



Home Isolation Guide

For Healthcare Providers



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Introduction

This document serves as a comprehensive guide for home isolation experience that is supported by the DoH and ADPHC through real-time tele monitoring. It will leverage on several collaborations with key stakeholders to offer Tele-medicine services and home care as needed.

This guideline is subjective to review and further updates based on the concerned health authorities directions, and the prospected surge in COVID-19 cases and limitation of healthcare resources capacity where the demand for healthcare service provision exceeds the supply.

Categories to which this guide is applicable

Home isolation:

This category applies for confirmed positive cases of covid-19 yet the patient is asymptomatic/mild symptoms and has no risk factors, the confirmed case will be given the home isolation instructions and the monitoring watches that will be installed for him/her for tele-monitoring purposes.



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Inclusion criteria

- All age groups.
- Asymptomatic/mild symptoms.
- Responsible educated individuals that are committed to implement home isolation measures.
- Home condition permits isolation he/she lives alone or in a separate extension outside the house.

Exception can be granted for positive mother who has a toddler (below 2 years) who is not infected.

Exclusion Criteria (High risk patients)

1. People who live in a nursing home or long-term care facility
2. Other high-risk groups are cases with uncontrolled chronic condition:
 - a) People with chronic lung disease e.g. asthma and COPD
 - b) People who have any cardiac disease
 - c) People who are immunocompromised
 - d) Uncontrolled underlying chronic medical conditions, such as diabetes, renal failure, or liver disease.
 - e) Patients with underlying Psychiatric illness.
 - f) Others as per the treating physician recommendation.



***Patients that have comorbidities to be admitted 48 hours observationally and reassessed for HIP enrollment.**

Not Eligible for tracker installation:



(Below categories – on Estijabah must be selected as Not Eligible)

Below cases are not eligible for tracker application and they have to sign the e-consent (self or guardian) on Estijabah HIP platform and reason is noted:

1. Cases below 18 years of age.
2. Cases above 70 years of age.
3. People of Determination

Additional Services:

All patients are offered the following:



Tele-monitoring

Home Care PCR testing



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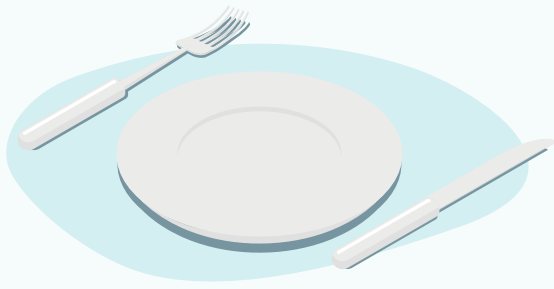
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Catering:

Three main meals every day for the period of isolation

Laundry:

4 bags of laundry (service is offered three times every week)



Waste Management:

Waste collection twice a week

Prerequisites for home isolation



- The setting is accepted for home isolation as per the check list.
- Patient is taken an informed decision, signed undertaken form and fully aware of the legal consequences of none compliance.
- The treating facility must assess whether the patient and his family are able to adhere to the precautions recommended for home care (e.g. hand hygiene, cleaning, and movement restrictions around or from the home) and can address safety concerns.

Follow up plan and Criteria of ending home isolation



- DoH supply the home-isolated patients with the necessary supplies during the isolation period, such as masks, hand sanitizer, antibacterial tissues and thermometer.
- Patients/caregivers will be contacted regularly by phone to monitor clinical progression and adherence to isolation measures by the Home Isolation Team and/or Tele-medicine specialists.
- If patient was diagnosed with positive COVID 19 with moderate to severe symptoms; after 2 consecutive negative tests taken 24-hours apart, completion of 7 days home quarantine after first negative test and the patient is clinically stable with no active complaints, he/she are rendered non-infectious and home isolation will be terminated.
- If patient was diagnosed with positive COVID 19 with mild symptoms/asymptomatic; after 2 consecutive negative tests taken 24-hours apart or after completion of 10 days isolation after first positive test and the patient is clinically stable with no active complaints, he/she are rendered non-infectious and home isolation will be terminated (No quarantine required).
- In case of clinical deterioration or new symptoms developed, patients will be advised to attend to the nearest hospital. Patient will be instructed to wash hands and wear a mask during transfer to the hospital and avoid public transportations.

