



March 21, 2020

Guidance for Home Quarantine for COVID-19



‘Quarantine’ is the separation of a person who may have been in contact with a diagnosed case of COVID-19. It reduces the chance that the person can transfer the illness to others. *Persons in home quarantine are well with no symptoms.*

In Barbados, home quarantine measures may be conducted for:

- Persons travelling from COVID-19 affected areas
- Persons who have come into contact with a positive COVID-19 case
- Persons of interest who are deemed to be at high risk of being COVID-19 positive

WHAT IS COVID-19?

COVID-19 is a new virus that causes respiratory illness in people and can spread from person-to-person.

HOW DOES COVID-19 SPREAD?

Person-to-person spread is thought to happen mainly via respiratory droplets, produced when an infected person coughs or sneezes. This is a similar manner to that of influenza and other respiratory viruses. There may also be some spread when a person touches a surface or object that has virus on it and then touches his or her own mouth, nose, or eyes.

WHAT ARE THE SYMPTOMS OF COVID-19?

Patients with COVID-19 have reportedly had mild to severe respiratory illness with symptoms of fever, cough, sore throat and shortness of breath.

PERSONS IN HOME QUARANTINE

- Do not leave home for the period indicated by the health care worker
 - Under no circumstances should you leave home or attend social gatherings (e.g. weddings, funerals)
- Sleep in a separate room away from others
- Stay in your room alone as much as possible and restrict movement within the house
- Stay in a well ventilated room with attached or separate bathroom facilities where possible
 - If no separate bathroom available, clean and disinfect after each use
- Wash hands frequently including after using the bathroom (See below)
- Do not answer the door (arrange for other family members to do this)
- Do not have visitors to the house
- Use separate utensils and dishes for meals, and wash these separately
 - If others live at home, you are to stay in the room and have meals delivered (do not go into the kitchen to cook)
- Have temperature taken twice daily and recorded
- **Telephone** your health care worker immediately if any symptoms develop such as fever, cough, sore throat or shortness of breath

Please refer to the Cleaning and Disinfecting for COVID-19 Document for further guidance.

CONTACT NUMBERS

Ministry of Health and Wellness Hotline	536-4500
Senior Medical Officer of Health (North)	836-3527
Chief Medical Officer	836-3513
Ambulance	511

OFFENCES UNDER THE QUARANTINE ACT

Persons who are guilty of any offence under the Quarantine Act can be fined or be imprisoned.

HAND WASHING

Hand washing is an essential part of personal hygiene and is essential in preventing the transmission of infection.

Proper hand washing and drying should be carried out:

- Before and after preparing food if you are living alone
- After going to the toilet
- Before and after eating
- After coughing or sneezing or blowing your nose

