



COVID-19 : TRAVELLER DISCOVERY & HOME QUARANTINE GUIDELINE

Legal Meaning of Quarantine

- "Quarantine" - the physical separation and confinement of an individual or groups of individuals, who are or may have been *exposed* to a contagious or possibly contagious disease and who do not show signs or symptoms of a contagious disease, from non-quarantined individuals, to prevent or limit the transmission of the disease to non-quarantined individuals.

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8



Presented By

BANGALORE APARTMENTS' FEDERATION (BAF)

24th March, 2020

Disclaimer: Bangalore Apartments' Federation (BAF) has compiled this note based on inputs from government advisory documents as well as reading various global examples and the concept on subject. as well as secondary information available. BAF advises its Members and readers of this note to adapt the guidelines in consultation with their communities. Most of the information is practical and doable, and may exceed the mandate set by authorities, but if this helps combating situation effectively, does not cost much and is practical – then we do urge to take support of this document to establish your best practices as well. BAF will not assume any liability for any implications of decisions taken by anybody, based on this document.

BAF also urges Members to share their experiences / views based on practical ground level successes. Depending on inputs from Members, this document might be further updated and made more comprehensive.

Members can reach out to : covid19@baf.org.in / info@baf.org.in



info@baf.org.in



baf.org.in



+91 99003 95000



fb.com/BangaloreApartmentsFederation

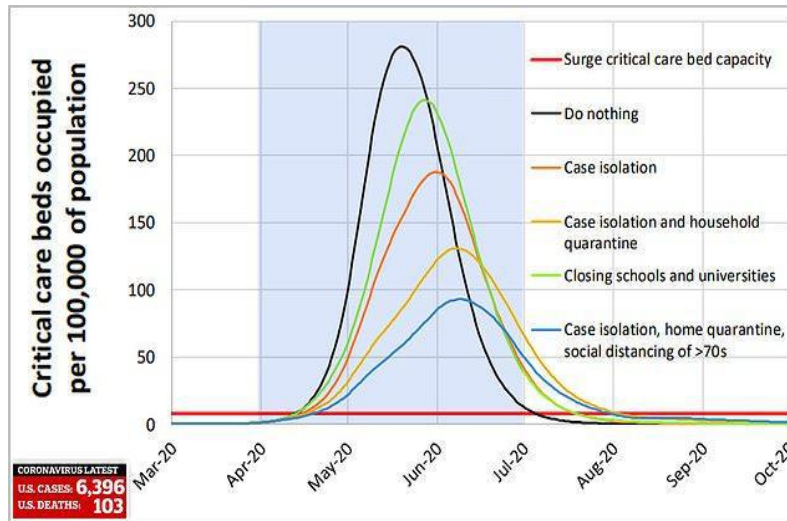


@bafblr



TRAVELLER DISCOVERY & HOME QUARANTINE

THESE GUIDELINES WILL HELP RWA MANAGEMENT TO DISCOVER RESIDENTS WHO COULD POTENTIALLY BE THE CORONO VIRUS CARRIERS AND TAKE APPROPRIATE STEPS TO PREVENT SPREAD OF THE VIRUS WITHIN THE COMMUNITY. THIS IS ANOTHER WAY TO FLATTEN THE COVID CURVE ALONG WITH OTHER ETIQUETTE, HYGIENE & SOCIAL DISTANCING MEASURES .



MINIMIZE THE IMPACT OF COVID-19

FLATTENING THE CURVE IS A GOOD IDEA ...

OF CASES

HEALTHCARE SYSTEM CAPACITY

WITHOUT PROTECTIVE MEASURES

WITH PROTECTIVE MEASURES

TIME SINCE FIRST CASE

... BASED ON REAL DATA

DEATH RATE / 100,000 POPULATION

PHILADELPHIA WAITED 2 WEEKS TO TAKE PROTECTIVE MEASURES

ST. LOUIS WAITED 2 DAYS

EXCESS PNEUMONIA & INFLUENZA MORTALITY IN PHILADELPHIA AND ST. LOUIS, SEP-DEC 1918.

