

Protocol home isolation of a person with covid-19 Aruba

Name document	Protocol home isolation of a person with covid-19 Aruba
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Introduction

The nature of highly contagious infectious diseases such as covid-19 justifies extreme measures to contain its spread by imposing measures on individuals such as forced quarantine and forced isolation when deemed necessary. In accordance with art. 3.17 of the Landsverordening infectieziekten (the National Ordinance infectious diseases), forced quarantine is the act of coercing the individual to isolate himself/herself to the confines of one's own home or other specified location. On Aruba, isolation instruction is given to everyone with laboratory-confirmed case of covid-19. This document establishes the provisions and procedures to be followed throughout the isolation period. Non-compliance is a criminal offence and will result in a fine.

Protocol

Isolation can take place at home provided that the conditions described below are met. If this is not the case, you should isolate yourself at a different location. If you opted to isolate yourself at a different location, please make sure to pass on information on the address where you will be isolating yourself to the Department of Public Health (DVG) by phone (280-0101 or 5224200) or via mail (dbz@despa.gov.aw) and include your name and date of birth.

As a person with a laboratory-confirmed case of covid-19, you will be contacted by the Department of Public Health (DVG) of Aruba by phone. The purpose of this conversation is to:

- ✓ Formally inform you of the obligation to remain in isolation until you are recovered.
- ✓ Verify and the necessary information (including information on presence of symptoms among others).
- ✓ Identify your contacts which must go in quarantine.
 - Your household contacts and all other direct and close contacts as identified by the Department of Public Health (DVG)¹ must remain in mandatory quarantine for 10 days starting from the last contact with you.

¹ 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>.

- DVG will contact the above mentioned contacts to instruct them to go into quarantine, but in the meantime you should start informing them (as soon as you are informed of your positive test result) to go into quarantine while they remain pending for the phone call by DVG.
 - Other (more proximate) contacts will not go into mandatory quarantine but are advised, if and where possible, to self-quarantine for 10 days starting from the last contact with you². Additionally, they should monitor symptoms for 14 days after last contact with you. They can go to work but if opted for should wear a face mask.
 - This information is further elaborated on in the 'Quarantine protocol for management of contacts of COVID-19 positive cases' which has also been shared with you.
- ✓ Provide you with information on the process going forward and address any question(s) that you might have.

Rules applicable during your isolation period

- You may not leave the house except for medical reasons. Staying in your own garden or balcony is allowed, provided that contact with others is avoided.
- Housemates may not leave the house and must go into mandatory quarantine as mentioned above.
- People who do not live there may not come to your house (except the Public Health Department or general practitioner if necessary).
- Limit contact and presence in the same room with housemates and keep the number of spaces that you use to a minimum.
 - Try to keep contact with housemates to a minimum, this includes hugging or kissing and sexual contact.
 - If you should nevertheless be in contact or be present in the same room with others, you should keep as much distance as possible (at least 1.5 meters) and the both of you should wear a N95 mouth mask. After placing the mask, the mask should no longer be touched. If the mask becomes dirty, it must be replaced. After use, the mask is thrown into a waste bag and immediate hand hygiene is applied.
 - Stay in a separate room.
 - Use a separate bathroom and toilet if possible.
 - If certain rooms are shared (e.g. kitchen or bathroom), they must be well-ventilated and cleaned on a daily basis.
 - Do not share eating and drinking utensils, towels or other items in the house.
- Housemates should use disposable gloves when handling laundry, dishes or waste and all other materials with which the positive case has come into contact. Immediately after, a complete hand hygiene should be carried out, with soap and water, for at least 40-60 seconds.
- Discard laundry that has been in contact with the positive case or in the immediate vicinity into a separate laundry basket. Wash towels, bed linen and clothing (if possible) at a minimum of 60 ° C with a full wash program and normal detergent. Let the laundry dry well in a tumble dryer or on the clothesline in the sun if possible.
- Dishes used by the positive case should be washed separately with standard detergent and hot water, or in the dishwasher on an extended washing program.

² 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.

- Discard any waste that has come into contact with the positive case in a separate waste bag in the patient's room. Wear gloves when removing the waste bag and dispose of it with the rest of the household waste.
- Clean surfaces that are frequently touched by the patient, such as bedside tables and bedroom furniture, door handles and light switches, as well as all sanitary ware, such as bathroom, toilet, and toilet flush handles, on a daily basis. Rooms that are shared should be cleaned daily. Use a household cleaner for cleaning. The usual concentration is 40,000 ppm chlorine in a bottle. To do this, prepare a fresh solution in the ratio of 250 ml bleach to 10 liters of water (or 5 tablespoons bleach per gallon of water or 4 tablespoons of bleach per quart of water) prepared the same day that it is going to be used. Other disinfectants and house cleaners as quaternary ammonium, ethanol are effective too. Always use disposable gloves when cleaning and apply hand hygiene after cleaning.

Follow-up during isolation period

- Medical follow-up will take place by your general physician (GP).
- If during this period you develop warning signs such as difficulty breathing, persistent pain or pressure in the chest, confusion, bluish discoloration of the skin (resulting from poor circulation or inadequate oxygenation of the blood), among others, please contact your GP through his/her emergency line.
 - As a covid-19 positive patient, you should have access to your GP's emergency line. If this is not the case, ask your GP for this.
- There is a Taksforce in charge of checking up on compliance with isolation and quarantine instructions. Non-compliance will result in a fine.
- DVG will contact you for follow-up and to determine when you will be discharged/released from isolation as per protocol.
 - In mild symptomatic cases, this will generally take 10 days.
 - In asymptomatic cases (where no symptoms were or has been present), this will generally take 7 days.

The duration of isolation is determined by DVG; isolation lasts until you have been declared recovered by DVG. After discharge, you should continue to adhere strictly to the preventive measures set forth by DVG (social distancing, mask use where not possible, hand hygiene, etc.).