr>
<td></td>
<td></td>
<td>• Dispose the closed bags to the Be’ah collection containers</td>
</tr>
</tbody>
</table>
### 8. Laundry

- Afterwards, wash your hands with soap and water

<p>| | |</p>
<table>
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</table>
|  | • Ensure the laundry of each isolated person is washed separately from others in the public especially if it’s done through contracted services.  
  • The options for washing the laundry of isolated person are:  
  o Through contacted service ensuring all laundry from isolation facility is collected in water soluble bag provided by the contractor and using dedicated washer for this purpose.  
  o Each isolated person can wash their own laundry provided they have the facility (washing equipment, dryer or area to dry cloths).  
  o The facility provides shared washers and driers for all isolated individuals to use it by themselves or by trained facility staff  
  • The following instructions should be follow for laundry service;  
  o Put the laundry of each patient in a separate closed plastic bag.  
  o Laundry handling staff should wear surgical mask, plastic apron and gloves.  
  o Use normal laundry detergent according to washing machine instructions and on water temperature not less than 60°C or the warmest temperature that the clothing material can handle and dry thoroughly  
  o Wash their hands thoroughly with soap and water after removing the gloves or handling dirty laundry. |

For further details Please refer to:

Instructions for Institutional Isolation:

- Contact the MOIC at primary health care (PHC) in the respective catchment area of institutional isolated person.
- Obtain the information of the person and his/her contacts and fill the isolation follow up sheet. (Annex 1)
- Ensure daily follow up for symptoms of fever and cough which should be documented in the isolation follow up sheet. (Annex 1)
- The person judged for institutional isolation should sign the endorsement form upon isolation (Annex4).
- Send daily feedback to Disease Surveillance and Control Department (DSCD).
- Provide the Isolated person with information card for institutional Isolation. (Annex 2&3)
- Provide the isolated person with four surgical masks per day to be used if in contact with others or during transport to or within health care facilities. *
- Provide the Isolated person with contact numbers of the public health team assigned to the institute.
- Instruct the isolated person to contact the assigned public health team if symptoms deteriorated for guidance of next step in management.
- Inform the respective governorate if the eligible person to be institutional isolated in a different governorate through the governorate public health hotline and fill the transfer form. (Annex 5)
- Ensure providing the required sick leave to the person who is under institutional isolation.
- Once the duration of isolation is over fill the release form. (Annex 6)
De-isolation criteria

A confirmed case placed under isolation is fit for de-isolation when following two criteria’s is met:

1. Patient is asymptomatic for 72 hours without medications AND
2. Patient have completed a period of 14 days from date of onset of symptoms.

Please Note:

1. Persistent cough alone in the absence of any other symptoms is not a contraindication for de-isolation after 14 days from onset of symptoms.
2. Retesting is NOT indicated for de-isolation of cases.
3. The patient should be advised to continue to practice hand hygiene, cough etiquette and social distancing, as is indicated for the rest of the community, that will assist in reducing transmission.

- Infection Prevention and control measures for health care workers looking after quarantined/isolated patients:
  - Enhance hand hygiene practices
  - Wear surgical mask, gloves, and gowns
  - If respiratory sample will be taken the surgical mask to be replaced by N95 mask ensuring using right size and doing seal test
  - Wash hands when removing each piece of personal protective equipment

* surgical mask can be used continuously for maximum 6 hours and it's not recommended to be kept whole day

- Legal consideration

Obligation for compliance with quarantine/Isolation instruction is mandated by the communicable Disease law 73/92. Failure to comply with the recommendation will subject the person to prosecution
(Annex 1): Person placed on Quarantine/ Isolation - Follow up sheet

<table>
<thead>
<tr>
<th>Governorate</th>
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<tbody>
<tr>
<td>Quarantine site</td>
<td></td>
</tr>
<tr>
<td>Reason for quarantine</td>
<td></td>
</tr>
<tr>
<td>Person Name</td>
<td>Age years</td>
</tr>
<tr>
<td>Telephone numbers</td>
<td>Number of contacts</td>
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<tr>
<td>If symptomatic Date of onset of symptoms</td>
<td>If asymptomatic Date of starting quarantine in facility</td>
</tr>
<tr>
<td>Date of Testing</td>
<td>Lab Result</td>
</tr>
</tbody>
</table>