Patient Education



- Patients and family members should be educated about personal hygiene, basic infection control measures, and how to take care of the family members who are suspected/confirmed COVID-19 as safely as possible to prevent the infection from spreading to the rest of the family.

Monitoring/tracking of isolated patients

- Follow-up the patient's health condition as required and ensure the commitment of the patient and his family to the isolation instructions.
- Call the patient or a family member using the appropriate form or establish the application for monitoring the patients.
- Ensure the patient adherence to isolation by the appropriate means.
- Using the tracking device for positive reinforcement and engagement of the users.



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Home isolation instructions sheet for confirmed case of COVID-19



Go home immediately either by the ambulance or by your personal car and do not use public transportation (buses, taxis, trains).

Any person healthcare provider/site that does not follow this will be liable as per the UAE laws and regulations of communicable diseases.



Stay at home for 10 days in an isolated well ventilated single room with a window and bathroom if possible and keep the door closed.



Wear the "Stay Home" watch at all times and do not try to tamper with the watch as it will break and you may face charges (it is waterproof).



Get a non-perishable food stock for minimum two weeks in the store. The Department of Health Abu Dhabi and Abu Dhabi Center ensure providing you with the main meals, however you can store long-term items, such as powdered milk, canned, frozen vegetables and sterilizers. You are requested to contact the Supply Department after selecting meals from the attached menu and disclose any allergies or restrictions on the food set through the following numbers to start delivering the meals:

0565061145 - 025055222 - 0549950014
0565454372 - 0549939822



Maintain hand hygiene and personal hygiene



Self-monitor your symptoms on a daily basis such as checking your temperature and recording any changes (refer to symptom checker list).



Ensure you have adequate quantities of disposable tissues, napkins and gloves.



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Make sure you have enough prescription drugs that need to last two weeks.



Do not share utensils and personal hygiene items with anyone else in the house. Use disposable items whenever possible.



Stay connected with your family and friends through phone, social media platforms for support.



Your clothes, bed sheets, bath towels can be cleaned with regular laundry soap, water or washing machine at a temperature of 60-90 ° C with common household cleaners and dry them well. If a family member is doing this he/she must wear gloves and mask handling the clothes before cleaning and discard them appropriately.



Set a daily routine to get through the day and achieve some errands (see suggested activities list).



If you have family or friends supporting you, agree to place groceries or other supplies at your front door.



Maintain a healthy lifestyle; healthy nutrition, stay active, hydrated and get enough sleep.



If you are sharing any facilities in the house, use a mask (discard appropriately), maintain physical distance of 2 meter and preferably use it last and ensure proper disinfection and thorough cleaning after use.



Dispose your trash in a sealed trash bins and/or bags for proper disposal. Keep the bag outside the door of your room (not outside the house) for collection by responsible authorities (more information will be shared).

- For any queries related to the electronic watch, call 02 4493333
- For any general queries related to COVID-19 call 8001717



Startup kit supplies

The Department of Health and Abu Dhabi Public Health Center cares for your wellbeing, hence we provide you with the below supplies for a smooth home isolation and/or quarantine period.



Face Mask



Before putting on a mask, clean your hands with soap and water or alcohol-based hands rub.



Cover your mouth and nose with a mask and make sure there are no gaps between your face and the mask.



Avoid touching the mask while using it; if you do, clean your hands soap and water or alcohol-based hands rub.



Replace the mask with a new one as soon as it is damp and do not re-use single-use masks.



To remove the mask: remove it from behind the ears (do not touch the front of the mask); discard immediately in a closed bin; clean hands soap and water or alcohol-based hands rub.



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Hand Sanitizers

Clean your hands with soap and water or alcohol based hands rub after coughing or sneezing /when hands are dirty, before, and after eating. Maintaining a habit of regular hand washing/hand sanitizing is a basis in preventing many health risks, and limits the spread of infectious diseases.

Antibacterial Napkins



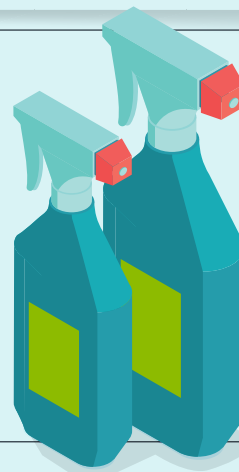
Hands to be cleaned with the napkins in case hand sanitizer is unavailable

Body temperature measuring device



Self-monitor your symptoms on a daily bases checking your temperature and recording any changes

Disinfectant for the isolation site cleaning:



Use either the surfaces wipes to clean the surfaces or the concentrated solution of Chlorine as shown in the next page.



