Outbreak quarantine protocol for management of contacts of COVID-19 positive cases

Preface
Taking into consideration the high number of confirmed covid-19 cases on Aruba, the previous quarantine protocol for contacts of covid-19 positive cases has been adapted in order to prevent disruption on the Aruban community. However, the current situation justifies additional measures. Therefore, this new version of the quarantine protocol includes additional and stricter quarantine requirements and recommendations by the Department of Public Health. This is presented below and summarized in Table 1.

Protocol for contacts

THOSE LIVING IN THE SAME HOUSEHOLD AS A COVID-19 POSITIVE CASE
AND
ALL OTHER DIRECT\(^1\) AND CLOSE\(^2\) 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.).

➢ 14 days compulsory quarantine.
➢ Monitor symptoms closely during the quarantine period.
➢ At appearance of the slightest symptoms, stay home and contact general physician for testing.

\(^1\) Physical contact

\(^2\) 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
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September 10th 2020

PROXIMATE³ AND ALL OTHER CONTACTS

➢ Recommended quarantine at own responsibility for 14 days after last contact with covid-19 positive case.
➢ These days are not covered by SvB. This should be done by coming to an agreement with employer, working from home or by taking holidays.
➢ Monitor symptoms during these 14 days.
➢ 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
➢ Persons sharing a household with someone in mandatory quarantine may leave the house as long 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 will be imposed.

³ Proximate contacts: more than 1, 5 meter but in the same room for an extended period of time (≥ 1 hour).
Table 1: Overview quarantine measures.

<table>
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<th>Quarantine measures</th>
<th>THOSE LIVING IN THE SAME HOUSEHOLD AS A COVID-19 POSITIVE CASE AND ALL OTHER DIRECT AND CLOSE CONTACTS IDENTIFIED BY THE DEPARTMENT OF PUBLIC HEALTH</th>
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