



GUIDELINES ON INSTITUTIONAL QUARANTINE FOR COVID-19

1. What is Institutional quarantine?

This is a transparent restriction of persons' activities when they are not ill with COVID-19 for the purpose of protecting unexposed members of the communities from contracting the disease should any person at risk become sick.

This is particularly important for persons who may have been in contact with a person who has signs and symptoms of COVID-19 or is suffering from the disease or has travelled from one of the areas with high transmission of COVID-19.

This means one will stay at a facility identified by the Government without mixing with family members or the general public for the mandatory period of 14 days. However, individuals will be required to interact only with surveillance officers dressed in appropriate Personal Protective Equipment (PPE) who will come daily to carry out a medical check-up.

Institutional quarantine is intended to facilitate early detection of ill health due to COVID-19 and to prevent its spread in the communities, to loved ones and/or other countries or areas.

Please note that travelers from high risk countries will be institutionally quarantined at their own cost.

2. Who should undergo institutional quarantine?

- Travellers coming from countries/territories/areas with active transmission of COVID-19 as analysed and designated by the Ministry of Health (refer to the list of Category 1 countries) shall be quarantined for 14 days at a facility identified by Government.
- Any individual who has been in close contact with a person confirmed to be having Coronavirus disease will be quarantined for 14 days.

3. How will I travel from the Point of Entry to the place of quarantine?

- Government is providing transport to all travellers from the high risk countries from the point of entry to the designated facility
- Ensure adequate ventilation throughout your trip
- Avoid contact with the driver or any other support staff.

4. How will I be monitored during institutional quarantine?

The Ministry of Health surveillance team will come to the designated facility to monitor you daily for 14 days.

5. Do family members or other people I live with also need institutional quarantine?

No family members or friends are allowed to visit you while you are under institutional quarantine. However, if there is any financial support that you require during this period, your next of kin can send it through the management of the institution.

6. What should I do for effective institutional quarantine?

If you are under quarantine, you are advised to observe the following prevention and control measures:

- Stay in a well-ventilated room **ALONE** with separate hygiene and toilet facilities. Ensure you disinfect it after use using the provided disinfectants or soap and water.
- Ensure that you have adequate food, water, hygiene provisions and appropriate medical treatment for existing medical conditions while in quarantine.
- Ensure that you have the necessary communication facilities e.g. mobile telephone to communicate with family members and other people while in quarantine.
- Always wash your hands with soap and water regularly or use an alcohol-based hand rub
- Cover your nose and mouth with a handkerchief or tissue when coughing and sneezing. Throw away used tissue immediately into a dustbin or burn it and wash your hands immediately with soap and water or an alcohol-based hand rub. The handkerchief must be washed, dried and ironed by you daily.
- Avoid sharing toothbrushes, utensils, dishes, drinks, towels, clothes or bed linen with anybody in your home.
- Clean and disinfect frequently touched surfaces such as doorknobs/handles, bedside tables, bedframes, and other bedroom furniture daily with regular disinfectant or soap and water
- Clean and disinfect bathroom and toilet surfaces at least once a day with available disinfectants or soap and water.
- If you develop symptoms of acute respiratory infection, including fever, cough, sore throat and difficulty in breathing, please call the Ministry of Health toll free lines on **0800-100-066 or 0800-203-033** or any other contact provided by the surveillance team for immediate help

7. What happens if I do not comply with institutional quarantine orders?

Institutional quarantine is **MANDATORY** for a period of 14 days. All those who will not comply with these guidelines will be dealt with as provided for in the laws of Uganda.

What should I do to keep my spirit up under quarantine?

Being under quarantine can be frightening. The following should be done to reduce anxiety:

- Talk to the other members of the family about the COVID-19. Understanding this disease will reduce anxiety.
- Reassure young children using age-appropriate language.
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that quarantine won't last for long.
- Keep in touch with family members and friends via telephone, email or social media.
- Exercise regularly from your quarantine area.
- Ensure that you drink at least 8 glasses of water every day to keep hydrated.
- Eat all your meals in a timely manner.

8. What happens when I complete the 14 days of quarantine?

- If you complete the 14 days of quarantine without any symptoms, the surveillance team/health authorities will formally discharge you from follow up and you will be free to go about your usual activities.
- A medical certificate of completion of self-quarantine will be issued to you.

9. What happens if I develop symptoms during the 14 days of quarantine?

If at any time during your 14 days of self-quarantine, you develop symptoms, you should seek medical attention immediately by calling the following officers, call the Ministry of Health toll free lines on: **0800-100-066, 0800 203033.**