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How to Make Strong (0.5%) Chlorine Solution from 70% Chlorine Powder

01__

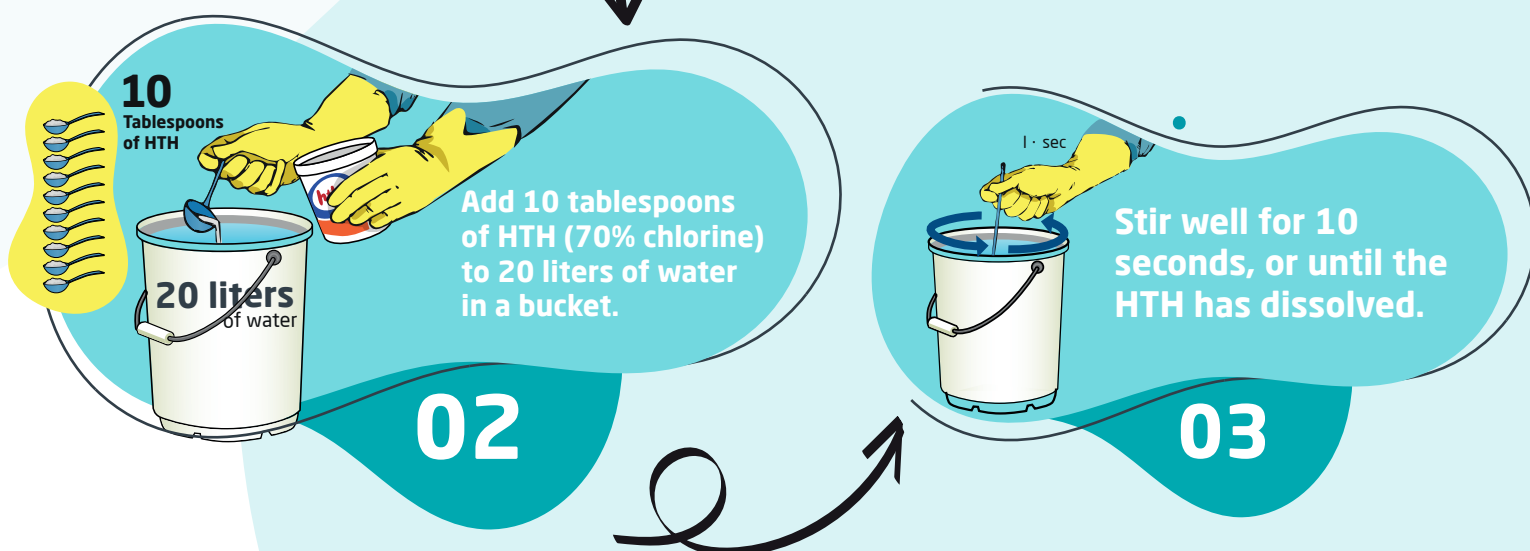
Use strong (0.5%) chlorine solution to clean and disinfect surfaces, objects, and body fluid spills.

02__

Make new strong (0.5%) chlorine solution every day.

03__

Throw away any leftover solution from the day before.



