

# COVID -19 (NOVEL CORONA VIRUS) GUIDELINES FOR HOME QUARANTINE

## II. INSTRUCTIONS TO THE FAMILY MEMBERS OF PERSONS BEING HOME QUARANTINED

1. Only an assigned family member should be tasked with taking care of the home quarantined person.
2. Avoid shaking the soiled linen or coming in direct contact with skin
3. Use disposable gloves when cleaning the surfaces or handling soiled linen
4. Wash hands thoroughly with soap and water after removing gloves
5. Visitors should not be allowed
6. In case the person being quarantined becomes symptomatic i.e. develops fever, cough, breathlessness, etc., all his close contacts will be home quarantined and followed up for an additional 14 days or till the report of the case (symptomatic person) turns out negative on lab testing.

## III. ENVIRONMENTAL SANITATION

1. Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% sodium hypochlorite solution
2. Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
3. Clean the clothes and other linen used by the person separately using common household detergent and dry

## IV. DURATION OF HOME QUARANTINE

The home quarantine period is for 14 days.

## V. DURATION OF REPORTING PERIOD

After home quarantine, the person should follow 14 days of reporting where he / she calls the 104 helpline (24x7) to inform the health status.

**VI. Any failure to follow home quarantine and other instructions will result in an offense punishable under Epidemic Diseases Act, 1895 and other regulations issued by Government of Karnataka.**

**Be a responsible citizen, follow home quarantine.**

**STAY HOME-BE SAFE**



**Commissioner**

Health and Family Welfare Services.