

HOME QUARANTINE AND HOME ISOLATION GUIDELINES





ABOUT QUARANTINE AND ISOLATION

Carefully read the below definitions to understand what each of these directions mean and which one applies to you.

WHAT IS QUARANTINE?

Quarantine applies to people who are believed to have been exposed to COVID-19 or are suspected of having COVID-19 due to having symptoms. If this is you, you will be required to quarantine at a suitable premises for the period instructed by Ministry of Health and Wellness until you receive your result.

If the risk is high, you may be required to quarantine at a government-managed quarantine facility. However, now you will be given the option to home quarantine, as long as you meet the criteria. The exact period you will need to quarantine will depend on your circumstance.

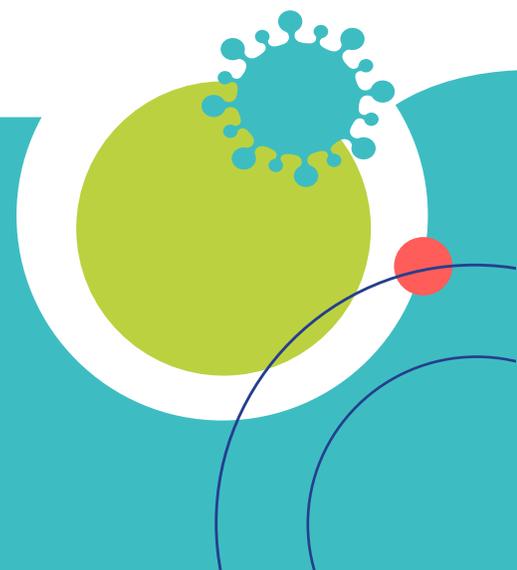
WHAT IS ISOLATION?

Isolation applies to people who have been diagnosed with COVID-19. Similarly to quarantine, you may have the option to home isolate if you meet both the health and location criteria outlined below.

If you have been told to **isolate** because you are a confirmed case of COVID-19, **you must not leave isolation until you are cleared by medical personnel.**

* For medical emergencies, call 511 and notify the dispatch personnel that you have had exposure to COVID-19 or have tested positive for COVID-19. Tell them any symptoms you may have.

Quarantine and isolation are very important to prevent the spread of COVID-19 in Barbados. If you have been told to quarantine or isolate, you must do so for the full amount of time that you have been instructed to or until informed by The Ministry of Health and Wellness you no longer need to quarantine or isolate. **Breaching quarantine or isolation may cost you up to \$50,000 or one year jail.**



ABOUT QUARANTINE AND ISOLATION



WHAT DOES IT MEAN IF I HAVE TO QUARANTINE OR ISOLATE?

If you've been told to quarantine or isolate, you must stay at the location where you have been directed for the amount of time you have been told to. Depending on your situation, this may be a government managed facility or if you meet certain guidelines, your home. The length of time you will need to quarantine or isolate will depend on your circumstances.

WHY WILL I BE ASKED TO QUARANTINE OR ISOLATE?

If you are in quarantine or isolation, it is because you may have been exposed to COVID-19 and are at a higher or increased risk of being infected or passing on the virus. You may be asked to quarantine or isolate for a number of reasons, including if:

- you are a close or casual contact of a confirmed COVID-19 case
- you are waiting for your COVID-19 test result
- you have returned a positive COVID-19 test result



GUIDELINES FOR APPROVED HOME QUARANTINE AND HOME ISOLATION



IF YOU QUALIFY FOR HOME QUARANTINE OR HOME ISOLATION:

- **Stay at Home. Do not go to work, school, the supermarket, the pharmacy, the beach, or any other place. Do not go for a walk or visit any other locations.**
- **No visitors. Do not allow visitors to enter your home. If a visitor is delivering food or other essential items, ask them to leave the package outside the door. Do not interact with visitors to your home while in quarantine or isolation.**
- **Stay in your bedroom. Stay in your room as much as possible and stay away from anyone else that lives in your house. If possible, you should not share a bathroom with other people.**

FOLLOW THESE TIPS TO PREVENT THE SPREAD OF GERMS IN YOUR HOME:

- Clean your hands several times a day with either: soap and water or hand sanitiser.
- Cover your mouth if you cough or sneeze, and then wash your hands.
- Try not to rub your eyes or touch your nose and mouth.
- Do not share personal items with other people in the house. E.g., plates, knives and forks, toothbrushes, towels, toiletries and bedding.
- Clean surfaces* you may often touch, such as light switches, doorknobs, taps, tabletops or countertops.
- Wear a face mask if you are moving to other rooms in your house.
- Dispose of used, disposable face masks in a closed container. Do not reuse.
- Wash clothing and bedding separately and hang in a sunny, well-ventilated area to dry.
- Do not share food or drink nor prepare or serve food with others.

*Cleaning solutions

Use household disinfectant sprays, antibacterial wipes, disinfectants or bleach solutions (one part bleach to four parts water) to sanitise surfaces.