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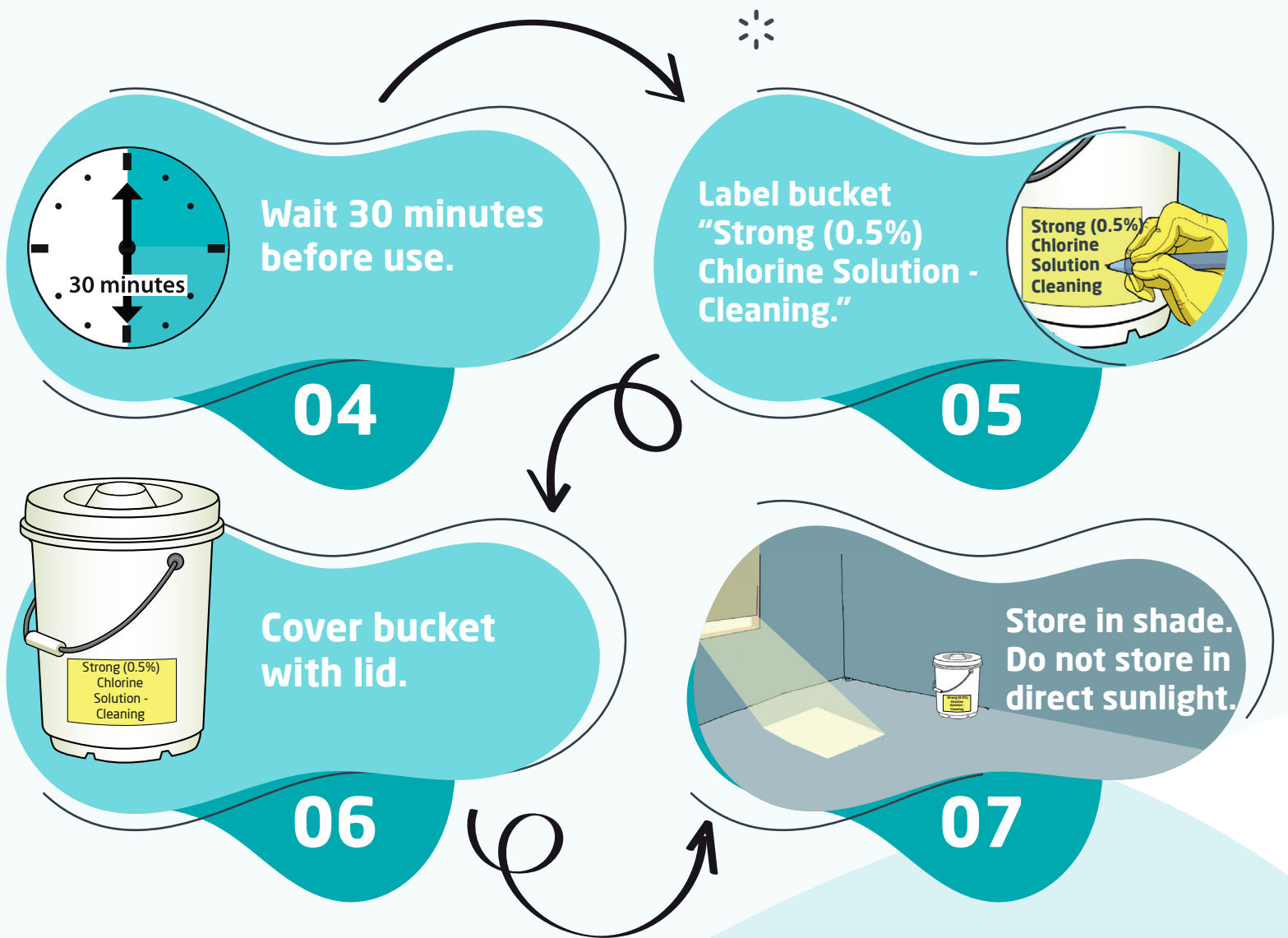
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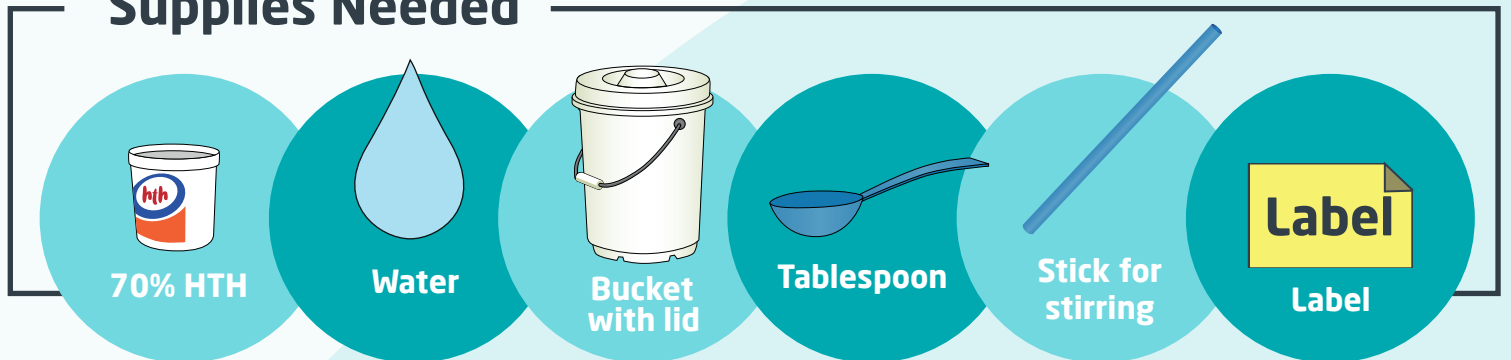
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Supplies Needed



WARNING



Do NOT drink chlorine water.