- Quarantine to be continued till 48 hours after completely asymptomatic (Confirmed cases to be reevaluated)
- Sick leave provision for 5 days at a time with extension if needed.
- If asymptomatic period of quarantine will be up to 14 days from date of exit from affected country

<table>
<thead>
<tr>
<th>Follow up recordings</th>
<th>Name of contacts</th>
<th>Symptoms</th>
<th>Remarks</th>
</tr>
</thead>
<tbody>
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<td>Day 1</td>
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<td>Day 14</td>
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الارشادات الواجب اتباعها في حالة العزل

- البقاء في غرفة منفصلة جيدة التهوية ودون مياء خاصة بها مع عدم الخروج منها إلا في حالة الحاجة للذهاب إلى المؤسسة الصحية.
- تخصيص شخص واحد من الأسرة للعناية بالشخص المعزول.
- الشخص الذي يوفر العناية للشخص المعزول عليه إرتداء الكمامة الطبية والقفازات ثم غسل اليدين جيداً مباشرةً ومري الكمامات والقفازات المستخدمة في سلة الهملات.
- عدم استقبال الأقارب أو الزوار خلال فترة العزل.
- غسل اليدين جيداً بالماء والصابون.
- عدم استخدام الأدوات المشتركة مع أفراد الأسرة مثل السجائر والأكواب والفو jos. 
- تخصيص أدوات خاصة بالشخص المعزول.
- يقوم الشخص المعزول بتنظيف الغرفة ودورہ الياء بشكل يومي بما في ذلك نضح الفراش وتنظيفه.
- غسل ملابس الشخص المعزول على حدة وعدم إختلاط غسلها مع ملابس باقي أفراد الأسرة.
- سيستمر العزل النزلي لمدة 14 يوم ويشترط إخطار الشخص المعزول من الجهات الطبية المشرفة عليه بإمكانية خروجه من المنزل.
- على الشخص المعزول إرتداء الكمامة أثناء زيارة فريق طبي له أو توجهه إلى المؤسسة الصحية.
- للتنصير من نفايات الشخص المعزول، الرجاء إتباع الإرشادات المرفقة.

الإلتزام بالإجراءات المنزلية الصحية يتمحور للمواطن المدين بالإرشادات القانونية بموجب قانون مكافحة الأمراض المعدية الصادر بالرسوم السلطاني رقم ٢٧/٢٠٢٠.
Guidelines for home isolation

- Stay in a well-ventilated single room with an attached toilet. Do not go out unless you need to visit a health care institution.
- Only one assigned family member should take care of the isolated person.
- The caregiver should wear surgical masks and use disposable gloves when attending the isolated person, and should dispose them after use, then wash hands using soap and water immediately.
- Visitors and family visits should not be allowed during isolation.
- Wash hands as often thoroughly with soap and water.
- Avoid sharing household items, like dishes, drinking glasses, and towels with other family members. Household items should be allocated for the isolated person.
- The isolated person should clean his room and toilet daily. Avoid shaking the soiled linen.
- Clean the clothes and other linens used by the isolated person separately and keep them away from the clothes of other people at home.
- The home isolation period is for 14 days. The isolated person should not end his isolation unless informed by health care providers who supervise him.
- The isolated person should wear a surgical masks when visited by a medical team or he visit a health care institution.
- Please follow the attached instructions for suitable waste management in the house.

Non adherence to isolation procedure will make you liable to prosecution according to communicable diseases law 32/2020
استمارة إقرار بالالتزام بالعزل

أقر بأنه تم إبلاغي من قبل طبيب الصحة المختص بقرار العزل الصحي المنزلي لمدة ( ), وذلك اعتبارا من ( )، حيث تم تقديم المشورة الطبية اللازمة لي وإطلاعي بكافة الإجراءات الوقائية اللازمة خلال مدة العزل الصحي المنزلي.

وعليه، أؤكد التزامي بالآتي:

أولاً: تنفيذ العزل الصحي المنزلي وفق قرار الطبيب وعدم الخروج من منزل إقامي المحدد إلا في الأحوال التي يقررها الطبيب.

