

Quarantine protocol for management of contacts of COVID-19 positive cases

Name document	Quarantine protocol for management of contacts of COVID-19 positive cases
Prepared by	Department of Public Health
Version	10.0
Status	Definitief
Date last version	February 11 th 2022
Target group	Health care providers and the Aruban community

Preface

As of November 21st 2020, the quarantine period on Aruba has been reduced from 14 to 10 days. As of December 30th 2021, this has been shortened to 5 days and only household contacts are put into mandatory quarantine.

Protocol for contacts

- **All household contacts must remain in mandatory quarantine for 5 days starting from the last contact with the Covid-19 positive case.** 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 shot¹ more than 7 days before "date last exposure".
 - Children and adolescents (0-17 years of age).
- If symptoms develop, a Covid-19 PCR test should be conducted. This can be done through the family physician (huisarts) or by requesting a code via <https://covid19test.healthapp.aw> and making an appointment via the Aruba Health App by using this code.
- If after 5 days no symptoms are developed, quarantine can be discontinued but one 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).

¹ Early estimates of vaccine effectiveness against symptomatic Omicron infection find a moderate to high vaccine effectiveness of 70% to 75% against symptomatic infection in the early period after a booster dose. Source: SARS-CoV-2 variants of concern and variants under investigation in England (Technical Briefing 31). (2021, December). UK Health Security Agency. https://doi.org/1042367/technical_briefing-31-10-december-2021.pdf. Another study estimated this to be between 55% and 80%. Source: Neil Ferguson, Azra Ghani, Anne Cori et al. Growth, population distribution and immune escape of the Omicron in England. Imperial College London (16-12-2021), doi: <https://doi.org/10.25561/93038>.

- 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 positive Covid-19 case². Additionally, they are advised to monitor the presence of symptoms and wear a mask around others for 10 days.
- In the case of violation of mandatory quarantine instructions, a fine can be imposed.

Rules and conditions for safe and effective quarantine

- Those who are in mandatory quarantine must be placed in adequately ventilated, spacious single rooms with hand hygiene and toilet facilities.
- If single rooms are not available, beds should be placed at least 1 meter apart and a distance of at least 1 meter should be maintained from other household members at all times. NOTE: Adequate air ventilation is essential.
- Social distancing and hand and respiratory hygiene should be strictly adhered to at all times.
- Minimize the use of shared spaces and cutlery.
- Ensure that shared spaces such as the kitchen and bathroom are well ventilated.
- Persons sharing a household with someone in mandatory quarantine may leave the house as long as there are no positive cases living in the same household and they adhere to the above-mentioned rules and the requirements.
- Older persons and those with comorbid conditions require special attention because of their increased risk for severe COVID-19.

² 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.