Do NOT put chlorine water in mouth or eyes.

Home Quarantine Watch Instructions

Watch Placement



The nurse in charge will place the home quarantine electronic watch and introduce you to charging it. The watch is waterproof hence; you may shower while it is on your wrist. Don't try to manipulate the watch as you will face legal charges in case of damage to the watch.



Battery Charging

Dear user, please note that you will need to keep the watch charged at 80% at all times. To ensure this you will need to follow the below instructions:

1. Charge the power bank (this will take 3 hours to fully charge).

(A)

The red light signal will start flicking (its charging)

(B)

The red signal will stop flicking (power bank is full)

2. Charge you watch (this will take about 3 hours).

(A)

Place the power bank on your watch on your wrist (hear the click)

(B)

Blue light will show (its charging)

(C)

The blue light will start flicking (the watch is fully charged)

3. Re-charge the power bank immediately and keep it ready for the next charge (repeat step number 1).

4. Repeat charging the watch at least twice a day. In case of facing any challenges, call Stay Home hotline on 8001717

5. Location Sharing:

Please share the following through our Whatsapp number 0565461146:

1. Your location
2. Emirates ID, Passport Number
3. Electronic watch number mentioned on top of watch box



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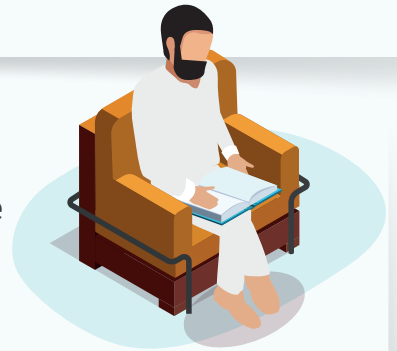


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Suggested Activities List

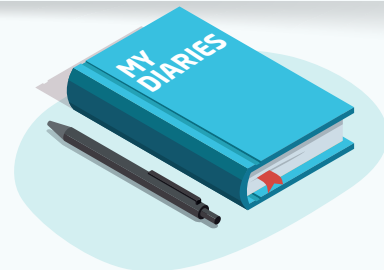
Read a book

If you do not have a book, visit the following link for the Book Companion of Solitude initiative to download the electronic version of any of the available books.
<https://www.adphc.gov.ae/en/COVID-19/Awareness-Publications> If you don't have a book you may ask a friend/family member to drop you some books at your door. Alternatively, you may order a book online or read online books.



Write your diaries

Use your own words to explain this journey. Your thoughts, experiences, changes you may notice on yourself and your emotions. Who knows, you could publish it one day.



Workout

Yoga, stretch or simply walk back and forth in the room. There are plenty of simple exercise routine online. Social media platforms also have lots of home workout routines that are live and engaging.



Follow the reliable sources of information

On the news, social media platforms to stay updated about the what is happening in the world.



Learn a new skill

practice public speaking, presentation skills or any other competency that you want to develop.



Make a short video

Make a short video about your own experience and share it with family and/or friends.



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Suggested Activities List

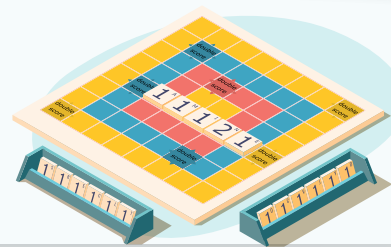
Attend online training courses

try:
<https://www.coursera.org/promo/wellness-free-courses>,
<https://www.edx.org/> or any other free online courses platform.



Play some old school games

complete a puzzle, scrabble, sudoku or others.



