

Home Quarantine



What is Home quarantine ?

Persons who had associated or who are suspected to have associated a patient with COVID -19, but not showing any symptoms of COVID-19 illness, staying inside his or her own house is home quarantine. When the person under home quarantine is a first contact of a COVID-19 patient, then all the other individuals in that house also need to home quarantine.

Persons who are discharged from hospital following treatment for COVID-19 or persons who had been under institutional quarantine after arriving from a foreign country also need to be in home quarantine. However, those residing in the same house do not need to be in home quarantine in these two situations.

*This instructions may be subject to change

What is the duration of home quarantine?



A minimum of 14 days from the last day of suspected contact with the COVID-19 diagnosed person.

The above-mentioned period of home quarantine may be extended as advised by the health authorities, if a person in the same house subjected to home quarantine becomes positive for COVID -19, during this time.

What is the importance of home quarantine?



Home quarantine limits the movements of individuals. Therefore it helps to minimise spread of the disease and will help to protect your loved ones and society.

What must you do if you are in home quarantine?



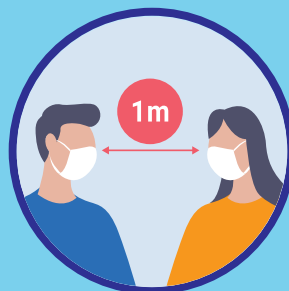
Never leave your house.

Do not let outsiders come inside your house.

What are the practices to follow in your house when in home quarantine?



Have as much ventilation as possible inside the house.



Maintain a one meter distance between each other even inside the house, whenever possible.



Wear a face mask when meeting your family members inside the house.



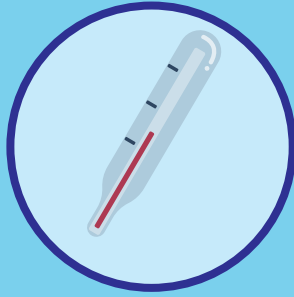
Avoid touching your face, mouth, nose and eyes with dirty hands.



Each family member should wash their hands frequently, with soap and water for at least 20 seconds.



Use hand sanitizer to clean hands if hand washing facilities are not available.



If possible, check the body temperature of all house members using a thermometer twice a day.



Keep away from elderly persons and those with chronic diseases as much as possible.



Patients with chronic diseases must ensure that they continue to take their prescribed medicines.

What must you do when coughing or sneezing?



Cover your cough and sneeze, into a tissue or use your inner side of your elbow.



Used tissues and disposable face masks must be disposed of to a bin covered with a lid.



If a face mask is soiled, dispose it and wear a new face mask.

Pay attention to your physical and mental well-being.



Add nutritious food to your diet.



Drink 2 – 2.5 litres of water daily



Spend your day in a relaxed state of mind.

How should your living spaces and utensils be maintained?



- The person who is suspected to have associated a COVID -19 patient should be in a separate room whenever possible.



- Whenever possible this person should use a separate toilet/bathroom and clean it after use.



- If it is difficult to have a separate bathroom, clean the taps and doors handles with soap or disinfectant after use.

- Keep your personal belongings such as towels, bedsheets and cutlery separately.

- Wash these belongings separately with soap.

What should you do if you develop symptoms of COVID- 19 such as fever, cough, cold, difficulty in breathing, sore throat or body aches ?

Inform the Medical Officer of Health (MOH) or Public Health Inspector (PHI) of your area as soon as possible.

If you have problems related to emergency treatment, medicines or palliative care, please inform the MOH, PHI or PHM (Public Health Midwife) assigned to your area.

Before completing home quarantine, PCR testing is required 11-14 days after your last or suspected last contact with the COVID-19 infected person. Contact your MOH/ PHI for further information regarding this and for additional information on ending home quarantine.



Suwasariya Hotline

1990

011 7 966 366



Suwasariya Ambulance Service

1990

Let's defeat COVID -19 together



**Health Promotion Bureau
Ministry of Health**



Your area MOH office telephone number	Your area Police station telephone number
Your area PHI telephone number	Your area Grama Niladari's telephone number

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