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Guidelines for **Isolation** of confirmed covid-19 cases

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**You must adhere to the Isolation instructions and
any violation may expose you to legal liability**

Law number 14 /2014 for Communicable diseases



Who is a COVID-19 confirmed case?

A person with 2 positive PCR test results for COVID-19, irrespective 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.



Symptoms

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



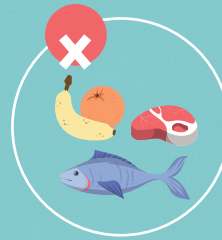
Palpitation



High fever (more
than 38.5 °C)



Reduced urine
output/ stop
passing urine



Loss of appetite



Hemoptysis



Positive PCR test result

High risk categories*

Head to one of the designated Covid-19 Prime Assessment Centers for medical assessment and isolation measures (once you receive the first positive result)

Abu Dhabi:

Al Mushrif (Al Mushrif Wedding Hall)

For laborers:

Madinat Mohamed Bin Zayed Center

Al Ain:

Al Ain Convention Center Gate 7

Al Dhafra:

Madinat Zayed City Center

Al Dhafra Hospitals Prime Assessment Centers

Other categories**

Retest in any health facility in the Emirate

Positive PCR test result

Retest in any health facility Self-isolate at home and the Covid-19 virtual assessment center will contact you to complete the isolation measures.

Negative PCR test result

24 Hours

Negative PCR test result

Resume activities and continue to follow precautionary measures

To end isolation you must:

1. Get 2 negative results 24 hours apart
- or
2. Conduct a PCR test on days 8 and 10 and complete 10 days in isolation with no symptoms in the last 3 days of isolation, after medical evaluation

*Those who are 50 years old or above or have severe symptoms or have a chronic disease or pregnant women

** Mild or medium symptoms and no chronic disease

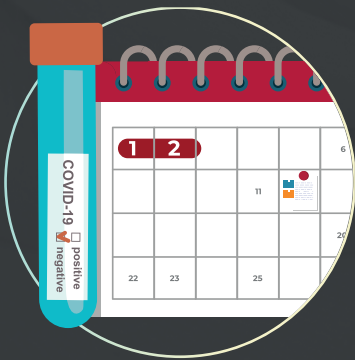
In case of severe symptoms such as shortness of breath, you can head directly to the nearest emergency center



When does the isolation end for a person with COVID-19 who did not feel any symptoms or experience only mild symptoms?

If the patient was diagnosed with COVID-19 without showing any symptoms or showing mild symptoms, home isolation ends after getting two consecutive negative results at least 24 hours apart or completing 10 days of isolation after the first positive result so that the patient is clinically stable without any symptoms, then he is no longer considered contagious and the home isolation ends.

When does the isolation end for a person with COVID-19 who experienced moderate to severe symptoms?



Getting two consecutive negative results at least 24 hours apart or completing 10 days of isolation with no symptoms in the last 3 days of isolation



If the patient is clinically stable without any symptoms, then he is no longer considered contagious and the isolation ends

When is COVID-19 considered contagious?

Scientific studies have shown that COVID-19 is most contagious to others in the first 10 days of the infection and the risk rapidly declines by the end of the first 7 to 10 days of the infection.

Therefore it is important to remain in isolation for 10 days to avoid spreading the infection and to ensure the health and safety of others.

Scientific studies have also shown that the virus was not found to be active or infectious, after the 10 days of infection, even if the person tested positive in a PCR test.



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8	9	10	11			14
					20	
22	23		25		27	

Does the patient have to have a negative PCR test to end their isolation?

A negative PCR test is not required to end isolation. The criteria for ending isolation is completing 10 days of isolation with improved symptoms and no fever for at least 3 days with no fever reduction medications.

Can I practice my normal life after leaving the isolation with a positive examination result or will I be fined?

It is advised to continue working remotely until you receive a negative PCR result.



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 mild and asymptomatic cases, a 10-day isolation period is the maximum period. For cases with symptoms, the recovery period depends on the severity of the observed symptoms and any consequential complications, of the disease during treatment.



Who is eligible for home isolation?

Confirmed COVID-19 patients who are asymptomatic or have mild symptoms and can fulfil the home isolation criteria.

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.

- 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 is adhering to the recommended precautionary measures.
- Availability of a first-aid kit that includes a thermometer.



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



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).



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.

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



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.



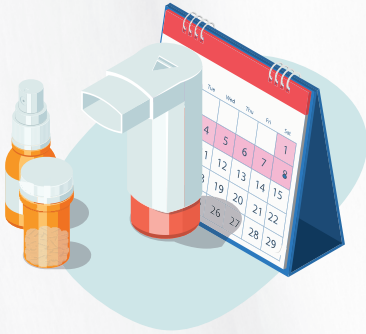
Maintain hand hygiene and personal hygiene



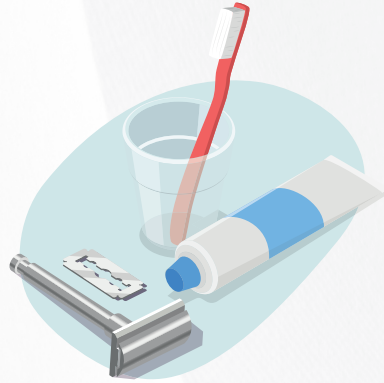
Self-monitor your symptoms on a daily bases such as checking your temperature and recording any changes (refer to symptom checker list).