Take a google virtual tour

Take a google virtual tour in one of the National museums such as the National Gallery
<https://www.nationalgallery.org.uk/visiting/virtual-tours> or the grand mosque at
<https://www.p4panorama.com/panos/Sheikh-Zayed-Grand-Mosque-AbuDhabi-UAE-360-degree-virtual-reality-tour/> or any other online tours to historical places.



Color, doodle or even draw

Get those pencils and coloring pens and explore your abilities. You can ask family or friends to print for you some mandalas <https://www.free-mandalas.net/>.



Share your activities with us

Add your activities and share it with us in Abu Dhabi Public Health Center @adphc_ae Instagram account and your friends.



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Symptoms Checker

The patient should seek an urgent medical care and visit the nearest hospital if he has any of following symptoms:



Shortness of
Breath



Chest Pain/
chest tightness



Conjunctival congestion
and itchy eyes



Syncope/
dizziness



Blue lips and
face



Intractable
vomiting



Diarrhea > 6
times/day



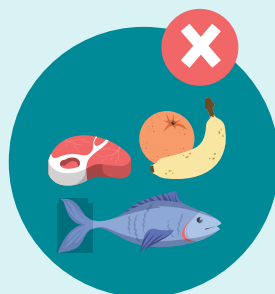
Worsening Headache
score > 7/10



Palpitation



Hemoptysis



Loss of appetite

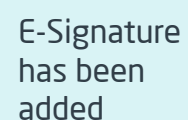
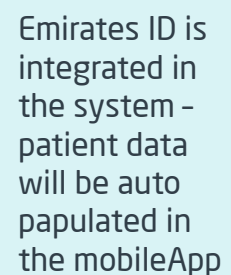
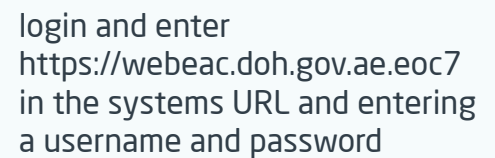
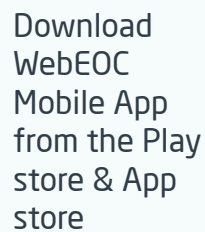


Reduced urine
output/ stop
passing urine



High fever (more
than 38.5 °C)

Healthcare providers can also enroll eligible patients on the home isolation program through downloading the application:



Home Isolation Program Enrollment

Healthcare providers can also enroll eligible patients on the home isolation program through downloading the application:

1

Open Google Chrome

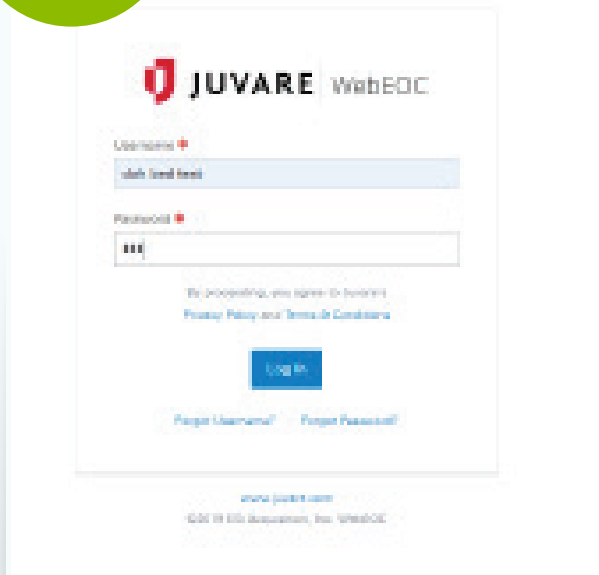


2



3

Type user name & Password



5

Click on New Undertaken



4

Access Estijabah Main menu



Home Isolation Program Enrollment

6

Type the Emirates ID; then search to have the information filled automatically

* The mandatory fields are marked with *

7

Fill the checklist

8

Read and sign the undertaking form. Click on accept then save.

Home Isolation Program Enrollment

9

Click On Undertaking forms list icon



10

You can view and update all the signed forms.

