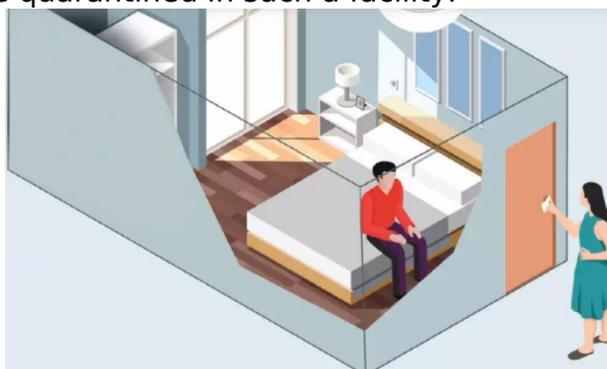


The purpose of home quarantining is to minimise the spread of covid-19 infection when someone is suspected to be a carrier of infection. Depending upon your special circumstances, the entire family or one or few members can be quarantined at your home, provided you have adequate bed rooms and attached toilets. If only one or two members in a family needs to be quarantined, then you may declare a bed room having attached washroom as a quarantine facility with intimation to the medical Unit. If all members of the family are to be quarantined, then the entire house can be used as a quarantine facility. It is critical that you avoid ALL direct social contact during your quarantine. You can of course talk to people on the phone, or online.

A. Guidelines for self-quarantining in a room within a house

1. One or two members of the house may be quarantined in such a facility.
2. The bedroom must have an attached bathroom.
3. Those who are inside the quarantine room should stay inside the quarantine room while keeping the door shut all the times, except for receiving food, medicine or any other supplies or for disposing off the food waste using a sealed plastic bag.
4. Dedicated plate, glass, cup and other cutleries should be provided and kept in the quarantine room.
5. The person(s) inside the quarantine room should wash their hands, change their consils and cloths and dry them inside the room itself.
6. The quarantined person should clean the room themselves and disinfect frequently touched surfaces (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
7. No other person should enter the quarantined room unless in case of emergency. Personal protection equipment such as mask, gown and gloves should be worn while entering the quarantine room.



Picture courtesy- Times of India

B. Guidelines for entire family quarantining

1. If, the entire household is under quarantining, family members can move around within the house, but cannot step out of the house.
2. A friend/relative/family member can provide you with supplies such as groceries, medicine.
3. Please keep the house clean and disinfect frequently touched surfaces (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.

C. Other general guidelines

1. The quarantine period is normally 14 days.
2. Please dispose off waste, only in sealed plastic bags after disinfecting using 1% Sodium Hypochlorite Solution.
3. Please stay in touch with the medical unit telephonically in case any symptoms develop.

Please also read <https://www.mohfw.gov.in/Guidelinesforhomequarantine.pdf>