

# COVID-19 (Self-Confinement) Regulations 2021

GN No. 196 of 2021

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## THE QUARANTINE ACT 2020

### Regulations made by the Minister under section 13 of the Quarantine Act 2020

1. These regulations may be cited as the **COVID-19 (Self-Confinement) Regulations 2021**.

2. In these regulations —

"chronic disease" includes —

- (a) uncontrolled diabetes mellitus, high blood pressure and ischaemic heart disease;
- (b) chronic respiratory disease, including severe asthma and chronic obstructive pulmonary disease;
- (c) chronic renal failure;
- (d) cirrhosis of liver;
- (e) mental disorder;
- (f) a disability which renders self-confinement impracticable; or
- (g) such other chronic illness as a Government medical practitioner may assess;

"COVID-19" means the virus known as the novel coronavirus (2019-n CoV) or SARS CoV2;

"COVID-19 vaccine" means such vaccine against COVID-19 as the Minister may approve;

"fully vaccinated" means a person who is vaccinated with a COVID-19 vaccine, provided that where he is vaccinated with —

- (a) the Johnson & Johnson vaccine, 28 days have lapsed after the single dose of the vaccine having been administered; or
- (b) any other COVID-19 vaccine, 14 days have lapsed after the second dose of the vaccine having been administered;

"infected", in relation to COVID-19, means suffering from, or in the incubation stage of, or contaminated with, COVID-19;

"mild symptoms" includes —

- (a) fever, provided that body temperature is less than 38.5 degrees Celsius;
- (b) dry cough and no difficulty in breathing, no fatigue, no rash, no diarrhea or no throat pain;
- (c) such other mild symptoms as a Government medical practitioner may assess;

"RT-PCR test" means the COVID-19 Reverse Transcriptase Polymerase Chain Reaction (PCR) test;

"self-confined person" means a person who is self-confined at his place of residence.

3. Where a person is, further to an RT-PCR test, tested as being infected with COVID-19, the quarantine officer may, notwithstanding regulation 5(6) of the COVID-19 (Quarantine) Regulations 2021, order that person to be self-confined at his place of residence, provided that —
- (a) he is not more than 65 years of age;
  - (b) he is fully vaccinated; and
  - (c) he is asymptomatic, has mild symptoms or does not suffer from a chronic disease as assessed by a Government medical practitioner.
4. (1) A person referred to in regulation 3 shall, subject to paragraph (2), be self-confined for a period of at least 10 days from the day he has been tested to be infected with COVID-19.
- (2) Where a self-confined person becomes symptomatic during the period of self-confinement, he shall be self-confined for such additional period as the quarantine officer may, in the circumstances, determine.
5. A self-confined person shall, during his period of confinement —
- (a) be under the supervision of the quarantine officer;
  - (b) not leave his place of residence without the authority of the quarantine officer;
  - (c) comply with the instructions of the quarantine officer;
  - (d) comply with the requirements specified in the Schedule.
6. A self-confined person who —
- (a) leaves his place of residence during his self-confinement period without the authority of the quarantine officer;
  - (b) fails to comply with any instruction of the quarantine officer;
  - (c) fails to comply with the requirements specified in the Schedule,
- shall commit an offence and shall, on conviction, be liable to a fine not exceeding 500,000 rupees and to imprisonment for a term not exceeding 5 years.
7. The Ministry may, for the purposes of these regulations, issue such guidelines as it may deem appropriate.
8. These regulations shall come into operation on 20 August 2021.
- Made by the Minister on 20 August 2021.

## **SCHEDULE**

[Regulation 5(d)]

### **REQUIREMENTS TO BE COMPLIED WITH BY SELF-CONFINED PERSON**

- 1.** The period of self-confinement of at least 10 days shall be strictly complied with. A self-confined person will not be allowed to leave his place of residence under any circumstance. Failure to comply by any instructions of the quarantine officer of the Ministry shall constitute an offence punishable by law.
- 2.** During the self-confinement period, the self-confined person shall stay in an isolated room so as to limit, to the maximum, contact with other members of the household.
- 3.** If the house setting does not allow the self-confined person to remain isolated in a specific room, the person shall wear a face mask whenever he is not alone in a room. All other persons in the same room as the self-confined person shall also wear their face masks.
- 4.** Face masks are for individual and personal use only and shall not be shared by more than one person. They shall, at all times, be correctly placed on the face of the user, covering the mouth and the nose.
- 5.** A security distance of at least 2 metres shall, at all times, be observed between a self-confined person and any other member of the same house.
- 6.** For disposable face masks, they shall be disposed in bin bags placed in garbage cans with a covering lid.
- 7.** For the self-confined person, if a disposable mask is used, it shall be disposed in a dedicated bin bag placed in a garbage can with a covering lid. If the self-confined person is using a washable face mask, he shall himself wash the mask using hot water and normal detergent.
- 8.** Hand disinfection with water and soap or a hand sanitiser is highly recommended after such manipulations.
- 9.** No person shall be allowed inside the house where a self-confined person is home-isolating, except for persons living in the same household and members of the Domiciliary Monitoring Unit of the Ministry.
- 10.** It is highly recommended to keep the house naturally aerated by keeping windows open whenever and as often as possible.
- 11.** The self-confined person on self-confinement shall have his meals isolated from other persons staying in the same house.

- 12.** During the self-confinement period, those living in a same house shall make sure that they do not mix or share their dishes, cups or any other eating and drinking utensils.
- 13.** A self-confined person shall not share his bed with any other person living in the same house.
- 14.** Surfaces like tables, chairs, doorknobs, remote controls, phones and sanitary wares shall be regularly disinfected.
- 15.** Upon completion of the self-confinement period, the person who was tested with COVID- 19 shall himself seal the bin bag and dispose of it 3 days after the end of his self-confinement period.
- 16.** In addition to the requirements specified in this Schedule, a self-confined person shall comply with such other instructions as the quarantine officer may issue.