

Protocol home isolation of a person with covid-19 Aruba

Name document	Protocol home isolation of a person with covid-19 Aruba
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Introduction

The nature of highly contagious infectious diseases such as covid-19 justifies extreme measures to contain its spread by imposing measures on individuals such as forced quarantine and forced isolation when deemed necessary. In accordance with art. 3.17 of the Landsverordening Infectieziekten (the National Ordinance infectious diseases), forced quarantine is the act of coercing the individual to isolate himself/herself to the confines of one's own home or other specified location. On Aruba, isolation instruction is given to everyone with laboratory-confirmed case of covid-19. This document establishes the provisions and procedures to be followed throughout the isolation period. Non-compliance is a criminal offence and will result in a fine.

Protocol

Isolation can take place at home provided that the conditions described below are met. If this is not the case, you should isolate yourself at a different location. If you opted to isolate yourself at a different location, please make sure to pass on information on the address where you will be isolating yourself to the Department of Public Health (DVG) by phone (280-0101 or 5224200) or via mail (dbz@despa.gov.aw) and include your name and date of birth.

- As a person with a laboratory-confirmed case of covid-19, you will be contacted by the Department of Public Health (DVG) of Aruba by email or by phone.
 - Those who have tested at labHOH (Laboratorio at Dr. Horacio Oduber Hospital) and used the Aruba Health App → you will receive an email (through the email address registered on the Aruba Health App account), through which you will receive all the necessary information and can fill in the contact information of all your household contacts who need to go into quarantine.
 - All others → you will receive a phone call from the Department of Public Health through which you will receive all the necessary information and will be asked to state all your household contacts who need to go into quarantine.

- If you have not been contacted by the Department of Public Health, please use this digital [quarantine form](#) to pass on all your household contacts.

- Please note that your contacts will NOT be contacted by the Department of Public Health. It is your responsibility to inform all your household contact to remain in quarantine for 5 days starting from the last contact with you. See below for further instructions on quarantine.

Instructions for you (who tested positive for Covid-19)

- You must remain in isolation for 5 days starting from positive test (regardless of whether you have symptoms or not, and regardless of whether you are vaccinated or not). This also applies to those who tested weakly positive.
 - For instance, if someone tested on January 1st, and the results came back positive, (s)he should remain in isolation up to (and including) the 6th of January, and is free to discontinue isolation on the 7th of January.
- If after these 5 days you do not have symptoms or your symptoms have resolved, you can discontinue isolation but must continue to wear a mask around others for 5 additional days.
- If after these 5 days you still have Covid-19 related symptoms, continue isolation until you have completed 24 hours without symptoms and fill out [this form](#) on the day you have been without symptoms for more than 24 hours.

Instructions for those who have been in contact with you

- All your household contacts must remain in mandatory quarantine for 5 days starting from the last contact with you. Exceptions (who will not have to go in quarantine) include:
 - Those who have recently recovered from Covid-19 (within the last 3 months).
 - Those who have received a booster vaccine shot more than 7 days before "date last exposure".
 - Children and adolescents (0-17 years of age).
- If symptoms develop, they should conduct a Covid-19 PCR test. For this, they can contact their family physician (huisarts) or they can request a code via <https://covid19test.healthapp.aw> and make an appointment via the Aruba Health App by using this code.
- If after 5 days no symptoms are developed, they can stop discontinue quarantine but must continue to wear a mask around others for 5 additional days.
- A test (self-administered home test) on day 5 is recommended. If one opts for a PCR test, please note that this is NOT covered by the Algemene Ziektekosten Verzekering (AZV).
- Other contacts will not go into mandatory quarantine but are advised, if and where possible, to self-quarantine for 5 days starting from the last contact with you¹. Additionally, they are advised to monitor the presence of symptoms and wear a mask around others for 10 days.
 - This information is further elaborated on in the 'Quarantine protocol for management of contacts of COVID-19 positive cases' which has also been shared with you. Please share this with all your household contacts.

Rules applicable during your isolation period

- You may not leave the house except for medical reasons. Staying in your own garden or balcony is allowed, provided that contact with others is avoided.
- Housemates may not leave the house and must go into mandatory quarantine as mentioned above.
- People who do not live there may not come to your house (except the Public Health Department or general practitioner if necessary).
- Limit contact and presence in the same room with housemates and keep the number of spaces that you use to a minimum.
 - Try to keep contact with housemates to a minimum, this includes hugging or kissing and sexual contact.

¹ These days are not covered by SvB. This can be done by coming to an agreement with employer, working from home or by taking holidays.

- If you should nevertheless be in contact or be present in the same room with others, you should keep as much distance as possible (at least 1.5 meters) and the both of you should wear a N95 mouth mask. After placing the mask, the mask should no longer be touched. If the mask becomes dirty, it must be replaced. After use, the mask is thrown into a waste bag and immediate hand hygiene is applied.
- Stay in a separate room.
- Use a separate bathroom and toilet if possible.
- If certain rooms are shared (e.g. kitchen or bathroom), they must be well-ventilated and cleaned on a daily basis.
- Do not share eating and drinking utensils, towels or other items in the house.
- Housemates should use disposable gloves when handling laundry, dishes or waste and all other materials with which the positive case has come into contact. Immediately after, a complete hand hygiene should be carried out, with soap and water, for at least 40-60 seconds.
- Discard laundry that has been in contact with the positive case or in the immediate vicinity into a separate laundry basket. Wash towels, bed linen and clothing (if possible) at a minimum of 60 ° C with a full wash program and normal detergent. Let the laundry dry well in a tumble dryer or on the clothesline in the sun if possible.
- Dishes used by the positive case should be washed separately with standard detergent and hot water, or in the dishwasher on an extended washing program.
- Discard any waste that has come into contact with the positive case in a separate waste bag in the patient's room. Wear gloves when removing the waste bag and dispose of it with the rest of the household waste.
- Clean surfaces that are frequently touched by the patient, such as bedside tables and bedroom furniture, door handles and light switches, as well as all sanitary ware, such as bathroom, toilet, and toilet flush handles, on a daily basis. Rooms that are shared should be cleaned daily. Use a household cleaner for cleaning. The usual concentration is 40,000 ppm chlorine in a bottle. To do this, prepare a fresh solution in the ratio of 250 ml bleach to 10 liters of water (or 5 tablespoons bleach per gallon of water or 4 tablespoons of bleach per quart of water) prepared the same day that it is going to be used. Other disinfectants and house cleaners as quaternary ammonium, ethanol are effective too. Always use disposable gloves when cleaning and apply hand hygiene after cleaning.

Follow-up during isolation period

- Medical follow-up will take place by your general physician (GP).
- If during this period you develop warning signs such as difficulty breathing, persistent pain or pressure in the chest, confusion, bluish discoloration of the skin (resulting from poor circulation or inadequate oxygenation of the blood), among others, please contact your GP through his/her emergency line or contact 166.
 - As a covid-19 positive patient, you should have access to your GP's emergency line. If this is not the case, ask your GP for this.
- There is a Taskforce in charge of checking up on compliance with isolation and quarantine instructions. Non-compliance will result in a fine.
- DVG will NOT contact you for follow-up.

After isolation, you should continue to adhere strictly to the preventive measures set forth by DVG (social distancing, mask use where not possible, hand hygiene, etc.).