



Note

These guidelines target individuals who are suspected COVID-19 cases with mild symptoms in home quarantine (i.e. "quarantiner"). These individuals may also be waiting for COVID-19 testing or pending results.

Suspected cases or patients confirmed with COVID-19 who have **trouble breathing** or **change in mental status** should seek medical help immediately.

Collaborating Centre for Oxford University and CUHK for Disaster and Medical Humanitarian Response (CCOUC)
www.ccouc.org

GX Foundation
www.gxfoundation.hk

References

1. WHO, Coronavirus disease (COVID-19): Home care for families and caregivers, <https://www.who.int/news-room/questions-and-answers/item/coronavirus-disease-covid-19-home-care-for-families-and-caregivers>
2. WHO, Home care for patients with suspected or confirmed COVID-19 and management of their contacts, [https://www.who.int/publications/item/home-care-for-patients-with-suspected-novel-coronavirus-\(ncov\)-infection-presenting-with-mild-symptoms-and-management-of-contacts](https://www.who.int/publications/item/home-care-for-patients-with-suspected-novel-coronavirus-(ncov)-infection-presenting-with-mild-symptoms-and-management-of-contacts)
3. China CDC, (Updated version) Guidelines from China CDC: How to conduct home quarantine for suspected COVID-19 cases? (Section on home quarantine), https://www.chinacdc.cn/jkzt/crb/zl/szkb_11803/jszl_2275/202002/t20200210_212421.html

Disclaimer

This leaflet has integrated recommendations in the references, adapted for high-density, urbanised, Asian contexts. Details of guidelines may vary by local context. Individuals may check out the original references for further details. (Update: February 2022)

Home Quarantine Care Guidelines for COVID-19

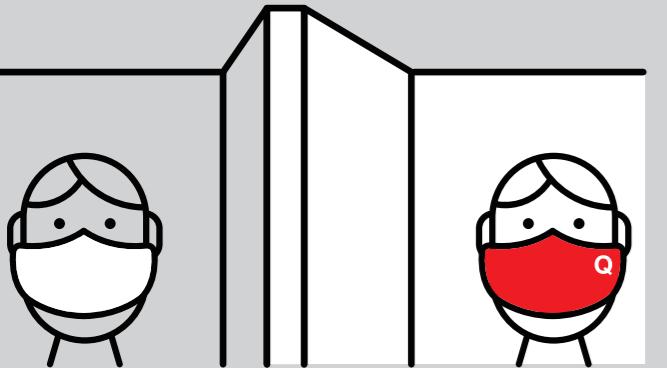
For high-density, urbanised, Asian context



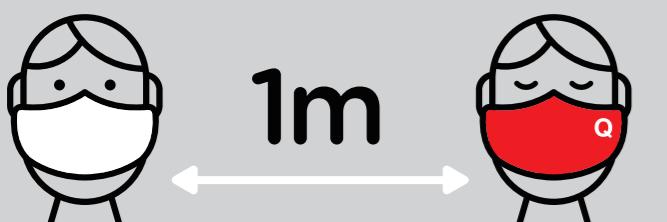
Home Quarantine Care Guidelines for COVID-19

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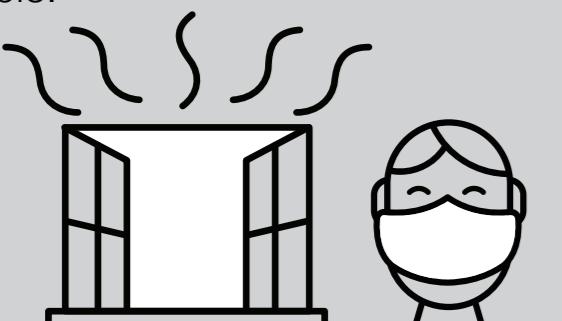
Spatial Living Arrangements



If possible, place the quarantiner in a well-ventilated **single room** (with windows kept open). No visitors should be allowed. The quarantiner should wear **a surgical mask** as far as possible.



Other household members should stay in a **different room**. If a separate room is not available, do not share the same bed with the quarantiner and try to keep a distance of at least **1 metre** or as much as possible.



Limit the use of shared spaces (e.g. kitchen, bathroom) by the quarantiner and ensure these spaces are **well ventilated**.

Care Arrangements



Designate **a vaccinated household member without chronic illness to be the main caregiver**. When the caregiver is in the same room with the quarantiner, he/she should wear **a surgical mask** that covers the nose and mouth completely. Avoid touching the mask during or after use. If the mask gets wet or dirty from secretions, **replace it immediately**. **Dispose of the mask properly** after use.