Registration ID	Tracking ID	Status	Address	Gender	Age	Nationality	Name	Email ID	Signed By	Date Time	#
123456	123456	Signed	123456	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	1
123457	123457	Signed	123457	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	2
123458	123458	Signed	123458	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	3
123459	123459	Signed	123459	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	4
123460	123460	Signed	123460	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	5
123461	123461	Signed	123461	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	6
123462	123462	Signed	123462	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	7
123463	123463	Signed	123463	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	8
123464	123464	Signed	123464	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	9
123465	123465	Signed	123465	Male	30	Emirati	John Doe	john.doe@adphc.gov.ae	John Doe	2020-12-14 14:14:14	10



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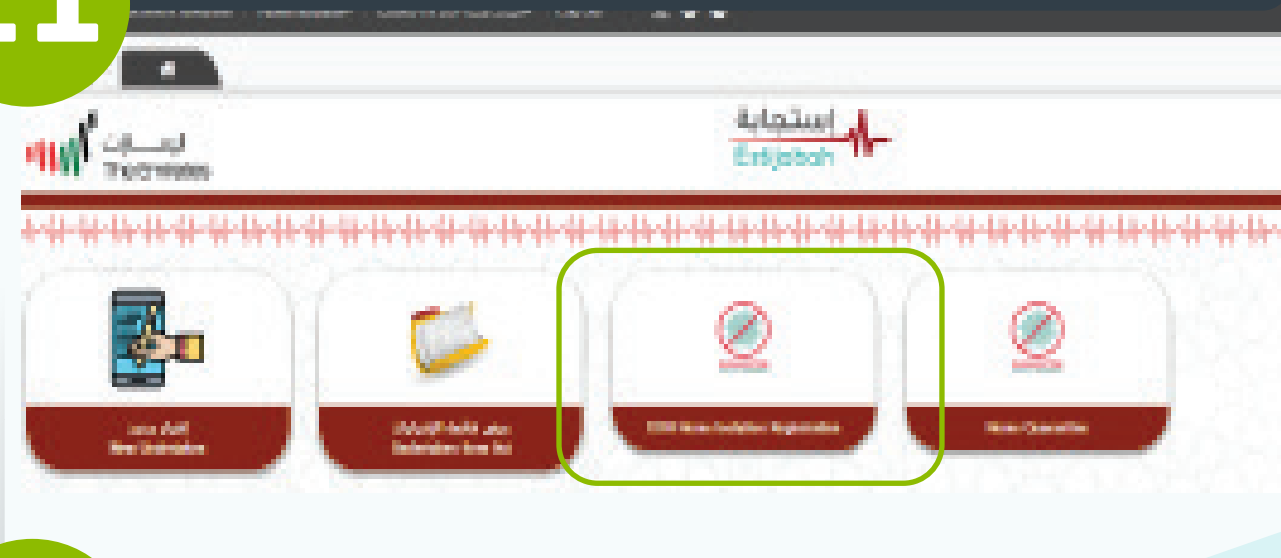


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Access to Home Isolation Registration

11

Click On DOH Home Isolation



12

Home Isolation Registration



13

Fill the details then save

You can create new record or update existing record

Boost your immunity

During isolation period, you are confined and naturally doing less of your usual daily activities. Below is advice to help you and your family to stay healthy at home during this period of confinement.

Get Enough Sleep

Research has demonstrated, that sleep deprivation affects the immune response which acts immediately to prevent the spread of an infection. Try to get a restful 7 - 8 hours of restful sleep every night. Below are some strategies for a good night sleep:

- Get up at the same time every day
- Limit your caffeine consumption after 2 p.m.
- Exercise at least 4 hours before bedtime
- Stop your electronic activities 1 - 2 hours before your bedtime
- Go to bed when you're ready to sleep
- Set an achievable bedtime



Maintain Healthy Eating Habits

Eating healthy is one of the very important elements to improve our body's ability to prevent, fight and recover from infections.

According to the World Health Organization (WHO), no foods or dietary supplements can prevent or cure COVID-19 infection, healthy diets are important for supporting immune systems. Good nutrition can also reduce the likelihood of developing other health problems, including obesity, heart disease, diabetes and some types of cancer.

1. Eat a variety of food, including fruits and vegetables



2. Cut back on salt and sugar



3. Eat moderate amounts of fats and oils



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4. Drink enough water, stay hydrated



5. Avoid hazardous and harmful alcohol use



6. Breastfeed babies and young children



Maintain Physical Activities

It's very important for people of all ages and abilities to be as active as possible, taking a short break from sitting, by doing 3-4 minutes of light intensity physical movement, such as walking or stretching, will help ease your muscles and improve blood circulation and muscle activity.

