

SOP for Quarantine at Home

The purpose of the quarantine is to keep an individual under observation for signs/symptoms of COVID-19 infection. It is also to provide necessary medical support, and to prevent the spread of the disease to your immediate family members, friends/colleagues or to the community as you are exposed to the infection.

Any individual who are secondary contact (immediate family members, contact within 1 meter distance for a minimum of 15 minutes with primary contact) of Primary Contact (immediate close contact of the confirmed COVID-19 patient), or those returning from COVID-19 affected places and considered high-risk shall be put under home quarantine.

The duration of the quarantine shall be for a minimum of 14 days from the date of last close contact or arrival into Bhutan.

During the emergency, as per Article 33 (2) of the Constitution of Kingdom of Bhutan, 2008, the Fundamental Rights granted under Article 7 (2), (3), (5), (12) and (19) shall be suspended as per Article 33 (7).

Any individuals not complying and failing to cooperate shall be liable for the offence of Criminal Nuisance as per the Section 410 of the Penal Code (Amendment) Act, 2011 and for the offence of Obstruction of Public Service as per the Section 424 of the Penal Code, 2004.

Quarantine Procedures

The following measures shall be enforced:

- The person shall receive all necessary health education and precautionary measures to prevent COVID-19 infection and spread.
- A home quarantine measure flyer will be handed over to every individual who are advised home quarantine.
- An individual undergoing home quarantine shall wear protective face mask and follow cough etiquette and hand hygiene, and maintain social distance (avoid close contact within 1 meter, avoid talking face-to-face, kissing, hugging, etc) with family members, relatives or colleagues.
- Do not go out of house and avoid gathering
- Sleep in a separate room
- Monitor for clinical signs like fever, cough, shortness of breath, general weakness and body ache.
- Report immediately via telephone if you suffer from any of the above clinical signs to the designated Surveillance Team
- The designated health official shall monitor the health of the quarantined individuals once daily over the phone

Surveillance team

- Surveillance staff

1. Roles and responsibilities

- Monitor the health status (specifically for clinical signs like fever, cough, shortness of breath) of individuals undergoing home quarantine by calling them over phone once daily.
- Visit homes every 3-5 days intervals randomly
- If an individual show above COVID-19 clinical signs, report immediately to RCDC/District Laboratory Team for sample collection and analysis
- Provide counselling service as and when required.