

Testing and Quarantine Protocol for People Travelling out of High-risk Areas



Royal Government of Bhutan

Ministry of Health

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Testing and Quarantine Protocol for people travelling out of high-risk areas

1. Objectives

- To limit and contain spread of COVID-19 infection from the high-risk to low-risk areas

2. Possible types of travel

- **Emergency travel**
 - Emergency patient referrals
 - Illness and death of immediate family members on verification by the local government
- **Routine travel**
 - Travels which are not listed as emergency travel.

3. Pre-requisites

- The routine travelers must register prior to the actual date of journey in the Check Post Management System (CPMS) with the RSTA and RBP keeping provision for 7 days quarantine
- For routine travelers, the RSTA and RBP shall share the travel registry with respective Quarantine team in district for quarantine management
- For emergency travel, the RBP and RSTA shall share the list with the local surveillance team and testing shall be done at the flu clinics upon verification.

4. Testing venue:

- **Emergency Travel**
 - Testing will be arranged at flu clinics or designated facility identified by MoH
- **Routine Travel**
 - Samples will be collected from the quarantine facility and tested at the nearest COVID-19 testing center

5. Testing & quarantine

Travel Category	Quarantine & Public health Advisory	Testing	Results/Actions
Routine Travel	<ul style="list-style-type: none"> All travelers shall undergo MANDATORY quarantine at a designated facility for 7 days at the origin of the journey, counting check-in at the quarantine facility as Day 1 The travelers who are tested negative must travel directly from the quarantine facility within 24 hrs after the test results are declared 	<ul style="list-style-type: none"> RT-PCR on Day 8 	<p>RT-PCR: Negative – release for travel with health advisories</p> <p>RT-PCR: Positive – Shift to isolation ward/facility</p>
Emergency Travel	<ul style="list-style-type: none"> Individual must practice self-quarantine and public health measures during travel, while attending the emergency and at home During this period, they should report any signs and symptoms to the nearest flu clinic or call 2121 immediately The surveillance team will follow-up the individuals as per the existing protocols. 	<ul style="list-style-type: none"> Rapid Antigen Test RT-PCR if travelers can wait for result 	<p><u>If rapid antigen test is NEGATIVE</u></p> <ul style="list-style-type: none"> Release for travel with health advisories Collect sample for RT-PCR testing and ship immediately to the nearest testing center <p><u>If rapid antigen test is POSITIVE</u></p> <ul style="list-style-type: none"> Collect samples for RT-PCR from the traveler and line-list close contacts Withhold the traveler until confirmed by RT-PCR test If RT-PCR Positive – Shift to isolation ward/facility If RT-PCR Negative, repeat antigen test. <ul style="list-style-type: none"> If antigen test negative, release for travel with health advisories If antigen test positive, follow the existing protocol for quarantine and testing of antigen positive