COMMUNITY-BASED INTERVENTIONS IMPLEMENTED QUICKLY IN ST. LOUIS WERE:

- CLOSED SCHOOLS, CHURCHES, THEATERS AND DANCE HALLS
- BANNED LARGE PUBLIC GATHERINGS
- SOCIAL DISTANCING

STOP THE SPREAD BY:

- WASH YOUR HANDS
- COVER YOUR COUGHS
- STAY HOME WHEN YOU CAN

SOURCE: HATCHETT, MECHER, LIPSITCH, 2007, PNAS

CC BY: @OLIVIAPHAMNOW

THIS ADVISORY IS CREATED BY BAF FOR THE APARTMENT MANAGING COMMITTEES AND RESIDENTS AS AN ADVISORY BASED ON PREVAILING GUIDELINES BY MINISTRY OF HEALTH AND FAMILY WELFARE AS WELL AS THE BBMP. WHILE THE ADVISORY HAVE AN OVERALL VIEW ON TRAVELER IDENTIFICATION WHO NEEDS TO BE QUARANTINED, **THIS GUIDELINE DESCRIBES HOW TO IDENTIFY SUCH PERSON (BASED ON LATEST ADVISORY ENTERING THE PREMISE AND THE RESTRICTIONS & PRECAUTIONARY MEASURES TO BE TAKEN BY THE RWA. WE HAVE EXTENDED THE GUIDELINES FOR EASY UNDERSTANDING AND IMPLEMENTATION KEEPING IN MIND THE PRACTICES POSSIBLE THAT WOULD HELP MITIGATE THE CURRENT COVID EMERGENCY. IT IS APPLICABLE TO ANY CITIZEN AS WELL.**



OFFICIAL REFERENCES:

1. https://www.mohfw.gov.in/travel_ad.html
2. <http://bbmp.gov.in/documents/10180/19138700/Advisory+-+Resident+Welfare+Association.pdf/1613e4bf-ee7a-412d-a464-a12f15dd14fb>
3. <https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf>.

TRAVELLER DISCOVERY

1. RWA can detect the resident who needs home quarantining by:
 - a. Traveller Self declaration of the resident as done at the entry gate or by the Resident in person. (Refer BAF guidelines on Perimeter rules on Traveller identification & Copy of Self Declaration Form)
 - b. RWA may conduct a survey in cooperation with residents to find out potential travellers / guests who have travelled from abroad since March 1st 2020 . There may be a stamp on the wrist given by airport authority. However in absence of that (as the process started late) as well self declaration is mandatory.
 - c. List will also be given by the Police department (handed to them by the airport / airlines authority) to RWA. Police officials are visiting such residents who have travel history as per advisory.
 - d. Note: RWA may initiate any additional door-to-door survey in cooperation with residents on any other criteria as it emerges from the government advisory from time to time during this virus outbreak & lockdown periods
 - e. A list of citizens that are required to be Home Quarantined is also published
2. BAF sincerely urges all residents to:
 - a. **Co-operate** in the interest of their personal safety as well as community safety
 - b. **Support or volunteer** for the survey (if and when undertaken). Note- survey can be telephonic/ online survey and follow social distancing guidelines
 - c. **Furnish all necessary data** as asked in line with the advisory (as in Traveller Information Request Form or similar form)
 - d. **Not Fear or Panic.** Residents identified as potential carriers need not be fearful, but co-operate and seek help of RWA and follow the quarantine guidelines issued. While the resident details can be kept confidential, however in the interest of visitors & neighbours it may necessitate the RWA management team to label the home as “Quarantined Home” outside the affected apartment door.
 - e. **Strictly adhere to home quarantine** advisory issued to affected residents under the government advisory and seek help from RWA team or call 104 or 1075 helpline numbers for any queries or support
 - f. **Share their status update voluntarily** to the RWA or Authority on periodic basis/ or answer any query raised in course of their monitoring
 - g. **Inform RWA and authority** on their status on the 15th day, at the end of quarantine period (14 days from date of travel) and if there are no symptoms, the affected resident shall inform the RWA/authority and only then step out of the home.



- h. Read the details on Home Quarantine process and how to manage routine activities and interactions within the home & for delivery of essential services for their own, family and community safety.
- i. Reach out by phone to RWA team for any assistance during this entire process.