ثانيًا: إبلاغ الكادر الصحي في أقرب مؤسسة صحية عن أية أعراض ( كالحمى، السعال، آلام الحلق، ضيق التنفس، الخ )

ثالثًا: اتخاذ كافة الإجراءات الوقائية المقررة للعزل الصحي المنزلي حسب الإستمارة المرفقة.

البيانات الشخصية:

الاسم: 
القبيلة/اللقب: 
رقم التواصل: 
محل الإقامة: 
محل العمل: 
رقم التواصل: 
توقيع: 

الملاحظات:

- إستمارة الإجراءات الوقائية للعزل الصحي المنزلي

الملف:

- نسخة إلي
- وزارة الصحة عمان السلطانية
- مديرية العامة للخدمات الصحية بالمحافظة
- مديرية العامة لرعاية وتأطير الأمراض

الدقة:

- 4

السنة:

- 2023
(Annex 5): Person placed on Quarantine/isolation – Transfer sheet

<table>
<thead>
<tr>
<th>Governorate</th>
</tr>
</thead>
<tbody>
<tr>
<td>Health Institution following up:</td>
</tr>
<tr>
<td>Quarantine site</td>
</tr>
<tr>
<td>Passenger Name</td>
</tr>
<tr>
<td>Passport Number</td>
</tr>
<tr>
<td>Nationality</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Age</th>
<th>...........yrs</th>
<th>...........months</th>
<th>Gender</th>
<th>M / F</th>
</tr>
</thead>
<tbody>
<tr>
<td>Telephone numbers</td>
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</tr>
</tbody>
</table>

| Transfer Time from Airport                     |
| Vehicle Number                                 |
| Name of Driver With Telephone number           |

| Time of Arrival in Quarantine station          |

Please contact quarantine station number before transfer: YES  NO
Send information of transfer to PH hotline: YES  NO
Attach Photocopy of Passport: YES  NO
Authorized By
(Annex 6): COVID-19 QUARANTINE RELEASE FORM

To whomsoever it may concern

This is to certify that name: …………………………………………………….. was placed on quarantine from Date:……………………………. to Date:……………………………………by Disease Surveillance & Control Department - ……………………………………. governorate.

This person have completed the assigned 14 days of quarantine and remain asymptomatic, therefore he/she was released from quarantine with effect from Date:……………………………… .

Authorized Quarantine Focal Point/head of institution

Name: Signature:

Date:

Seal

Please consider this period from:
……../……./2020 to ……../………/2020, as an official sick leave.

MoH Stamp: 
Annex 7: waste management at home isolation (English)

1. Please use a separate padel bin with lid/cover
2. Wear appropriate personal protective equipment e.g. masks and gloves, when handling and collecting the waste.
3. Once the bag is \( \frac{2}{3} \) full, hold on top of the bag and twist it. Close it with a single hand knot and tie the bag.
4. Place the closed bag into another empty bag & then tie it firmly.
5. Immediately dispose the closed bags to the collection skips/containers.
6. Fix a new bag in the bin and then dispose the used personal protective equipment.
7. Afterwards, wash your hands with soap and water or use sanitizer to disinfect.
Annex 8: waste management at home isolation (Arabic)

طريقة التعامل مع النفايات الصلبة أثناء تطبيق العزل المنزلي مرض فيروس كوفيد-19

1. استخدم سلة مهملات مفصلة مزودة بكيس بلاستيكي وغطاء محكم الإغلاق.

2. قم بإزالة المعاد الوقائية اللازمة عند جمع ورمي النفايات مثل كمامات الوجه والقفازات ورميها عند الانتهاء من العمل.

3. عند املتئمة السلة بمعدل 2/3، قم بتحلي الكيس البلاستيكي وربطه، الكيس البلاستيكي يغطي محكمة إغلاقهما.

4. ضع الكيس البلاستيكي الأول في كيس بلاستيكي ثاني وأحكم إغلاقهما.

5. تخلص على الفور من الأكياس المغلقة في حاويات النفايات.

6. ثبت كيس بلاستيكي جديد على سلة المهملات وقم بخلع المعاد الوقائية المستخدمة واتخلص منها.

7. بعد ذلك، قم بغسل يديك بالماء والصابون أو تطهيهما باستخدام المعقم الكحولي.