Wash hands frequently with **water and soap for at least 20 seconds** and **dry hands with disposable paper towels**, especially after coming into contact with the quarantiner or his / her surroundings. Also wash before and after meal preparation, before meals, and after using the toilet.

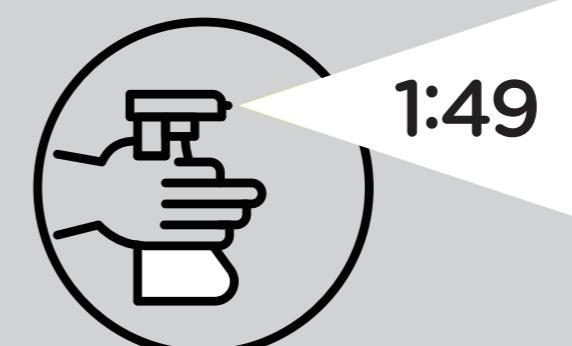


Avoid direct contact with body fluids, including oral or respiratory secretions, and stool. Use disposable gloves and a mask when providing oral or respiratory care or handling stool, urine, or other excreta. Wash hands before putting on gloves and the mask and after removing them, and dispose of the waste in a dedicated rubbish bin with a cover.

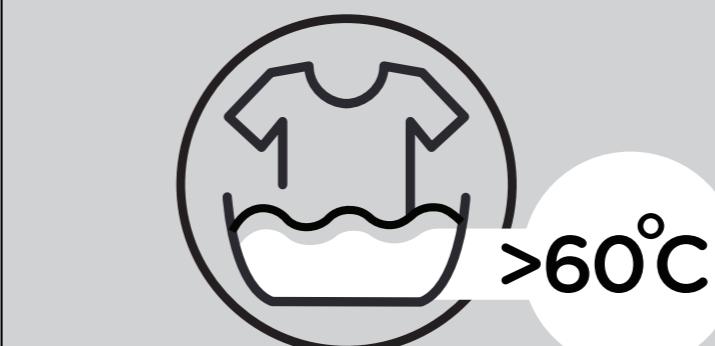


Avoid dining together or sharing tableware, toothpaste, toothbrushes, towels, or bed linen with the quarantiner.

Cleaning Directions



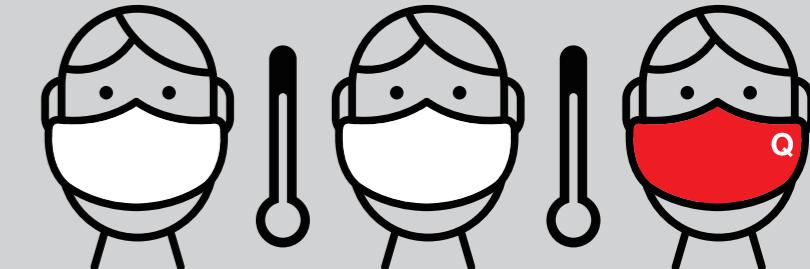
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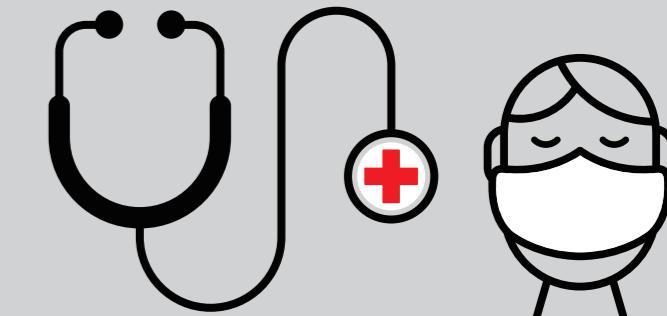
Use **regular laundry soap or detergent** to wash the tableware, clothes, towels and bed linen of the quarantiner. If conditions permit, machine wash at **>60°C** or above and dry thoroughly.

Illustration: Freepik.com

Monitoring of Household Members



As all household members of quarantiner are considered **at-risk individuals**, they should monitor their own body temperature and health status daily.



A household member should report to the health authorities and **seek medical help** and **COVID-19 testing** as appropriate if the following symptoms develop:

- fever
 - diarrhea
- sore throat
 - cough
- loss of taste or smell

He/she should **wear a surgical mask** and **avoid public transportation** if possible.