

## Annexure 6: Quarantine Guidelines

**MOST URGENT/ TOP PRIORITY**



Primary & Secondary  
**Healthcare Department**

SO (EP&C) 1-8/2020  
**Government of the Punjab**  
Dated Lahore the 10<sup>th</sup> March, 2020

To,

1. Senior Member, Board of Revenue, Government of the Punjab
2. Inspector General of Police, Government of the Punjab
3. All Commissioners in Punjab.
4. Director General, Provincial Disaster Management Authority, Punjab
5. All Deputy Commissioners in Punjab.
6. All Chief Executive Officers, District Health Authorities in Punjab
7. All Medical Superintendents, DHQ/THQ Hospitals in Punjab

SUBJECT: **GUIDELINES FOR QUARANTINE OF PEOPLE COMING FROM AFFECTED COUNTRIES (VERSION-II)**

Reference to the subject cited above, please find the following guidelines:

**1. SCOPE**

In order to contain exponential spread of COVID-19, the Primary and Secondary Healthcare Department (P&SHD), hereby, issues Guidelines for Quarantine Facilities, already established or to be established in various districts of Punjab.

**2. WHAT IS QUARANTINE**

As per WHO, 'quarantine' means the restriction of activities or separation of persons who are not ill, but who may be exposed to an infectious agent or disease, with an objective of monitoring symptoms and early detection of cases.

Quarantine is among the Public health measures to prevent introduction of disease to new areas and to prevent further human-to-human transmission.

Quarantine, when implemented, should be part of a comprehensive package of public health response and containment measures and, as per Article 3 of the International Health Regulations (2005), be fully respectful of the dignity, human rights and fundamental freedoms of persons.

**3. WHERE QUARANTINE FACILITIES BE ESTABLISHED**

- a) Quarantine sites should be established or designated preferably away or at the place well cordoned off from general population of that city.
- b) Preferably a purpose built site or alternatively a university/Medical college Hostel or building identified by the local authorities may be used for this purpose.
- c) Following must be considered before finalizing a site for Quarantine:

- Site should accommodate all the persons appropriately (single person rooms or group quarantine where minimum required distancing can be maintained).
- Well-ventilated rooms and blocks that also receive ample amount of sunshine.
- Sufficient numbers of functional toilets and washroom facilities.
- Uninterrupted supply of Electricity, Water, Gas and with assured back up arrangements.
- Arrangements for establishing communication links including telephone, Internet and camera monitoring etc.
- Suitable space for establishing medical team set up and security arrangements.

#### 4. WHOM TO QUARANTINE

- a) All citizens coming from countries affected with COVID-19 infection and have ongoing human to human transmission. The countries include but not limited to Iran, China, Korea, Japan, Italy, Spain or other countries as and when notified by the Government of Pakistan, be quarantined for **14 days**, and will be monitored for the symptoms.
- b) Any person who has proven close contact/ epidemiological link with a confirmed COVID-19 patient.
- c) Any person, who develops symptoms of a suspected COVID-19 case during quarantine period, will immediately be isolated from others, assessed by trained staff in designated area and transferred to the designated health facility for confirmation, care in isolation and appropriate treatment.

#### 5. DURATION

Quarantine should be for at least 14 days after the unprotected exposure or returning of travelers upon the satisfaction of Health Authorities **OR** as decided by the Health Authorities (in case further quarantine cycle is required)

#### 6. MEDICAL SCREENING BEFORE ADMISSION IN QUARANTINE FACILITY

- a) Entry Screening will be arranged for all persons coming to Quarantine to be done by trained medical staff deputed at Quarantine site.
- b) This will be done using standardized tool and all records regarding health status of persons will be registered.
- c) Entry screening will also include any pre-existing medical condition, chronic disease, co-morbidities, medicines in use, special needs like wheel chair, nebulization, psychiatric condition and/or pregnancy.
- d) Additional Lab tests (CBC, RFT, LFT, Blood Sugar etc.) for persons with

chronic conditions can be performed.

- e) Health education and counseling session of all travelers will be arranged before sending them into quarantine.
- f) Any person who is identified as suspected COVID-19 (having symptoms) on entry screening shall be immediately separated from rest of the group, assessed and shifted to designated health facility for confirmation and further management.

