

Standard Operation Procedure for Home Quarantine

The purpose of the quarantine is to keep an individual under observation for signs/symptoms of COVID-19 infection. It is also to provide necessary medical support, and to prevent the spread of the disease to your immediate family members, friends/colleagues or to the community as you are exposed to the infection.

Any individual who are secondary contact (immediate family members, contact within 1-meter distance for a minimum of 15 minutes with primary contact of COVID-19 positive) or those returning from COVID-19 affected places and considered at risk shall be put under home quarantine. The duration of the home quarantine shall be for a minimum of 14 days from the date of last close contact or arrival into Bhutan.

During the emergency, as per Article 33 (2) of the Constitution of Kingdom of Bhutan, 2008, the Fundamental Rights granted under Article 7 (2), (3), (5), (12) and (19) shall be suspended as per Article 33 (7).

Any individuals not complying and failing to cooperate shall be liable for the offence of Criminal Nuisance as per the Section 410 of the Penal Code (Amendment) Act, 2011 and for the offence of Obstruction of Public Service as per the Section 424 of the Penal Code, 2004.

Quarantine Measures

i. Role and Responsibilities of Health Staff

The health staff shall be responsible for the following:

- Person quarantined should be provided with all the necessary health education and precautionary measures to prevent COVID-19 infection and spread.
- A home quarantine measure flyer must be handed over to every individual who are advised for home quarantine.
- The health team (Surveillance team) shall give the details of the persons to be home quarantined (name, contact no and address) to the Royal Bhutan Police (RBP).
- Health staff shall assess whether an individual shall undergo quarantine at home or designated facility. Only individual who can assure (by signing an undertaking agreement) based on following criteria (not limited to criteria mentioned below) shall be home quarantined:
 - a. Availability of separate room
 - b. Adequate guardian's supervision
 - c. Availability of private transport
 - d. Distance from PoE or Airport (without overnight stay, etc)

- Health officials shall give a copy of undertaking to RBP

ii. Role and Responsibilities of Royal Bhutan Police

The RBP shall be responsible for the following:

- Ensure the compliance of home quarantine procedures as drawn by Ministry of Health (MoH)
- Obtain undertaking from the quarantined person by the health officials to ensure the compliance. Health officials to give a copy of undertaking to RBP.
- Royal Bhutan Police and health officials to ensure that home quarantine people remained confined to their homes as per the SOP.
- To ensure compliance, RBP and health officials shall:
 - Make phone calls to quarantined person or any of the family members to confirm his/her presence at home.
 - Make joint surprise visit any time to check their presence.
- Failure to comply shall be dealt as per section 410 & 428 of Penal Code of Bhutan 2011(amendment).
- Quarantined person or family members shall inform RBP and health team if they have to visit hospital for medical checkup.
- Since there will be no dedicated deployment of security personnel at the home quarantine locations, it will be the responsibility of the family members to ensure compliance of the directives issued by MoH.
- Family members to ensure there are no visitors.
- Family members are responsible to ensure that the quarantined individual do not move out of the house for 14 days from the 1st day of quarantine

ii. Advice to be given by Health Staff

- Do not go out of house and avoid social gathering for 14 days
- Stay and sleep in a separate room
- Avoid close contact with the visitors
- Don't organize any gathering or social events at home
- Wear face mask, follow cough etiquette and hand hygiene, and maintain social distance (avoid close contact at least 1 meter, avoid talking face-to-face, kissing, hugging, etc) with family members, relatives or colleagues.
- When washing hands with soap and water, it is preferable to use disposable paper towels to dry hands. If these are not available, use clean cloth towels and replace them when they become wet

- Use dedicated linen and eating utensils for the family member under quarantine; these items should be cleaned with soap and water after use and can be re-used instead of being discarded.
- Clean and disinfect daily surfaces that are frequently touched in the room where the family member under is being cared for, such as bedside tables, bedframes and other bedroom furniture.
- Clean and disinfect bathroom and toilet surfaces at least once daily. Regular household soap or detergent should be used for cleaning
- Gloves, masks and other waste generated during *at-home* should be placed into a waste bin with a lid in the family member room before being disposed of as infectious waste.
- Report immediately by calling this toll free no **2121** or **112** if you suffer from any of the following signs/symptoms:
 - fever
 - cough
 - shortness of breath