HOME QUARANTINE (HQ)



TO WHOM IS HQ APPLICABLE ?

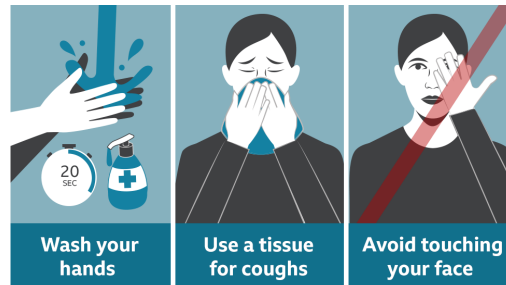
1. **Any international traveller, coming into the residence since March 1st, will be termed as Covid19 suspect.** This definition may be changed or enhanced based on government advisory.
2. These persons do not have any Covid 19 symptoms at the airport screening, however the infection may develop over period of 15 days, and hence the advisory on HQ.
3. **All COVID19 suspects are mandated to compulsorily be under HQ**
4. Any covid suspect who develops symptoms during HQ must consult physician/ family doctor over phone - for identifying cause of symptoms, and medicines if symptoms are that of common flu/ viral. If doctor advises to check for Covid testing - Please call the emergency numbers 104/ 1075 or the designated COVID19 hospitals. Guidance will be provided and an ambulance will come and help moving the suspect to the designated hospital for treatment.
5. Visit www.baf.org.in for more helpline numbers and process to be followed
6. For any difficulty in above – HQ resident should not hesitate to call on phone the RWA MC for support & guidance or any other help
7. **A person tested positive for Covid19 positive person – will not be home quarantined but will be in isolation in the government designated facility and under treatment**



HOME QUARANTINE GUIDELINES

Steps to be followed by person identified for Home Quarantine involve:

1. To stay in well ventilated room,
2. If you are staying alone & doing all your own work- ensure you do not touch as many surfaces not needed till the HQ period is complete. And maintain cleaning & hygiene of all objects you use.
3. If staying with other family members, use independent toilet and bathroom that no one else in the house uses. Other household members should stay in a different room or, if that is not possible, maintain a distance of at least one/ two meter from the suspect. Family members must stay at a distance of 2 meters during only necessary interactions. Possibly only one person maintains interaction. Children & elderly to be kept away.
4. Food may be served with least interaction. Covid suspect must clean the eating utensils and dishes after use. Must wash own clothes with detergent.
5. And keep any waste to be discarded in closed bins. These bins may be collected by another family member (preferably wear gloves while handling). These masks must also be discarded, Gloves, tissues, masks and other waste generated by ill persons or in the care of ill persons should be placed in a lined container in the ill person's room before disposal with other household waste. Maintain distance while interacting when you open door to accept essential services.
6. All sanitization -frequent hand washing & not touching face, cough etiquette (mask/ tissue etc) , social distancing norms should be followed by all members of the family including Covid suspect. While coughing or spitting the infected person must use a clean tissue, put it into a waste bag / wash and frequently and wash hands.



7. **Also keep away from PETS. (Refer Information Resources page for PET support)**
8. Avoid entry of any visitors and help during this period – maids, cooks, drivers etc. Stock up all essential items so that visitors/ contacts are reduced. Stop any repair renovation works unless essential with due care & precaution using gloves & masks.
9. In general clean all household surfaces with notified disinfectants, bleach etc frequently. **For details on sanitization advisory pl visit [BBMP RWA ADVISORY](#)**
10. Do maintain a Personal Journal noting all those you have come in contact with post landing at airport, during this time. This will help occupy not only time, but in case symptoms develop – others in the list can be contacted & supported.
11. During the period of HQ – pl do keep your RWA updated on telephone/ email/whatsapp on your status of health or co-operate for any questions asked. They want to support & protect you as well as your family and the entire community.
12. It is recommended that family members also follow all rules and if possible stay at home during this period.