## 7. MEDICAL FACILITIES IN THE QUARANTINE

### (A) INSIDE THE FACILITY

- a) Availability of medical professionals (doctors and allied staff) to provide 24/7 health services shall be ensured.
- b) There will be dedicated room for health professionals (male and female medical staff) preferably with a patient assessment room with all needed equipment and supplies nearby.
- c) Availability of required medicines shall be ensured.
- d) Medical care and other health needs and care of quarantined people shall be ensured.
- e) Daily follow-up of persons quarantined should be conducted within the quarantine facility for the duration of the quarantine and should include daily body temperature and symptom screening. **(Preferably thermal guns will be used for temperature monitoring and temperature records will be maintained.)**
- f) Groups of persons at higher risk of infection and severe disease may require additional medical care.

### (B) OUTSIDE THE FACILITY

- a) The Quarantine site is to be linked with a nearby health facility with designated Isolation rooms and HDU/ICU facilities.
- b) Trained staff to be deputed and available at designated health facility for each shift.
- c) Round the clock Patient transfer service should be available at quarantine site.
- d) Specialists/Consultant roster should be available at designated health facility to attend any medical emergency at Quarantine Facility.

## 8. USE OF PPEs

- a) Healthcare workers shall observe standard contact and droplet PPEs while doing entry screening; assessment and monitoring.

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- b) They will use **FULL PPEs** along with **N-95 Masks** while screening of symptomatic patients and during transfer to health facility.
- c) For Single Room Quarantine, no mask etc. is required except while interacting with healthcare workers or housekeeping staff.
- d) For Group Quarantine, basic PPEs, distance, cough and hand hygiene etiquettes shall be observed without fail.
- e) Housekeeping staff shall also use PPEs according to type of exposure.

## 9. SOPs FOR CONFIRMED PATIENTS

All persons who are lab confirmed COVID-19, whether showing symptoms or not, will be immediately separated from rest of the group and transferred to Isolation Unit established for COVID-19 patients.

## 10. SOPs FOR SUSPECTED PATIENTS

Any person in quarantine who develops febrile illness or respiratory symptoms, at any point during the quarantine period, should be separated, treated and managed as a suspect COVID-19 case.

## 11. REGISTRATION

- a) All persons will be registered at Quarantine Facility before entry screening.
- b) The pre-information and lists of travelers will be provided by the POE agencies for appropriate arrangements and allotments.
- c) No traveler will be admitted to Quarantine facility without medical screening.

## 12. SOPs FOR INSIDE QUARANTINE ROOMS

Quarantine implies the use or creation of appropriate facilities in which a person or persons are physically separated from the community while being attended to. Appropriate quarantine arrangements include the following:

- a) Those in quarantine to be placed in adequately ventilated, spacious single rooms, with ensuite toilet (hand hygiene and toilet facilities).
- b) If single rooms are not available, beds should be placed at least **1-METER** apart.
- c) Suitable environmental infection controls, such as adequate air ventilation, filtration systems and waste-management protocols shall be ensured.
- d) Maintenance of social distancing (more than 1 meter) of the persons quarantined.
- e) Accommodation with an appropriate level of comfort, including:
  - food, water and hygiene provisions;

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- protection for baggage and other possessions;
  - appropriate medical treatment for existing conditions;
  - communication in a language that they can understand explaining their rights; provisions that will be made available to them; how long they will need to stay and what will happen if they get sick;
  - assistance with communication with family members outside the quarantine facility;
- f) Special considerations for older individuals and individuals with co-morbid conditions, due to their increased risk for severe COVID-19 disease.

### 13. PROVISION OF FOOD FOR QUARANTINED TRAVELLERS

- a) Food Provision to the quarantined persons will be the responsibility of quarantine site management authority.
- b) Food will be prepared and served under hygienic conditions and with dignity.
- c) Food will be served using disposable utensils and according to Quarantine Facility settings. If food to be provided in-group dining, **1-METER** distance SOP shall be observed.
- d) Special needs of quarantined group/individuals will be addressed like Person with Diabetes, Hypertension, Pregnant and Lactating Women, Infants and young children.
- e) Ideally food arrangements should be made in consultation with representative from Quarantine groups.