GUIDELINES FOR APPROVED HOME QUARANTINE AND HOME ISOLATION



RECOMMENDED SELF-CARE AND MONITORING:

Get lots of rest, eat well and stay hydrated. Try to eat healthy meals and drink lots of fluids. Make sure to look after yourself if you qualify for Home Quarantine or Home Isolation. Take your temperature twice daily.

If symptoms develop and you have any of the following, immediately call for help: trouble breathing, persistent pain or pressure in the chest, confusion, difficulty staying awake, pale, grey, or blue-coloured skin, lips or nail beds, depending on skin tone.

If you develop a fever or any known symptoms stated earlier, **call for emergency help (511 or COVID-19 Call Centre for Home Quarantine and Home Isolation 536 1800).**

Do not leave home to visit a doctor, polyclinic or the QEH.



CONDITIONS FOR HOME QUARANTINE OR HOME ISOLATION



QUALIFYING FOR HOME QUARANTINE OR HOME ISOLATION

In order to qualify, first your health status will be evaluated by a medical team. Not only is your health and safety our priority but the safety of others as well.



RULES FOR APPROVED HOME QUARANTINE AND HOME ISOLATION

To protect yourself and others, you will be asked to follow certain rules. You will have to stay in your house until you have received the required negative results from testing and the all-clear from the Ministry of Health and Wellness. If you have questions regarding home quarantine or isolation, call the COVID-19 Call Centre for Home Quarantine and Home Isolation at 536-1800.



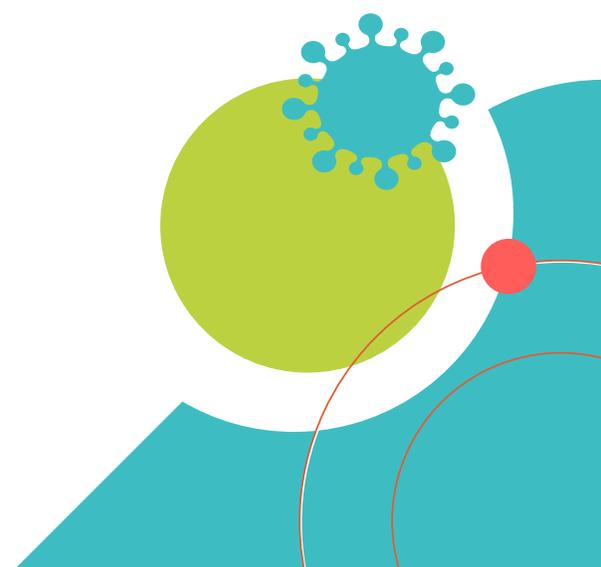
SAFETY AND SECURITY CONSIDERATIONS

One of the conditions for qualifying for Home Quarantine or Home Isolation is agreeing to wear a GPS tracking device.



PENALTY FOR BREACHING HOME QUARANTINE OR HOME ISOLATION

Breaching quarantine or isolation may incur a monetary penalty of up to \$50,000 or one year in jail.



HOME ISOLATION STEPS

VS

HOME QUARANTINE STEPS

If you have had a positive COVID-19 test result AND you qualify for home isolation you must follow these Home Isolation steps to help stop the spread of the virus. If you are awaiting test results and you have symptoms you should also follow these steps.

Recovery in Home Isolation

If your symptoms are mild and you qualify for home isolation you may be allowed to recover at home. You will have to STAY at HOME until you have recovered and can no longer infect anyone.

Number of Days of Home Isolation

- A minimum of ten days after start of illness AND
- At least 24 hours with no fever (without using medication to reduce) AND
- You are feeling much better

If you do not have symptoms, you must stay away from others for ten days after your positive test.

Monitor your symptoms daily. Seek medical attention if they worsen especially if you are at a *higher risk of serious illness.

Contact Tracing

If you have tested positive you will be asked to provide the names of people you have had close contact with for 48 hours before your symptoms began.

Quarantine for Close contacts

Anyone who has been in close contact with you may be asked to get tested and to follow quarantine steps.

* Higher risk of illness – if you are over 60 years old or have conditions such as asthma, diabetes, heart, lung or kidney disease, high blood pressure or are a cancer survivor, you may be at higher risk.

If you have had close contact with someone who tested positive for COVID-19, you may be asked to get yourself tested. In addition, you may be required to quarantine in your home for up to ten days.

Quarantining at Home

You are staying at home to see if you develop symptoms. You should avoid contact with others, stay away from work, supermarket and not allow visitors.

Number of Days of Home Quarantine

- You should stay at home for **5** days even if you have a negative test.
- If you develop symptoms while you are in quarantine, you will need to get tested.
- If you test positive and you qualify for Home Isolation you will need to follow the Home Isolation steps (at left).
- If you do not have symptoms and you are no longer in contact with someone who tested positive then you can resume regular activity after **14** days

*** For medical emergencies, call 511 and notify the dispatch personnel that you have had exposure to COVID-19 or have tested positive for COVID-19. Tell them any symptoms you may have.**





FOR MORE INFORMATION:

**COVID-19 CALL CENTRE FOR HOME
QUARANTINE AND HOME ISOLATION:
536 1800**

**COVID-19 HOTLINE:
536 4500**