



## **AHPI & ANBAI – Advisory regarding Isolation and Quarantine**

**Isolation and quarantine are used to protect the public, by preventing exposure to infected persons or to persons who may be infected.**

**Isolation** is used to separate **ill** persons who have a communicable disease from those who are healthy. Isolation restricts the movement of ill persons to help stop the spread of certain diseases. Hospitals are using isolation for patients with confirmed CoV infection.

**Quarantine (Home Quarantine)** is used to separate and restrict the movement of **well** persons who may have been exposed to a patient tested positive for CoV or visit to areas wherein CoV is prevalent, to see if they become ill. These people may have been exposed to the virus and do not know it, or they may have the disease but do not show symptoms. Quarantine can also help limit the spread of communicable disease.

People who are being evaluated for CoV infection and do not require hospitalization for medical reasons may be cared for and isolated in a residential setting after a healthcare professional determines that the setting is suitable.

### **Steps during Home Quarantine**

If you are being evaluated for CoV infection you should follow the prevention steps below until a healthcare provider says you can return to your normal activities.

- 1. Stay Home**  
You should restrict activities outside your home, except for getting medical care. Do not go to work, school, or public areas, and do not use public transportation or taxis.
- 2. Separate yourself from other people in your home**  
As much as possible, you should stay in a different room from other people in your home. Also, you should use a separate bathroom, if available.
- 3. Call ahead before visiting your doctor**  
Before your medical appointment, call the healthcare provider and tell him or her that you have, or are being evaluated for CoV infection. This will help the healthcare provider's office take steps to keep other people from getting infected.
- 4. Wear a facemask**  
You should wear a facemask when you are in the same room with other people and when you visit a healthcare provider. If you cannot wear a facemask, the people who live with you should wear one while they are in the same room with you.
- 5. Cover your coughs and sneezes**  
Cover your mouth and nose with a tissue when you cough or sneeze, or you can cough or sneeze into your sleeve. Throw used tissues into a lined trash can, and immediately wash your hands with soap and water.
- 6. Wash your hands**  
Wash your hands often and thoroughly with soap and water. You can use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.
- 7. Keep the surfaces Clean**  
whenever there is a possibility of cough materials being spread as droplet infection or surfaces have been touched post coughing/ sneezing, then surfaces should be ideally disinfected with soap and water or with Alcohol rub.
- 8. Avoid sharing household items**  
You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in your home. After using these items, you should wash them thoroughly with soap and water.
- 9. Monitor your symptoms**  
Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing)