

SUMMARY OF SELF-QUARANTINE GUIDELINES

<p>1. Self-quarantine at home for confirmed or suspect COVID-19 cases:</p>	<p style="text-align: center;">Guidance</p>
<p>If it is determined that no hospitalization is required AND that the ill person can be isolated at home, they must self-isolate i.e. they stay away from situations where others could possibly become infected by them</p>	<p>The suspected ill person:</p> <ul style="list-style-type: none"> - Stays home except to get medical care - Informs the Barangay Monitoring Team - Covers coughs and sneezes (i.e. wear a facemask or cough into bent elbow) - Cleans hands often - Avoids sharing personal household items: - Cleans all “high-touch” surfaces everyday - Monitors symptoms and calls doctor right away if develops shortness of breath - Adheres to the above until a healthcare provider or the local authorities clears return to your normal activities - Does not report to work until cleared
<p>2. Guide for caregivers, household members of a person in self-quarantine</p>	<p style="text-align: center;">Guidance</p>
	<p>Caregivers, Household members, Close contacts:</p> <ul style="list-style-type: none"> - Monitor the ill person’s and if getting sicker, call the nearest health facility - Monitor own health and if symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath) develop, call nearest health facility - Help ill person with basic needs in the home (e.g. get groceries, prescriptions and other personal needs) - Stay in another room. Be separated from the ill person as much as possible. - Prohibit visitors—only essential people allowed in the home - Care for any pets in the home - Ensure shared spaces have good airflow, e.g. air conditioner or an opened window - Perform hand hygiene frequently - Avoid touching eyes, nose, and mouth - Both the ill person and caregiver should wear a facemask if in the same room

- Wear a disposable facemask and gloves if in contact with the ill person's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine
- Throw out disposable facemasks and gloves after using them. Do not reuse!
- Don't share household items with the ill person (i.e. no shared dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items)
- Wash ill person's utensils, plates, cups, etc. thoroughly
- Wash laundry thoroughly. Follow directions on laundry/clothing labels. In general, use a normal laundry detergent in accordance with washing machine instructions. If available, use drier at warmest temperature recommended on labels
- Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them
- Wear disposable gloves while handling soiled items and keep soiled items away from the body. Always clean hands after removing gloves
- Clean with gloved hands all "high-touch" surfaces (e.g. counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day
- Place all used disposable gloves, facemasks, and other contaminated items in a plastic bag. Secure closure with twists or ties being careful not to compress the bag to avoid creating infectious particles in the air
- Place this bag in another bag and dispose of separately from other household waste
- Keep aside for at least 72 hours before putting into your usual external household waste bin. Other household waste can be disposed of as normal.
- Clean your hands

HOW TO SELF-QUARANTINE

Stay home

- Do not use public transportation, taxis or rideshares.
- Do not go to work, school or other public places.
- Your health care provider or public health unit will tell you when it is safe to leave.



Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short.
- Keep away from seniors and people with chronic medical conditions (e.g. diabetes, lung problems, immune deficiency).



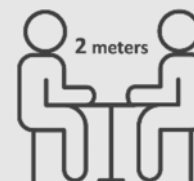
Avoid contact with others

- Stay in a separate room away from other people in your home as much as possible and use a separate bathroom if you have one.
- Make sure any shared rooms have good airflow (e.g. use ventilation fans or air conditioning, or open windows).



Keep distance

- If you are in a room with other people, keep a distance of at least two metres and wear a mask that covers your nose and mouth.
- If you cannot wear a mask, people should wear a mask when they are in the same room as you.



Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket and wash your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.
- After emptying the wastebasket wash your hands.



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Wash your hands

- Wash your hands often with soap and water.
- Dry your hands with a paper towel, or with your own cloth towel that no one else shares.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider.
- Wear a mask when you are within two meters of other people.



Learn about the Virus:

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others with whom they have close contact such as people who live in the same household or provide care.

You can also access up to date information on COVID-19 on WHO's website:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>

MONITOR YOUR SYMPTOMS for the duration of the time you spend with the ill person and 14 days after. If you develop any symptoms, contact the nearest health facility.

Contact Ms. Rhoda Guillarda at 0918 820 0114 and Ms. Tess Nuñez at 0918 820 0100.

Guide for Caregivers, Household Members or other Close Contacts

If you are caring for or living with someone who has the virus, you are considered a 'close contact'.

<p>Wash your hands often</p> <ul style="list-style-type: none">• Wash your hands with soap and water after each contact with the infected person.• Use an alcohol-based hand sanitizer if soap and water are not available.	
<p>Wear mask and gloves</p> <ul style="list-style-type: none">• Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).	
<p>Dispose of gloves and mask after use</p> <ul style="list-style-type: none">• Take the gloves and mask off right after you provide care and dispose of them in the wastebasket lined with the plastic bag.• Take off the gloves first and clean your hands with soap and water before taking off your mask.• Clean your hands again with soap and water before touching your face or doing anything else.	
<p>Limit the number of visitors in your home</p> <ul style="list-style-type: none">• Only have visitors who you must see and keep the visits short.• Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.	
<p>Avoid sharing household items</p> <ul style="list-style-type: none">• Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the person under investigation.• After use, these items should be washed with soap or detergent in warm water. No special soap is needed.• Dishwashers and washing machines can be used.• Do not share cigarettes.	

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<p>Clean</p> <ul style="list-style-type: none">• Clean your home with regular household cleaners.• Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.	An icon showing a hand holding a spray bottle and a bottle of liquid soap, with another spray bottle in the background, all contained within a rectangular basket.
<p>Wash laundry thoroughly</p> <ul style="list-style-type: none">• There is no need to separate the laundry, but you should wear gloves when handling.• Clean your hands with soap and water immediately after removing your gloves.	An icon of a front-loading washing machine with a circular door and a control panel at the top.
<p>Be careful when touching waste</p> <ul style="list-style-type: none">• Place all used disposable gloves, facemasks, and other contaminated items in a plastic bag. Secure closure with twists or ties being careful not to compress the bag to avoid creating infectious particles in the air• Place this bag in another bag and dispose of separately from other household waste• Keep aside for at least 72 hours before putting into your usual external household waste bin. Other household waste can be disposed of as normal.• When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.• Clean your hands with soap and water after emptying the wastebasket.	An icon of a hand with a small droplet falling from the index finger, symbolizing infection or contamination.

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Taking care of your wellbeing

What can I do if I feel overwhelmed or distressed about being at home/hotel? It's normal to feel stressed or lonely while self-monitoring at home. Follow the recommendations below on self-care and wellbeing during self-monitoring at home.

“Together we are powerful. Our greatest enemy right now is not the coronavirus itself, it's fear, rumours and stigma. And our greatest assets are facts, reason and solidarity”. Dr Tedros Ghebreyesus – Director General at WHO. March 2020

While physical health is a priority, your emotional and mental health are as important. Though individuals cope very differently when facing challenging situations; feelings of fear and helplessness are common when facing a public health outbreak with a virus spreading by person-to-person contact. What triggers the fear, is dealing with an invisible threat where we can't fully rely on our own senses to determine physical exposure. This, not only triggers concern for our own health but also for the health of others around us as we may feel responsible towards the wellness of our loved ones (family, friends) and colleagues. As a result, it is normal to feel stressed, anxious, frustrated and even guilty in some cases. While there is no need to panic, preventive measures can be put in place to protect ourselves and those around us. Awareness and self-care become mandatory to help us cope and manage this challenging situation.

Strategies to coping with self-quarantine at home (quarantine)

- A. Set for yourself a healthy daily routine** by maintaining regular mealtimes, bedtimes and exercise time. This will benefit your general health and it can have a positive impact on your thoughts and feelings.
- B. Set a balance between your working hours and personal activities.** While telecommuting, it could be challenging to find the right balance between worktime and personal time. It is important to think of time allocated to “entertaining” activities that will take your mind off work and off the outbreak.
- C. Stay connected.** Physical isolation for self-monitoring and self-quarantine shouldn't become a social isolation. It is important to stay connected with others: reach out to friends, family and colleagues for social common chats. Reach out also to your usual support system: talking with those you trust the most about how you are feeling could help you better process what you might be going through and enhances your ability to cope.
- D. Seek accurate information** by getting news from reliable sources. Self-care starts by understanding the virus and how it spreads. Knowledge is the first step to managing stress and anxiety.
- E. Set time limits to watching news or being on social media following up on COVID-19.** Constant reading, watching, or listening to upsetting media coverage can unnecessary intensify worry and agitation. Take a break from news and social media. Focus on things that are positive in your life and actions you have control over.
- F. Follow protection and preventive recommendations** provided by the WHO and your local authorities.
- G. Draw on skills you have used in the past** that have helped you manage previous life's adversities. Use those skills to help yourself manage your emotions during the challenging time of this outbreak.
- H. Beware of unhealthy coping mechanism to deal with your emotions** (such smoking, drinking alcohol or using other drugs). If you feel overwhelmed, talk to a professional. Have a plan, where to go to and how to seek help for physical and mental health for when and if needed

RECOMMENDATIONS on PREPARATIONS: COVID-19 self-quarantine or social distancing

In these times of COVID-19, it is recommended that you prepare ahead of time in case:

1. you have to self-isolate (because you have a confirmed/suspected COVID-19 infection)
-or-
2. in your community, physical/social distancing becomes mandatory and there are limitations on movement

When self-isolating you won't be able to go out to get food, medications or other home supplies. Ask friends and relatives to pick up essentials for you or consider delivery service if available.

However, there may be situations when you cannot get the help you need from loved ones. Or if movements are strictly limited to enforce physical/social distancing, you might need to use stores of items that you've bought ahead of time.

What should you do to prepare?



How to prepare varies from location to location. Take into consideration what you expect to be accessible if COVID-19 becomes widespread in your location.

Be prepared for the possibility that during the COVID-19 outbreak many supplies may be limited, and mobility will be greatly reduced. Be sure to take the necessary steps to have your affairs in order and plenty of critical supplies on hand.

- Ensure ample supplies of ongoing and routine medications for self and family.
- Ensure medical insurance coverage.
- Purchase thermometers for each member of the family or if not feasible, disinfectant to clean the thermometer before and after each use.
- Consider stocking up on hygiene products, water, and food from two to six weeks.

What to consider stocking up on at home?

It is a good idea to ensure supplies for any emergency. Consider keeping a store of items to last from 2- 6 weeks. What we're looking at here is trying to minimize the impact of any shortages of food or goods that we rely on but, at the same time, you should not panic buy or hoard! Use your good judgement to assess what the availability of food and supplies will be in your location in case of self-quarantine or social distancing.

Water: If necessary, stock bottled water or store water in plastic containers such as soft drink bottles. Plan to store 4 liters of water per person per day (2 liters for drinking and 2 liters for household use). Water requirements will also depend factors such as temperature and humidity.

In hot seasons an individual's water requirement may double and children, nursing mothers and those who are ill often require additional supplies. Water purification kits or filters should be purchased if it is difficult to store large quantities of water.

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Food: Store a 2 – 6 weeks supply of non-perishable foods. Select some foods that require no refrigeration in case electricity is temporarily unavailable. As clean water may be limited, choose foods that require little or no water to prepare. Buy foods that fulfil the need for carbohydrate, protein, and fiber. We also want supplies for caring for the sick (or if you should get sick yourself) and cleaning supplies to try to reduce the spread of the illness.

Foods that you may consider are:

- Ready-to-eat canned meats and soups, fruits and vegetables
- Dry goods such as noodles (remember that you will need to allow for enough water to cook these items). Dry cereal, granola, dried fruits and crackers
- Canned juices
- Peanut butter or nuts
- Staples (salt, sugar, pepper, spices, etc.)
- High energy foods such as protein or fruit bars
- Food for infants — canned or jarred baby food and formula
- Comfort/stress foods
- Pet food

How should food items be stored?

- Keep food in the driest and coolest spot in the house — a dark area if possible.
- Keep food covered at all times.
- Open food boxes or cans carefully so that you can close them tightly after each use.
- Wrap cookies and crackers in plastic bags, keep them in tight containers to stop them from going stale and prolong shelf life.
- Empty opened packages of sugar, dried fruits and nuts into screw-top jars or airtight cans to protect them from pests.
- Inspect all food containers for signs of spoilage before use.
- If you lose power, minimize waste by using the food in your fridge first, then the freezer and then finally your non-perishable items.



Energy Sources

Probably you won't experience power or water interruptions but if in your location this may be an issue, consider:

- Consider buying extra provisions of candles, paraffin lamps, batteries, etc., as electricity may not be available.
- Consider how you might prepare foods without electricity or gas.
- Purchase a hand-crank radio/flashlight.

What medical items should be stored?



Emergency services may be limited during a time of crisis; therefore, make sure your home emergency medical kit is not out of date, check all supplies for expiry dates, and replace any items that are out of date or nearing the expiration date.

The most important supply is a thermometer. Buy in advance.

Stock up on prescription medications that you might need; for example, if one of your family members is diabetic, ensure that you have enough supplies for at least 6 weeks, or if someone has a heart condition, ask your doctor for an extra prescription so that you can have an emergency supply of all the medications your family members need.

Miscellaneous items:

You may wish to consider stockpiling the following items:

- Soap
- Pairs of medical grade non-latex gloves
- Antiseptic wipes
- Anti-bacterial ointment
- Cold pack
- Scissors (small, personal)
- CPR breathing barrier, such as a face shield
- Face masks (simple medical-surgical masks)
- Pain and fever reliever — remember to include both child and adult supplies
- Antidiarrheal medication
- Antacid (for stomach upset)
- Vitamins
- Fluids with electrolytes (an oral rehydration solution (ORS))

Other Supplies

- Extra bedding such as sheets, towels, plastic mattress covers, etc.
- Alcohol-based hand rub
- Garbage bags and cleaning supplies; viruses are easily cleaned away with formalin and iodine- based disinfectants. For bathing, soap and water is sufficient
- Spare contact lenses
- Denture and personal hygiene needs (tissues, toilet paper, disposable diapers)
- Hearing aid batteries
- Fire extinguisher (make sure you all know how to use it)
- A clock that runs off batteries (include spare batteries)
- Flashlight
- Extra batteries
- Portable radio
- Manual can opener
- Mobile phone charger/cable and portable charger (battery pack)



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Caring for yourself

The following are a few of the things you or those you are caring for can do to help reduce any respiratory illness symptoms.

- Rest and completely avoid rigorous exercise.
- Avoid contact with others.
- Stay at home.
- Drink plenty of fluids (a glass of water or juice every hour).
- Measure your temperature. If you are not allergic, if your temperature is over 38.4 C take paracetamol (also known as acetaminophen) to reduce fever and relieve pain. (It does not kill the virus, but it makes you feel better.)
- Gargle with warm water to ease a sore throat.
- Keep your nose clean with disposable tissues and throw the used tissues in the garbage. Wash your hands afterwards.
- Don't smoke.

GLOSSARY (World Health Organization--WHO) terminology is used):

- Transmission Classification (refer to WHO daily situation reports: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>):
 - Affected areas: are considered those countries, provinces, territories or cities experiencing ongoing transmission of COVID-19, in contrast to areas reporting only imported cases.
 - Countries (or areas) with:
 - Ongoing transmission: countries with community or local transmission
 - Community transmission is evidenced by the inability to relate confirmed cases through chains of transmission for a large number of cases, or by increasing positive tests through routine screening of sentinel samples.
 - Local transmission indicates locations where the source of infection is within the reporting location.
 - Imported cases indicates locations where all cases have been acquired outside the location of reporting.
- WHO Case definitions ([https://www.who.int/publications-detail/global-surveillance-for-human-infection-with-novel-coronavirus-\(2019-ncov\)](https://www.who.int/publications-detail/global-surveillance-for-human-infection-with-novel-coronavirus-(2019-ncov))):

The case definitions are based on the current information available and will be revised as new information accumulates. Countries may need to adapt case definitions depending on their own epidemiological situation.

 - Confirmed case
A confirmed case is a person with laboratory confirmation of infection with the COVID-19 virus, irrespective of clinical signs and symptoms.
 - Suspect case
 - A ill person with acute respiratory illness (fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness of breath), AND with no other aetiology that fully explains the clinical presentation AND a history of travel to or residence in a country/area or territory reporting local transmission (See situation report).of COVID-19 disease during the 14 days prior to symptom onset.
OR
 - An ill person with any acute respiratory illness AND having been in contact with a confirmed or probable COVID-19 case (see definition of contact) in the last 14 days prior to onset of symptoms;
OR
 - An ill person with severe acute respiratory infection (fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness breath) AND requiring hospitalization AND with no other aetiology that fully explains the clinical presentation.
 - Probable case: A suspect case for whom testing for COVID-19 is inconclusive (inconclusive being the result of the test reported by the laboratory).
 - Contact: A contact is a person that is involved in any of the following:
 - Providing direct care without proper personal protective equipment (PPE)² for COVID-19 ill persons
 - Staying in the same close environment of a COVID-19 ill person (including workplace, classroom, household, gatherings).
 - Traveling together in proximity (1 m) with a COVID-19 ill person in any kind of conveyance within a 14-day period after the onset of symptoms in the case under consideration.

For additional information:

WHO situation reports: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports>
[WHO's Advice on the Use of Masks the Community, During Home Care and in Health Care Settings in the Context of the Novel Coronavirus \(2019-Ncov\) Outbreak.](#)

When removing personal protective equipment, first [remove and dispose of gloves](#). Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, [remove and dispose of facemask](#), and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.