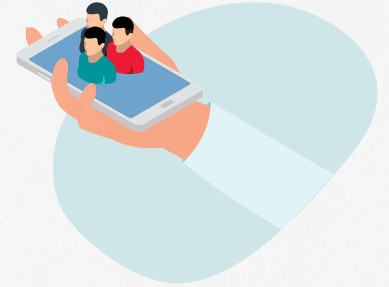
Ensure you have adequate quantities of disposable tissues, napkins and gloves.



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



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



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.



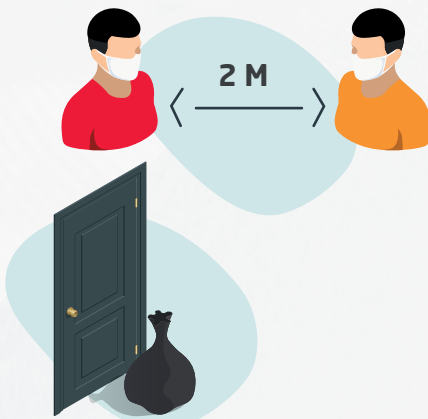
Set a daily routine to get through the day and achieve some errands (see suggested activities list).



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.

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.

03_

Throw away any leftover solution from the day before.

02_

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



Make sure you are wearing extended PPE.

01

10
Tablespoons
of HTH



Add 10 tablespoons of HTH (70% chlorine) to 20 liters of water in a bucket.