13. **In case they need to come out for essential supplies – please wear masks & maintain social distance and do not mingle around. All supplies can be online ordered as well.** Reduce contact as much as possible with anyone in the community.
14. HQ persons may enjoy watching TV and various online/ mobile options for entertainment, games, stress busting activities or home exercise – yoga/ walks/ on-the-spot jogging etc. to keep themselves occupied. For more activities pl refer the information resources listed in BAF Guideline of Social Distancing.
15. **At the end of the designated HQ period**
- Persons with symptoms should remain at home** until their symptoms are resolved based on either clinical and/or laboratory findings by contacting the family doctor or helplines.
 - If there are no symptoms/ illness at end of designated quarantine period, it is recommended that the COVID suspect inform RWA management team and then step out – and align with normal government advisory prevailing.**
16. At end of HQ period – you may wish to clean up entire home and surfaces using appropriate disinfectant just for added precautions.

PL. REACH OUT TO RWA-MC / DOCTORS ETC FOR ANY ASSISTANCE USING BELOW DETAILS:

RWA COVID19 Helpline Name and Contact Number:	Karnataka helpline: 104 / 1075 Central Helpline Number: +91-11-23978046 Additional Numbers (refer baf.org.in)
Rajiv Gandhi Institute of Chest Diseases (RGICD) Address: Someshwarnagar 1st Main Road, Dharmaram College Post, 1st Block, Hombegowda Nagar, Bengaluru, Karnataka 560029. Contact: +080 26088500	Manipal Hospitals: Address: 98, HAL Old Airport Rd, Kodihalli, Bengaluru, Karnataka 560017. Dr. Mable: Contact: 080-25211200 (hotline)
Narayana Health 258/A, Bommasandra Industrial Area Anekal Taluk, Hosur Rd, Bengaluru, Karnataka 560099. Phone: 080675 06870	Fortis Hospital 154, 9, Bannerghatta Main Rd, Opposite IIM, Sahyadri Layout, Panduranga Nagar, Bengaluru, 560076. Phone: 080-66214444.

COVID-19 TESTING CENTERS IN KARNATAKA:

- Bangalore Medical College & Research Institute, Bangalore
- National Institute of Virology Field Unit Bangalore
- Mysore Medical College & Research Institute, Mysore
- Hassan Inst. of Med. Sciences, Hassan, Karnataka
- Shimoga Inst. of Med. Sciences, Shivamogga, Karnataka





NOTE:

The local authority as well as the community management is keen to help you recover and at same time not spread the contagion. Hence utmost co-operation is required by both the resident and the community

Please note failure to do HQ as advised , the police will either way visit apartment and force the quarantine. Also running away from apartment without information during quarantine period/ or when developing any flulike symptoms is a punishable offence as declared by the state & central governments. For any violations of HQ RWA can complain to Bangalore City Police at 9154153916.

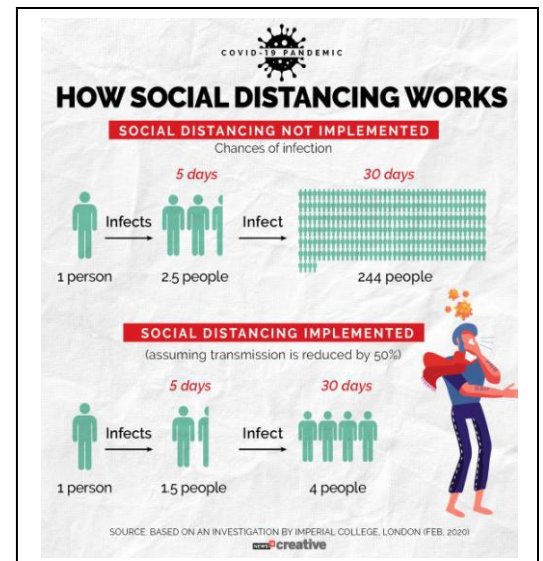


GOI- DIRECTIVE 24/3/2020

Please Note: Based on the Hon PM's message & subsequent Central & State Government Directives – everyone has to stay home for 21 days starting 25/3/2020 and Not just Covid19 suspects. Let us all fully co-operate to “BREAK THIS COVID CHAIN” .

