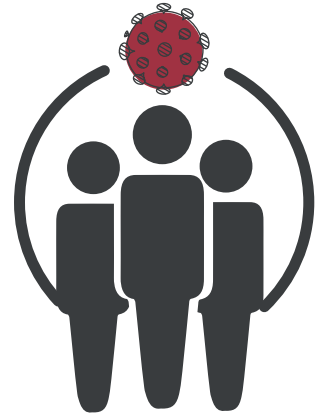


COVID-19 Close Contacts Precautionary Guidelines

Last Update: March 2021

Who is a COVID-19 close contact?

A close contact is any individual who spent time with a confirmed COVID-19 case, whether it was two days before their symptoms appeared or since the person received their positive result or any time during the 10 days of infection.



Quarantine

The 10-day quarantine period begins from the date of the last contact with the infected person after he tests positive for COVID-19 if you met him for more than 15 minutes and if the physical distance maintained was less than 2 meters.

For example: If you had dinner with a friend on the 1st of September and on the 3rd of September you were informed that your friend has tested positive for COVID-19, your quarantine period will begin from the 1st of September (date of last contact) until the 10th of September.



ADPHCAE



ADPHC_AE



ADPHC.AE



ADPHC-AE



056 2312171 (WhatsApp only)



www.adphc.gov.ae

The Journey of Close Contacts

Head to the nearest close contacts designated medical center to complete the quarantine procedures and avoid legal accountability.

Negative PCR Result

Upon completion of a 10-day quarantine period with no symptoms in the last 3 days of quarantine and a negative PCR result on the eighth day, the close contact may move on with his/her normal life.

Positive PCR Result

The close contact needs to directly isolate in a separate room for 10 days and follow precautionary measures to ensure the safety of others.

Receive an SMS regarding the date of the second PCR test



Negative 3rd PCR Result



48 Hours

Negative 2nd PCR Result

Positive 2nd PCR Result

Isolate positive cases at home or in facilities designated for isolation, based on medical opinion.
Isolate cases with severe symptoms in hospitals and provide health care.

Two consecutive negative results must be obtained within 24 hours or a 10-day isolation period completed with no symptoms in the last 3 days of isolation, regardless of the result of the eighth day.

Move on with normal life

* The close contacts of a positive case are subject to quarantine if they are vaccinated (emergency or clinical trial vaccines) and have the letter E or the golden star on AlHosn app, and they must conduct a PCR on the fourth day of confirmation of contact with a positive case.

FAQs

What are the symptoms of COVID-19?



Runny nose



Pain in the body



Shortness and difficulty in breathing



Headache



Diarrhea



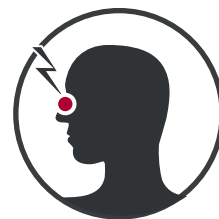
Nausea



Sore throat



Fever equal to or higher than 37.5°C



Loss of the sense of smell and taste

A person can be infected with COVID-19 but have no symptoms



ADPHCAE



ADPHC_AE



ADPHC.AE



ADPHC-AE



056 2312171 (WhatsApp only)



www.adphc.gov.ae

FAQs

Who is considered a close contact to a person with COVID-19?

A person who is exposed to a confirmed COVID-19 case, in a close proximity of less than 2 meters for a period that is more than 15 minutes (working, studying, a family member, or while using public transportation, etc.), either in the period starting from 2 days before the onset of symptoms in the confirmed case, or from the date of a positive COVID-19 PCR test (for asymptomatic confirmed cases), and/or throughout the 10-day duration of illness.



When does the quarantine period start?

Quarantine starts from the date of last contact with a confirmed positive case for 10 days.

For example: If you had dinner with a friend on the 1st of September and on the 3rd of September you were informed that your friend has tested positive for COVID-19, your quarantine period will begin from the 1st of September (date of last contact) until the 10th of September.



ADPHCAE



ADPHC_AE



ADPHC.AE



ADPHC-AE



056 2312171 (WhatsApp only)



www.adphc.gov.ae

FAQs

What does quarantine mean?

It is restricting the movement of a close contact to a positive case for 10 days to minimize his/her interaction with others during this period of 10 days starting from the date of last contact with a confirmed positive case. The 10-day period is the scientifically proven incubation period of the COVID-19 virus as there can be potential virus transmission during this period.



Why has the quarantine period been set to 10 days and why should I complete it?

The quarantine period has been set to 10 days as that is the incubation period of the virus. Even if symptoms do not appear, even if you are in good health, you must complete the 10-day quarantine period because you may be carrying the virus and you can infect others during this period.



ADPHCAE



ADPHC_AE



ADPHC.AE



ADPHC-AE



056 2312171 (WhatsApp only)



www.adphc.gov.ae

FAQs

Does being quarantined mean I have the COVID-19?

Being in quarantine does not mean that you are infected with the COVID-19 virus, however quarantine is a mandatory precautionary measure to ensure that the infection is not transmitted to others.



What are the types of quarantine?