Regular physical activity benefits both the body and mind. It can reduce high blood pressure, help manage weight and reduce the risk of heart disease, stroke, type 2 diabetes, and various cancers - all conditions that can aggravate COVID-19.

The WHO recommends adults to do at least 150 minutes of moderate-intensity physical activity throughout the week, or at least 75 minutes of vigorous-intensity physical activity throughout the week. For additional health benefits, adults should increase their moderate-intensity physical activity to 300 minutes per week, or equivalent.



Maintain Mental Wellbeing

There are lots of things that we can do to look after our own mental wellbeing and to help others who may need some extra support and care.

- Keep informed Listen to advice and recommendations from trusted national and local authorities.
- Have a routine Keep up with daily routines as far as possible, or make new ones.
- Minimize newsfeeds Seek the latest information at specific times of the day, once or twice a day if needed.
- Social contact is important If your movements are restricted, keep in regular contact with people close to you by telephone and online channels.
- Alcohol and drug use Limit the amount of alcohol you drink or don't drink alcohol at all. Avoid using alcohol and drugs as a way of dealing with fear, anxiety, boredom and social isolation.
- Screen time and Video games. Be aware of how much time you spend in front of a screen every day. Make sure that you take regular breaks from on-screen activities.
- Social media. Use your social media accounts to promote positive and hopeful stories. Correct misinformation wherever you see it.
- Help others. If you are able to, offer support to people in your community who may need it, such as helping them with food shopping.
- Support health workers. Take opportunities online or through your community to thank your country's health-care workers and all those working to respond to COVID-19.

Quit Tobacco

Smokers are more vulnerable to Covid-19 as their fingers (and possibly contaminated cigarettes) are often in contact their lips, thereby increasing the possibility of transmission of virus from hand to mouth. If a smoker get coronavirus, he/she is at a greater risk of deterioration because their lung function is impaired. Quit today to reduce these risks and start living a healthier life.

Quick tips to curb your cravings:

1. **Delay:** Delay as long as you can; distract yourself during this time and the urge will pass.
2. **Practice deep breathing:** Take deep breaths to calm yourself down until the urge passes.
3. **Drink water:** Keep your hands and mouth busy by drinking water instead of picking up a cigarette; Sip slowly and the urge will pass.
4. **Do something else to distract yourself:** Take a shower, read a book, go for a walk or listen to music!



Supplements to boost your immunity

Research has shown that supplementing with certain vitamins and minerals can improve immune response and potentially protect against illness. At times of COVID-19, we explored some of the most supplements that studies have indicated helpful again respiratory illnesses.

Vitamin D appears capable of inhibiting pulmonary inflammatory responses while enhancing innate defense mechanisms against respiratory pathogens. While studies demonstrated that vitamin C plays a role in preventing, shortening, and alleviating diverse infections including respiratory infections and pneumonia.

Studies has also shown that Zinc supplementation reduced the number of days of Acute Lower Respiratory Tract Infection, shortened the recovery time as well as the duration of stay in hospital.

Note; some supplements can interact with prescription or over-the-counter medications you're taking. Some may not be appropriate for people with certain health conditions. Discuss with your healthcare provider before starting any supplements.

- Vitamin D 1,000 - 4,000 IU per day
- Vitamin C 1,000 - 2,000 mg per day
- Zinc 40 mg per day



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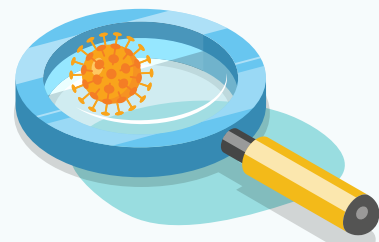
Isolation for Elderly

Healthcare providers are recommended to follow below steps for covid-19 patients 60 years of age and older:

1. Admission of 48 hours in hospital for observation and further investigations



2. Patient health assessment - stable asymptomatic or with mild symptoms



3. Patient living condition to be assessed - if the patient have a single room and a separate toilet



4. Patient can be discharged to home isolation after signing the consent form and providing:

- o Proper home isolation instructions
- o Medication supply for at least 2 weeks
- o Follow up plan with the discharging healthcare provider



*No tracking watches application needed no enrollment in the DoH Home Isolation Program.



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