

# GUIDELINES ON COVID-19 SELF QUARANTINE

## What does self-quarantine mean?

This is a transparent self-restriction of persons' activities when they are not ill with COVID-19 for the purpose of protecting unexposed members of the communities from contracting the disease should any at risk traveller become sick.

This is particularly important for persons who may have been in contact with a person who has symptoms of COVID-19 or is suffering from the disease or has travelled from one of the areas with high transmission of COVID-19.

This means one will stay at his/her home, hotel room or any identified accommodation **without** mixing with family members or the general public for the period of 14 days. However, they will be required to interact with surveillance officers in appropriate Personal Protective Equipment (PPE) who may come to carry out a medical check-up on them.

Self-quarantine is intended to facilitate early detection of ill health due to COVID-19 and to prevent its spread in the communities, to loved ones and/or other countries or areas.

## Who should be self-quarantined?

- Travellers coming from countries/territories/areas with active transmission of COVID-19 as analysed and designated by the Ministry of Health (refer to the list of countries) shall be in self-quarantine for 14 days.
- Any individual who has been in close contact with a person confirmed to be having coronavirus disease will be quarantined for 14 days.

## How will I travel from the Point of Entry to my place of quarantine?

- Ensure that you are picked by **ONLY** one person who should have a face mask.
- **Do NOT** sit on the co-driver's seat (Maintain at least 1 meter between yourself and the driver).
- Ensure adequate ventilation throughout your trip
- Avoid contact with the driver.

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### **How will I be monitored during self-quarantine?**


For purposes of self-quarantine, you are required to provide your name, next of kin, physical address and telephone contact. These details will guide our surveillance teams in monitoring you while under self-quarantine for 14 days.

### **Do family members or other people I live with also need self-quarantine?**

Other members of the household are not required to self-quarantine unless they have had close contact with you or meet one of the criteria for self-quarantine as provided by the Ministry of Health. If you develop signs and symptoms of COVID-19, members of your household will be classified as close contacts and will be required to self-quarantine.

### **What should I do for effective self-quarantine?**

If you are under self-quarantine, you are advised to observe the following prevention and control measures:

- Stay in a well-ventilated room away from other people such as family members preferably with separate hygiene and toilet facilities. If you share the same hygiene and toilet facilities, ensure you disinfect it after use using regular household disinfectant or soap and water.
  - If you are working, stay at home for the entire duration of the quarantine (14 days).
  - Ensure that you have adequate food, water, hygiene provisions and appropriate medical treatment for existing medical conditions while in self quarantine.
  - Ensure that you have the necessary communication facilities e.g. mobile telephone to communicate with family members and other people while in quarantine.
  - Always wash your hands with soap and water regularly or use an alcohol-based hand rub
  - Cover your nose and mouth with a handkerchief or tissue when coughing and sneezing. Throw away used tissue immediately into a dustbin or burn it and wash your hands immediately with soap and water or an alcohol-based hand rub. The handkerchief must be washed and ironed by you daily.
  - Stay away from pets, as there is a chance that humans can pass the disease to them
  - Avoid sharing toothbrushes, utensils, dishes, drinks, towels, clothes or bed linen with anybody in your home.
  - Clean and disinfect frequently touched surfaces such as doorknobs/handles, bedside tables, bedframes, and other bedroom furniture daily with regular household disinfectant or soap
  - Clean and disinfect bathroom and toilet surfaces at least once a day with regular household disinfectant or soap.
  - If you develop symptoms of acute respiratory infection, including fever, cough, sore throat and difficulty in breathing, please call for immediate help on the telephone numbers below.
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### What happens if I do not comply with self-quarantine orders?

If a person is suspected to have breached the guidelines they had voluntarily agreed to follow, the surveillance team will work closely with the person to ensure that they understand their obligations. They will also be helped to appreciate the importance and seriousness of self-quarantine under the current global COVID-19 threat. All those who will not comply with these guidelines will be dealt with as provided for in the laws of Uganda.

### What should I do to keep my spirit up while in self-quarantine?

Being under quarantine can be frightening. The following should be done to reduce anxiety:

- Talk to the other members of the family about the COVID-19. Understanding this disease will reduce anxiety.
- Reassure young children using age-appropriate language.
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that quarantine won't last for long.
- Keep in touch with family members and friends via telephone, email or social media.
- Stock plenty of materials to read to keep your mind occupied.
- Exercise regularly from your quarantine area .
- Ensure that you drink at least 8 glasses of water every day to keep hydrated.
- Eat all your meals in a timely manner.

### What happens when I complete the 14 days of self-quarantine?

- If you complete the 14 days of self-quarantine without any symptoms, the surveillance team/health authorities will formally discharge you from follow up and you will be free to go about your usual activities.
- A medical certificate of completion of self-quarantine will be issued to you.

### What happens if I develop symptoms during the 14 days of self-quarantine?

If at any time during your 14 days of self-quarantine, you develop symptoms, you should seek medical attention immediately by calling the following officers:

**Mr. Atek Kagirita** on **0782-909-153** or **0703-592-552**, **Bernard Lubwama** on **0782-783-499**, **Dr. Allan Muruta** on **0772-460-297** or call the Ministry of Health toll **free** lines on: **0800-100-066, 0800 203033**.