Let us bear some discomfort for some time. Let's all stay Calm , Compliant to all directives, Supportive & Not resort to any panic. Together with BAF we will work out all issues arising out of this crisis. Reach out to BAF –COVID19 Task Force team by visiting <https://baf.org.in/covid-19/baf-guidelines>

**STAY QUARANTINED .. STAY SOCIALLY DISTANT ...
STAY SAFE – SELF & SOCIETY!**



INFORMATION RESOURCES FOR FURTHER READING

MINISTRY OF HEALTH & FAMILY WELFARE PAGES

https://www.mohfw.gov.in/pdf/Annexure_MHA.pdf
<https://www.mohfw.gov.in/DraftGuidelinesforhomequarantine.pdf>
<https://www.mohfw.gov.in/pdf/PreventionandManagementofCOVID19FLWEnglish.pdf>
<http://m.theindependentbd.com/printversion/details/241111>
https://www.mohfw.gov.in/pdf/DOletter_secretary.pdf

FOR ANY PET SUPPORT FOR QUARANTINED PATIENTS

https://www.facebook.com/groups/TheCubbonParkCanines/?epa=SEARCH_BOX

(Contact person Vicky Mahanta - ...+91-8123769281 Pl. validate on above page. BAF has not verified this, but the FB page is trusted)

GOK OFFICAL FAQ

Residents can join the Official Telegram App link below for any FAQ on the COVID -19 queries:

https://t.me/karnataka_Covid19

MISCELLANEOUS

Waste Management : <https://stonesoup.in/blogs/news/waste-management-during-corona-pandemic>



info@baf.org.in



baf.org.in



+91 99003 95000



fb.com/BangaloreApartmentsFederation



@bafblr

TRAVEL SELF DECLARATION FORM

This is a voluntary declaration form to be submitted in case of travel.

All residents and guests staying in the premise, who have travelled OOUTSIDE INDIA are required to self quarantine for a period of 14 days from the date of arrival. (Note: This may apply to domestic travellers if any new advisory as passed by govt. , prevailing on the date of filling this form)

NAME OF RWA : _____

1. Please fill out this form & hand it over at the Property Management Office or scan and send to <RWA email id _____> / whatsapp : _____
2. Same form may be used for 1 family. Please mention name & age of each family member in the form.
3. This has to also be filled and submitted by guests coming to stay with the resident.
3. The contents of this form will be kept confidential from residents. If mandated quarantine board may be put up outside home for notice of neighbours & staff..
4. This form may be shared with Govt. Officials (BBMP/ POLICE etc) and will enable the RWA to coordinate with health officials to keep RWA safe, hence pl do not misrepresent facts

Name/s	
Age/s (same order of names)	
Flat Number	
Mobile Number	
Email Address	
Date of arrival in this premise after travel (be it domestic or international)	

RECENT TRAVEL HISTORY

Have you travelled outside India since March 1 st 2020. Yes or No? (for the calculation of 14 days),	
Name the countries (and its cities) you travelled to, including layover / transiting airports, since March 1 st 2020. <i>Eg: USA/San Francisco – Layover Dubai airport</i>	
International Flight Numbers boarded in the last 28 days (from when you arrived in Elita after travel) <i>(Do not skip this step. If we receive info that your flight number is at risk, we will contact you)</i>	





Please journal your post travel movement – if you have stepped out of home anytime and visited places or people – as this declaration has come into force at later date and there was no advice on such quarantine restrictions

I hereby declare that the contents filled in this form are true to the best of my knowledge.

DATE:

PLACE:

SIGNATURE:

NOTE: NON-COPERATION ON QUARANTINE RULES IS A PUNISHABLE OFFENCE UNDER THE LAW. ASSOCIATION CAN INFORM BBMP HEALTH AUTHORITIES OR POLICE TO ENFORCE STRINGENT ACTION.

PL. REACH OUT TO RWA-MC FOR ANY ASSISTANCE USING BELOW DETAILS:

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2. National Institute of Virology Field Unit Bangalore
3. Mysore Medical College & Research Institute, Mysore
4. Hassan Inst. of Med. Sciences, Hassan, Karnataka
5. Shimoga Inst. of Med. Sciences, Shivamogga, Karnataka

PL FOLLOW RWA ADVISORY TIME TO TIME FOR UPDATES.

SEEKING YOUR COOPERRATION & SUPPORT . STAY QUARANTINED & STAY SAFE