Home Quarantine:

It takes place at the person's residence, after making sure that the conditions for home quarantine are met.



Institutional quarantine:

It is a quarantine-dedicated facility for close contacts who cannot meet the conditions of home quarantine.

During their stay at the facility, close contacts will receive all the care and monitoring needed while they quarantine.



ADPHCAE



ADPHC_AE



ADPHC.AE



ADPHC-AE



056 2312171 (WhatsApp only)



www.adphc.gov.ae

FAQs

Is institutional quarantine free?

Being in quarantine does not mean that you are infected with the COVID-19 virus, however quarantine is a mandatory precautionary measure to ensure that the infection is not transmitted to others.



Conditions and requirements of home quarantine include:



Availability of a first-aid kit that includes a thermometer.



Availability of means of communications.



Awareness and commitment to quarantine procedures related to personal care and waste management.



The close contact should be in a stable health condition.



Availability of a separate room with a private bathroom.



ADPHCAE



ADPHC_AE



ADPHC.AE



ADPHC-AE



056 2312171 (WhatsApp only)



www.adphc.gov.ae

FAQs

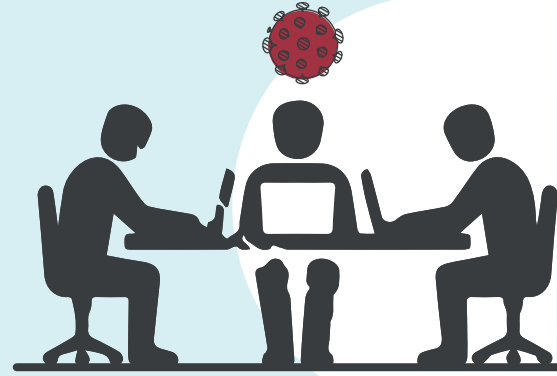
People at high-risk from COVID-19, include:

- **People above 60 years.** _____
- **People with health issues such as:** _____
 - Diabetes mellitus.
 - Serious heart 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.** _____

FAQs

There is an infected person at my workplace, what should I do?

Your workplace will track those in contact with any positive case. If you were considered a close contact of the COVID-19 confirmed case, you will be informed by your workplace so that you can start your 10-day quarantine.



My workplace asked me to prove that I am a contact, can I get a letter proving that I am a contact?

A letter confirming the end of the quarantine period can be obtained after completing the 10-day period through the designated health center in which the quarantine procedures were completed.



ADPHCAE



ADPHC_AE



ADPHC.AE



ADPHC-AE



056 2312171 (WhatsApp only)



www.adphc.gov.ae

FAQs

I met a person and I learned later that he was infected, do I need to self-quarantine only or do I have to communicate with the concerned authorities?

You should head to one of the designated centers to complete the quarantine procedures as soon as possible, in order to keep you and others safe. Note that this procedure is necessary to issue a certificate of completion of quarantine in order to be able to start work or study at headquarters.



A member of my family has been confirmed to be infected. Do I have to self-quarantine?

Yes, in the event of direct contact, all persons who share the same residence must self-quarantine.



FAQs

I developed symptoms while in home quarantine, what should I do?

Head to one of the designated centers for positive cases.

Before leaving the house for a PCR test, make sure you follow all the precautionary measures such as wearing a face mask and maintaining a physical distance from others.

Make sure you maintain a physical distance of no less than 2 meters between you and others at all times. Please ensure continuous hand washing or hand sanitizing and maintain respiratory hygiene.



Do I have to follow a specific diet while I am in home quarantine?

There is no specific diet but it is recommended that you follow a healthy diet and drink plenty of water.



FAQs

If I don't want to be quarantined at home, can I go to an institutional quarantine/isolation?

If the close contact prefers institutional quarantine instead of home quarantine or if the close contact cannot meet the requirements of home quarantine, then he can opt for institutional quarantine and he will have to bear the costs incurred during his stay in the quarantine facility.



When should I be tested if I have been in contact with an infected person and how many times should I get tested?

When a person knows that he is a close contact, he must go to the nearest medical center to conduct a PCR test and repeat it on the eighth day for non-vaccinated.

As for the vaccinated, the close contact has to self-quarantine if he is a recipient of the vaccine (emergency vaccine or clinical trials) and have an active E or golden star on AlHosn application and he must conduct a PCR test on the fourth day of establishing contact with a positive case.



ADPHCAE



ADPHC_AE



ADPHC.AE



ADPHC-AE



056 2312171 (WhatsApp only)



www.adphc.gov.ae

FAQs

I was in contact with a positive case but the patient did not mention my name, how can I act in this case?



You can head to one of the designated centers to complete the quarantine procedures as soon as possible, in order to keep you and others safe. Note that this procedure is necessary to issue a certificate of completion of quarantine in order to be able to start work or study at headquarters.



ADPHCAE



ADPHC_AE



ADPHC.AE



ADPHC.AE



ADPHC-AE



056 2312171 (WhatsApp only)



www.adphc.gov.ae