Quarantine protocol for management of contacts of COVID-19 positive cases

Preface
As per November 21st 2020, the quarantine period on Aruba has been reduced from 14 to 10 days. The reason for this is that most people who get sick from the new coronavirus, do so within 10 days of the last contact with positive case. This was also confirmed during a pilot period on Aruba which showed no development of symptoms after 10 days quarantine. Ten days quarantine is also in accordance with recommendations from the National Institute for Public Health and the Environment in the Netherlands¹.

Protocol for contacts

THOSE LIVING IN THE SAME HOUSEHOLD AS A COVID-19 POSITIVE PERSON
AND
ALL OTHER DIRECT² AND CLOSE³ CONTACTS IDENTIFIED BY THE DEPARTMENT OF PUBLIC HEALTH
This can include partners, colleagues, people who may have visited like friends, a babysitter or anyone else providing in-home services (e.g. maid, caregiver, etc.).

☐ 10 days compulsory quarantine starting from the last contact with the positive person.

¹ Quarantaine en COVID-19 | RIVM.
² Physical contact.
³ Close contact: someone who has been within 1.5 meter for 15 minutes or more (in the period from 2 days before symptom onset until isolation discontinuation), irrespective of whether the person with COVID-19 or the contact was wearing a mask. Source: https://www.cdc.gov/coronavirus/2019-ncov/php/public-health-recommendations.html.
Monitor symptoms closely during the quarantine period up to 14 days after contact with the positive person\(^4\).

At appearance of the slightest symptoms, stay home and contact general physician for testing.

**NOTE:** Those who have tested positive for covid-19 within the past 3 months do not need to be quarantined again. However, they must monitor themselves for symptoms and strictly adhere to the preventive measures set forth by the Department of Public Health (social distancing, hand hygiene, mask use, etc.). Especially if living in the same household as a COVID-19 positive person (but infected within the past 3 months), one should regularly wash or clean their hands to reduce the risk of transmission through surfaces. If they develop symptoms, they should stay home and get tested. If positive, they will be treated as a new case.

**ALL OTHER CONTACTS**\(^5\)

- If and where possible, self-quarantine for 10 days starting from the last contact with the positive person\(^6\).
- Monitor symptoms closely for up to 14 days after contact with the positive person.
- If going to work is required, wearing a mouth mask is mandatory and social distance and hand hygiene must be strictly applied.
- At appearance of the slightest symptoms, stay home and contact general physician for testing.

**Rules and conditions for safe and effective quarantine**

- Those who are in **mandatory** quarantine must be placed in adequately ventilated, spacious single rooms with hand hygiene and toilet facilities.
- If single rooms are not available, beds should be placed at least 1 meter apart and a distance of at least 1 meter should be maintained from other household members at all times. **NOTE:** Adequate air ventilation is essential.
- Social distancing and hand and respiratory hygiene should be strictly adhered to at all times.
- Minimize the use of shared spaces and cutlery.
- Ensure that shared spaces such as the kitchen and bathroom are well ventilated.

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4 Although the quarantine period is reduced to 10 days, symptoms should be monitored for up to 14 days after contact with the positive person due to a small chance of development of symptoms after the 10-day quarantine period.

5 More than 1, 5 meter but in the same room for an extended period of time ($\geq 1$ hour).

6 These days are not covered by SvB. This can be done by coming to an agreement with employer, working from home or by taking holidays.
Persons sharing a household with someone in mandatory quarantine may leave the house as long as there are no positive cases living in the same household and they adhere to the above-mentioned rules and the requirements.

Older persons and those with comorbid conditions require special attention because of their increased risk for severe COVID-19.

Follow-up and control procedure for quarantined persons

- Follow-up of persons who are quarantined is conducted for the duration of the quarantine period. This is done by phone and includes monitoring of symptoms.
- Any person in quarantine who develops the slightest symptom at any point during the quarantine period is treated and managed as a suspected case of COVID-19 and will be referred for testing.
- In the case of violation of mandatory quarantine instructions, a fine can be imposed.