

# HOME QUARANTINE PROCEDURE

Based on the DOH Circular No. 2020-0105, s. 2020

## Room Isolation and Contacts of Persons Undergoing Quarantine

**Place the Persons Undergoing Quarantine alone in a well-ventilated room, preferably with toilet and bathroom.**



If this is not possible, maintain a distance of at least 1 meter from the Persons Undergoing Quarantine (e.g. sleep in a separate bed).



**Assign one person who is in good health as caretaker of the Persons Undergoing Quarantine**



**Visitors, family members and even caregivers are not allowed in the Persons Undergoing Quarantine's room, if possible.**



**Confine activities of the Persons Undergoing Quarantine in his/her room only.**

If this is not possible, ensure that shared spaces are well ventilated.

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## Use of Disposable Surgical Mask

The Persons Undergoing Quarantine should wear a surgical mask fitted tightly to nose, mouth and chin when in the same room with another household member or when talking to other people.

The use of masks is not required for the person/s the Persons Undergoing Quarantine is/are interacting with.

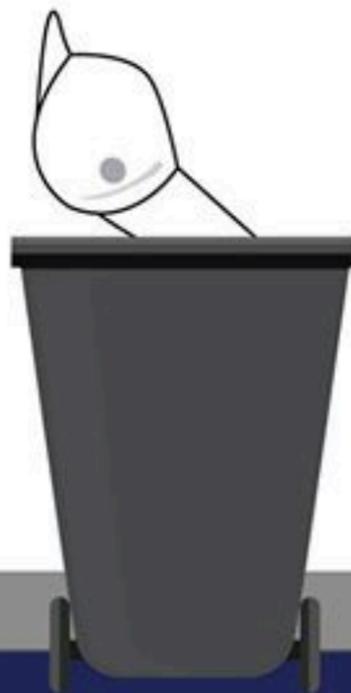


If alone, the Persons Undergoing Quarantine is not required to wear a mask.



Masks should not be touched or handled during use.

If the mask gets wet and dirty with secretions, it must be changed immediately and disposed properly.



Discard the used mask after a maximum of 8 hours.



Masks are not reusable and should not be washed. After removal of mask, wash hands using water and soap, or rub hands with 70% alcohol or any hand disinfectant.

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## Food Handling of Persons Undergoing Quarantine on Home Quarantine

The assigned caretaker of the Persons Undergoing Quarantine shall serve their plates/meal trays only up the room door.



After eating, plates/meal trays should be picked up at the room door by the caretaker using disposable gloves to avoid contamination. Perform hand hygiene afterwards.



Eating utensils and dishes should be cleaned with soap or detergent and water after use and may be re-used instead of being discarded.



Do not share eating utensils, dishes and drinks with Persons Undergoing Quarantine.



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## Hand Hygiene Practice for ALL

All Persons Undergoing Quarantines and household members should perform hand hygiene following contact with Persons Undergoing Quarantine or if in contact with their immediate environment.



Perform hand hygiene by washing hands with soap and water.



If hands are not visibly soiled, 70% alcohol or any alcohol-based hand rub can be used.

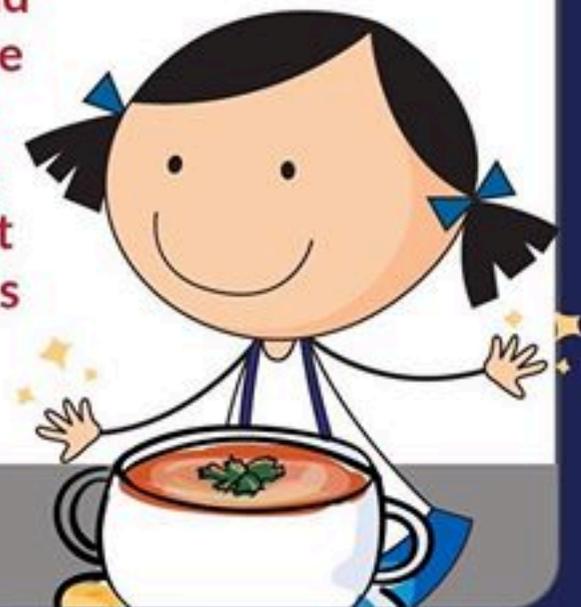


When using soap and water, disposable paper towels to dry hands is desirable.



If not available, use dedicated cloth towels and replace them when they become wet.

Hand hygiene should be performed before and after preparing food, before eating, after using the toilet and whenever hands look dirty.



Address safety concerns (e.g. accidental ingestion by children and fire hazards) on the use of alcohol-based hand rubs.

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## Reporting

Persons Undergoing Quarantine who developed symptoms should be reported immediately to Regional Epidemiology and Surveillance Unit (RESU) or Local Surveillance Officer for transport to nearest health facility.

Regional Epidemiology and Surveillance Unit



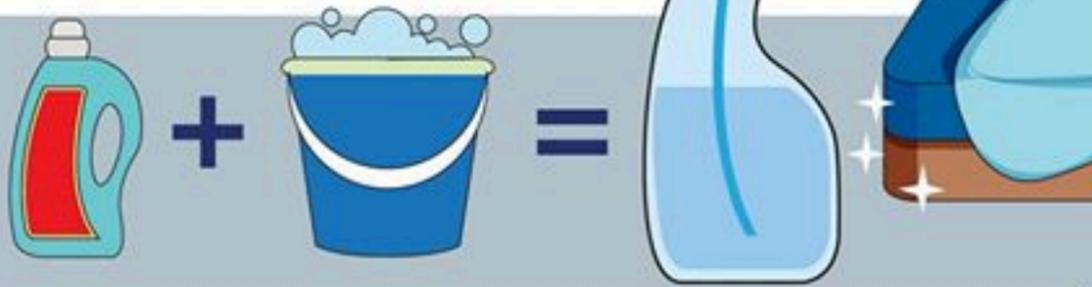
All household members of Persons Undergoing Quarantine should be advised to seek immediate medical care when signs and symptoms developed.

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## Cleaning and Disinfection

Persons undergoing quarantine are encourage to clean and disinfect frequently touched surfaces such as bedside tables, doorknobs, bedframes, and other bedroom furniture daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water).



Clean and disinfect bathroom and toilet at least once daily with regular household disinfectant containing diluted bleach solution.



Clean clothes, bedclothes, bath and hand towels, etc. of Persons Undergoing Quarantine using regular laundry soap and water or machine wash at 60-90 degree Celsius with common household detergent and sun-dry.



Use disposable gloves and protective clothing when cleaning or handling surfaces, clothing or linen soiled with body fluids. Perform hand hygiene before and after removing gloves.



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## Respiratory Hygiene and Standard Precaution for ALL



Respiratory hygiene/cough etiquette should be practiced by all times. Respiratory hygiene refers to covering the mouth and nose during coughing or sneezing using surgical masks, tissues, flexed elbow, sleeves of clothes or inside the neckline of shirts, followed by hand hygiene.

Avoid other types of possible exposure to Persons Undergoing Quarantine or contaminated items in their immediate environment (e.g. avoid sharing toothbrushes, cigarettes, towels, washcloths, bed linen).



**Avoid direct contact with body fluids, particularly oral or respiratory secretions, and feces.** Use disposable gloves to provide oral or respiratory care and when handling feces, urine and waste. Wash hands before putting on and after removing gloves.