### 14. INFECTION PREVENTION AND WASTE MANAGEMENT

Environmental cleaning and disinfection procedures must be followed consistently and correctly. The following to be ensured;

- a) Cleaning personnel need to be educated and protected from COVID-19 infection and ensure that environmental surfaces are regularly and thoroughly cleaned throughout the quarantine period.
- b) No janitorial staff shall be exposed inside the quarantine facility without PPEs.
- c) 24/7 and regular cleanliness of the quarantine facility. Clean and disinfect frequently touched surfaces such as bedside tables, bedframes, and other bedroom furniture daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water). For surfaces that do not tolerate bleach, 70% ethanol can be used.
- d) 24/7 and regular cleanliness of the washrooms. Clean and disinfect bathroom and toilet surfaces at least once daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water).

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- e) 24/7 availability of running water and soaps shall be ensured in the washrooms.
- f) All waste and belongings of quarantine population shall be considered hazardous and shall not be left unattended within the quarantine facility.
- g) Proper collection of used clothes (Linen, Laundry and Towels etc.) Clean clothes using regular laundry soap and water or machine wash at 60–90 °C with common laundry detergent and dry thoroughly.
- h) Educating persons quarantined and quarantine personnel about IPC; all personnel working in the quarantine facility need to have training on standard precautions before the quarantine measures are implemented.
- i) The same advice on standard precautions should be given to all quarantined persons on arrival.

Both personnel and quarantined persons should understand the importance of promptly seeking medical care if they develop symptoms;

- *Apply standard precautions for all persons quarantined and quarantine personnel;*
- *Perform hand hygiene frequently, particularly after contact with respiratory secretions, before eating and after using the toilet. Hand hygiene includes either cleaning hands with soap and water or with an alcohol-based hand rub. Alcohol-based hand rubs are preferred if hands are not visibly soiled; wash hands with soap and water when they are visibly soiled;*
- *Ensure that all persons quarantined are practicing respiratory hygiene, and are aware of the importance of covering their nose and mouth with a flexed elbow or paper tissue when coughing or sneezing and disposing immediately of the tissue and performing hand hygiene;*
- *Refrain from touching mouth and nose.*

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## **15. SEWERAGE WATER MANAGEMENT**

Sewerage water should be treated in a settling tank before releasing it to municipal sewerage. All spillages of used water/sewerage water should be immediately managed.

## **16. AVAILABILITY OF SANITIZERS**

Ample quantity of sanitizers be made available at different levels outside and inside the Quarantine Facility.

## **17. SECURITY ARRANGMENTS**

Quarantine Facility should be guarded (gender sensitive) in 3 layers to be ensured in letter and spirit. There will be three layers of security as follows:

- a) Inside the building

- b) Outside the quarantine building
- c) Outside the quarantine facility

**18. PROVISION OF SOCIO-PSYCHOLOGICAL SERVICES**

- a) Regular awareness and psychological counseling session for quarantined persons should be arranged.
- b) Ensure that the concerns and queries of quarantined people are adequately responded.

**19. MEDIA HANDLING OF QUARANTINE FACILITIES**

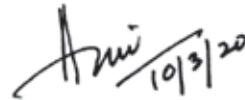
Only by the nominated focal person by the respective Government Authority.

**20. DECONTAMINATION OF TRANSPORT FACILITY**

- a) Vehicles used for Quarantine Transport should be decontaminated after every transfer. (Disinfection and Decontamination SOPs).
- b) The Ambulance used for transfers of confirmed and suspected patients should be decontaminated after each transfer.

**21. EXIT/END OF QUARANTINE**

- a) The recommended duration of Quarantine period for each person will be observed.
- b) Quarantine timer will reset for the person(s) whose close contacts become lab positive.



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**Additional Secretary (Tech)**  
**Primary & Secondary Healthcare**  
**Department**

**No. & Date Even:**

A copy is forwarded for information and further necessary action to:

1. Secretary, SHC&MED, Government of the Punjab
2. Secretary, LG&CDD, Government of the Punjab
3. Additional Secretary (Staff) to Chief Secretary, Punjab
4. Director General Health Services, Punjab, Lahore
5. PSO to Secretary, P&SHD, Lahore