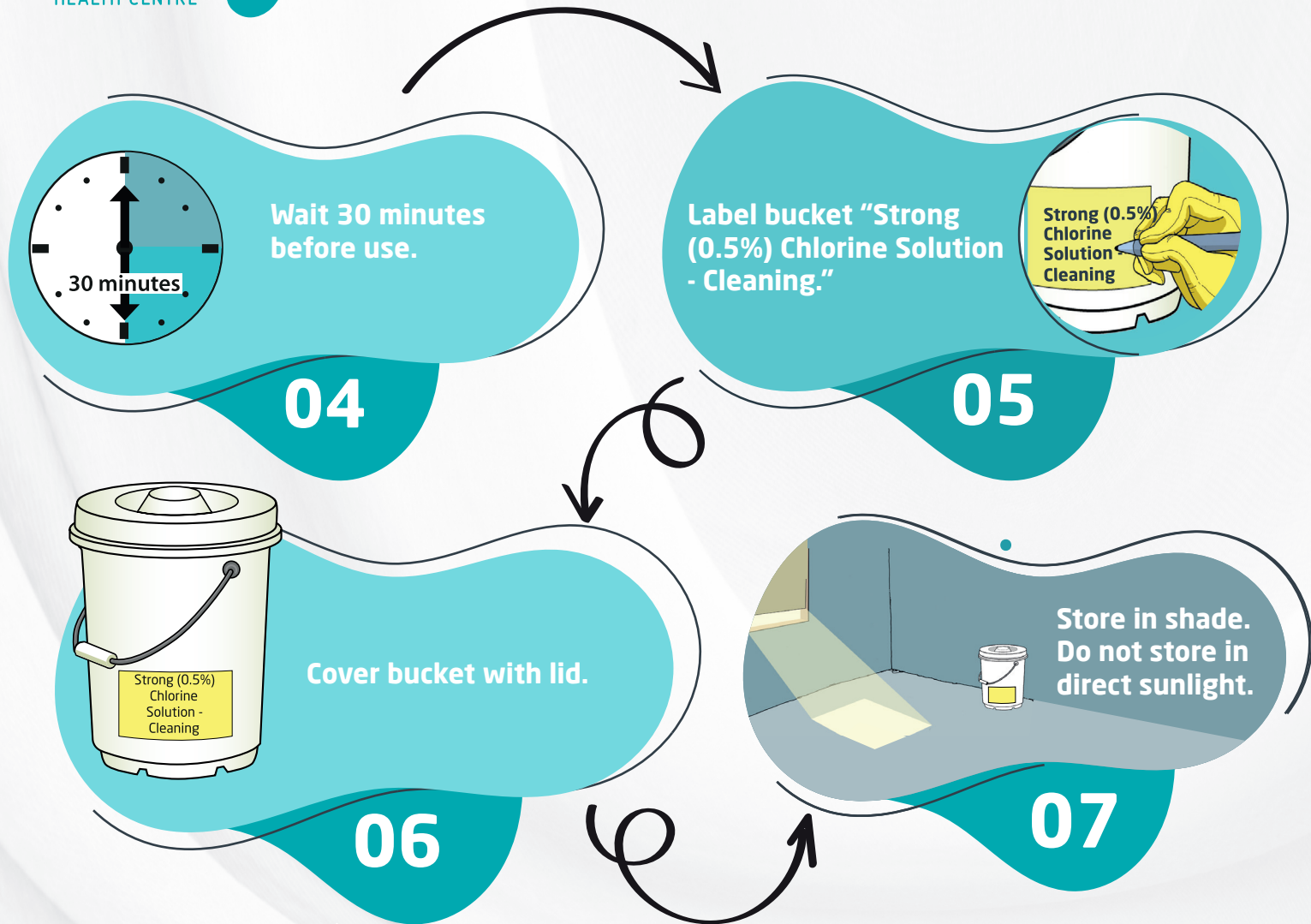
02

10 sec

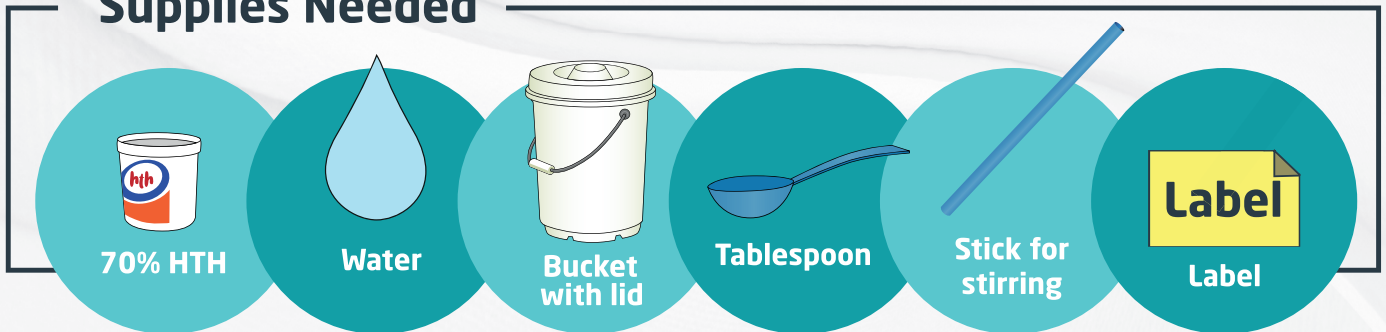


Stir well for 10 seconds, or until the HTH has dissolved.

03



Supplies Needed



Warning



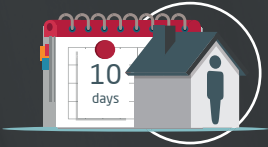
Do NOT drink chlorine water.



Do NOT put chlorine water in mouth or eyes.



What should the **patient** do while in home isolation?



Isolate from other people in the house for the entire 10 days of isolation even if you are healthy or showing no symptoms.



Download and register in Alhosa app and follow the required steps.



Monitor your symptoms and measure your temperature regularly.



The patient should read all the guidelines provided.



laundry services are provided to patients enrolled in the home isolation program. If the patient wants to wash his clothes at home, it is preferable for the patient to wash his clothes himself. If this is not possible, a person should use a separate washing machine and bags in the isolation room and collect all contaminated items in a separate waste bag.



Wash your hands regularly and cover your mouth when you sneeze or cough.



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



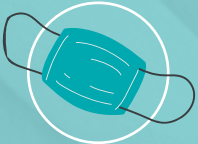
Ensure that those who carry out household chores follow all precautionary measures when dealing with waste or washing.



Avoid contact with the patient in any way.



Go to the designated centers to conduct a PCR test and take the necessary action.



Go to the designated centers to conduct a PCR test and take the necessary action.



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.



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



If there is direct contact with a confirmed case and no results have been issued confirming the transmission of infection yet, the contact must go to the designated centers to complete the home quarantine procedures as soon as possible to avoid legal accountability.



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.



All household members should stay home and they should not allow any visitors.

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



4. Drink enough water, stay hydrated



2. Cut back on salt and sugar



5. Avoid hazardous and harmful alcohol use



3. Eat moderate amounts of fats and oils



5. Avoid hazardous and harmful alcohol use

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 against 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





Suggested Activities List



Read a book

If you do not have a book, visit the following link for the Books: Friends in Discovery 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.

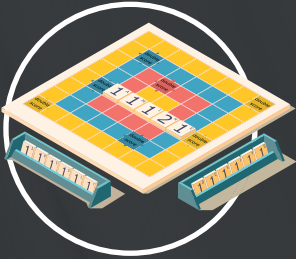


Suggested Activities List



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.

Contact Numbers

Ministry of Health & Prevention

80011111



Estijaba - Department of Health - Abu Dhabi

8001717



Dubai Health Authority

800342



Abu Dhabi Public Health Centre

056 2312171



The operations centre

909



Alhosn App queries

8004676



Home isolation queries

8001717

