

Guidelines for COVID-19 Cases & Close Contacts

Guidelines for COVID-19 Cases & Close Contacts

Who is a COVID – 19 confirmed case?

A person with a positive PCR test result for COVID – 19, regardless of clinical symptoms, is considered to be a confirmed case. It is important to note that the result should be from an approved medical facility.

What are the signs and symptoms that require you to seek urgent medical care and visit the nearest health facility? Icons can be used

1. Shortness of breath
2. Chest Pain/ Chest tightness
3. Worsening Headache (score > 7/10)
4. Stomach Pain
5. Palpitation
6. High fever (more than 38.5 C)
7. Sore throat
8. Cough
9. Loss of sense of smell and taste

Isolation

When does the isolation end for a person with COVID – 19?

- After completing 5 days of isolation after the first positive result with improvement in symptoms.

Is it required to have a negative PCR test to end isolation?

- A negative PCR test is not required to end isolation.
- The criterion for ending isolation is completing 5 days of isolation from the date of taking the PCR test.

How long does it take to recover?

The COVID – 19 virus is a new strain of coronavirus and its nature may evolve. Scientific evidence has found that the recovery period depends on the person's immunity and level of fitness. For most cases, a (5-day) isolation period is the maximum period.

Can I obtain an isolation completion certificate?

The certificate will be autogenerated from AlHosn Application and obtained automatically after completing 5 days of isolation.

What are the conditions and requirements for home isolation?

Confirmed COVID – 19 patients who are asymptomatic or have mild symptoms and can fulfil the home isolation criteria which include:

- Availability of a separate room with a private bathroom
- Patient's health is stable
- Availability of means of communication such as an active phone number
- Patient and household members are capable of adhering to the precautions recommended as part of home isolation.
- Availability of a first – aid kit that includes a thermometer – pulse oximetry

People at high – risk from COVID – 19, include: Icons can be used

- **People above 60 years**
- **People with health issues such as:**
 - Diabetes mellitus
 - Serious health conditions such as ischemic heart disease
 - Uncontrolled hypertension
 - Chronic lung / respiratory disease including moderate to severe asthma
 - Chronic kidney disease and renal failure
 - Chronic liver disease
 - Cancer patients who are still undergoing treatment
 - Patients who use biologics or immunosuppressive – medications
 - Patients with a history of transplant
 - People of any age with severe obesity (body mass index [BMI] > 40) or people with certain underlying medical conditions, particularly if not well controlled
 - Any health condition that may compromise immunity
- **People of Determination**
- **People staying at long term care centers**

What should the patient do while in home isolation?

- Isolate from other people in the house for the entire 5 days of isolation even if you are healthy or showing no symptoms.
- Download and register in the EHS app and follow the required steps.
- Monitor your symptoms and measure your temperature regularly.
- The patient and the family should read all the guidelines provided.
- The patient should use disposable cutlery and plates when eating and immediately dispose of them.
- The patient should preferably do their own laundry. If not possible, the person should use separate laundry and bags in the isolation room and gather all contaminated items in a separate waste bag.
- Wash your hands regularly and cover your mouth when you sneeze or cough.
- It is preferable to use an automatic bin that doesn't require touching contaminated items.
- Ensure that household staff follow all precautionary measures when managing waste or laundry.

What is required from the family of the patient during home isolation?

- Household members should stay in a different room away from the patient.
- A surgical mask should be used in the presence of other people or if the patient is visited by healthcare staff.
- Hands should be washed often and thoroughly with soap and water for a minimum of 20 seconds especially before and after preparing food, after using the toilet, whenever you remove your gloves and face mask or if your hands are dirty. It's preferable to dry your hands with a paper towel.
- Avoid touching eyes, nose and mouth with unwashed hands.
- The number of caregivers should be limited for patients who require assistance. Ideally, the person who is assigned should be in good health and should have no underlying chronic conditions.
- Correctly discard disposable surgical masks and disposable gloves after every use.
- Surfaces in shared areas such as door handles, taps and benches should be thoroughly cleaned and sanitized. Ensure that shared spaces are well-ventilated.
- Wash laundry thoroughly and ensure that the clothes of the confirmed case are collected in a separate basket. It is important that the clothes are washed and hung for exposure to the sun separately from the rest of the household members' clothes.
- A good practice is for meals to be provided to the patient by leaving them at the doorstep of the patient's room using disposable plates and utensils, without any contact with the household members.

Close Contacts

If I have been in contact with a positive COVID-19 case, do I have to self-quarantine?

- No quarantine is required for people who have been in close contact with COVID -19 case, and they can resume their daily activity.

Do I have to get tested if I have been in contact with COVID-19 patient?

- No testing is required for people who have been in contacts with COVID-19 patients, testing is ONLY required if they develop symptoms.