

## Quarantine Guidelines: Dhulikhel hospital

**This guideline is for all the Health Care Workers (HCW) working at Dhulikhel Hospital. This guideline is prepared to make decisions about sending to Quarantine and Return to work for HCWs those exposed to COVID-19 positive patients.**

### **Sending for Institutional Quarantine:**

#### **A. Facilities to be provided by the Institute for Institutional Quarantine of HCWs**

1. All healthcare workers (HCW) involved in Covid-19 health care that are exposed to diagnosed patients in the Triage/ ARI Zone/emergency/wards/Isolation will be subjected to Quarantine after the risk assessment. All the moderate risk or high risk personnel will be kept in facility based quarantine whereas low risk personnel will be kept in self monitoring.
2. HCWs exposed to COVID-19 patients should observe quarantine at Institutional Quarantine Facility for 14 days from the day of exposure.
3. Temperature monitoring of the HCWs should be done twice a day (Morning and Evening). SPO2 should be measured and all vitals recorded and should be reported to the Quarantine Incharge. (Thermometer, Pulse Oximeter will be provided to the Quarantine Facility)
4. The swab should be taken after the fifth day of last exposure. In addition, further swabs will be taken depending on symptoms and/or clinical suspicion.
5. If someone is RT-PCR positive action will be taken according the national protocol or after discussion with institutional RRT team
6. Any person developing features of fever, cough, and shortness of breath should be transferred to an isolation ward.
7. HCWs not developing symptoms along with RT-PCR test negative will Return to work after 14 days of quarantine.
8. The quarantined room should be well ventilated and lighted rooms. Where more than one person is housed in a single room, it should be ensured that there is physical distancing of 2 meters.
9. Functional internet service will be provided for each person.
10. Alcohol based sanitizers will be provided for each HCW and advised to sanitize their hand before leaving the quarantine area.
11. Only authorized & trained persons are allowed to enter the quarantine area and complete log of the people entering and exiting from the quarantine area will be maintained by security personnel.
12. There will be a single entry and exit point and a trained guard will maintain the log of entry and exit.



13. Individuals in quarantine will get pre-packed meals in the designated area.
14. All HCWs will get 2 sets of bed sheets, towels and pillow covers and advised to maintain their beds and rooms themselves.
15. For biomedical waste 3 separate yellow, green and red foot-operating bins will be kept in each hall.
16. Waste disposal areas will be disinfected with 1% sodium hypochlorite.
17. Surface cleaning of the quarantine area with 0.5% sodium hypochlorite will be done regularly. Surface cleaning will be done after the discharge of one team and before another arrives.
18. Windows will be kept open while cleaning the surfaces to protect the cleaning personnel.
19. All HCWs, ground staff and security personnel will get adequate and timely psychological support from a psychologist or psychiatrist. Please contact psychiatry duty mobile for consultation (9801002448). He/she will direct you to contact clinical psychologist or psychiatrist as per duty schedule.

#### **B. Personal Responsibility of the Healthcare worker during the Quarantine period**

**To ensure the personal and public health safety the following rules have been prepared to be strictly followed by the HCW in Quarantine.**

1. The HCW will ensure that they abide by the rules of Quarantine.
2. They will ensure that they will maintain adequate physical distancing at all times possible during quarantine hours.
3. They will minimize contact with other people as far as possible.
4. It is strictly against the rules to go out of the Quarantine facility Area. Any such activity has to be pre-authorized by Hospital Authorities.
5. They will ensure adequate hand hygiene, respiratory hygiene and cough etiquette.
6. All HCW will don surgical masks in all common areas as well as in the presence of any other person. The masks can be taken off when alone in rooms.
7. Measure their vitals two times daily and report to the Quarantine Incharge
8. Maintain hygiene and keep the facility clean.

#### **Return to Work Practices and Work Restrictions**

**After returning to work, HCP should:**

- Wear a facemask for source control at all times while in the healthcare facility until all symptoms are completely resolved or at baseline.



- Use facemask instead of a cloth face covering for source control during this time period while in the facility.
  - A facemask for source control does not replace the need to wear an N95 or higher-level respirator (or other recommended PPE) when indicated, including when caring for patients with suspected or confirmed COVID-19.
  - Of note, N95 or other respirators with an exhaust valve might not provide source control.
- Self-monitor for symptoms, and seek re-evaluation from Triage 2 if respiratory symptoms recur or worsen

### References

1. Guidelines-for-Quarantine-Facilities-and-Disinfection--v7.pdf.  
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