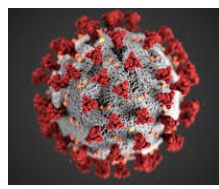


Community Quarantine under Covid-19



COVID cases continue to rise. We will overcome it! Most patients recover quickly. But the disease spreads through contacts. Quarantine of contacts is needed to prevent spread of disease. Government quarantine facilities are limited. How do we self-quarantine when we live in small houses? This poster has some ideas.

What is quarantine? *It is separation of possible patient from other people for 14 to 21 days to see if (s)he has the disease.* (Different from isolation: separation of lab confirmed cases)

What is contact? *When you have been face to face with a patient for 15 minutes, taken care of a patient, touched a patient or have any reason to suspect you have been exposed to COVID 19*

Set up community quarantine space

DEMAND
GOVERNMENT HELP



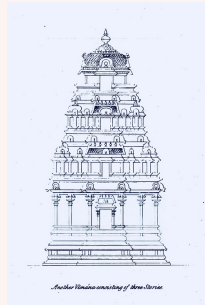
• For Who?

- For those who had **contact** with COVID 19 patients
- For those entering an area from another city/ state/ country



• Where?

In your basti: function halls, schools, temple, mosque, church, youth club, community hall and other common locations



• How?

- Decide on a place (choose from left)
- Ask government for help
- Ask NGOs for help
- Designate supervisor from community



NGOs could supply mattresses, mugs, plates, glasses, mosquito coils, water bottles, phenyl/ bleaching powder, sanitary pads, hand sanitizers, clothing and kitchen detergent for quarantine residents

Government should:

- Connect with nearby COVID-19 hospital
- Provide financial help
- Monitor residents
- Provide advice
- Provide medical care
- Provide ambulance when needed



DEMAND GOVERNMENT HELP

Community Supervisor must monitor residents twice a day

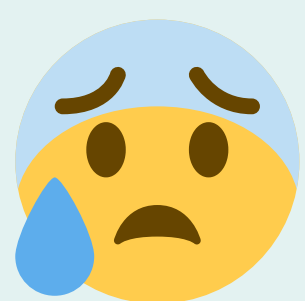
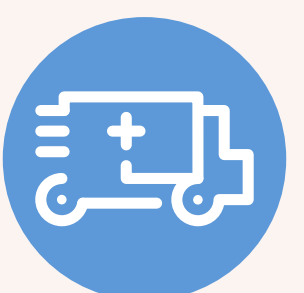
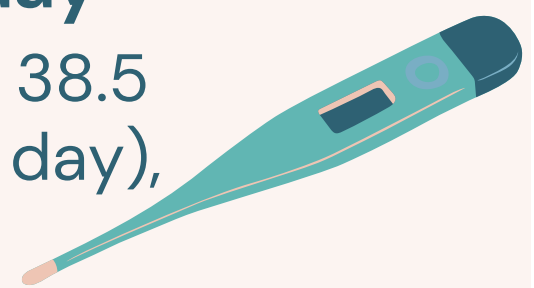
- In case of fever (more than 38.5 deg C), cough (more than 1 day), (excessive) fatigue

Call government doctor & move to isolation center!

- In case of high and continued fever
- difficulty breathing
- shock (fainting, disorientation, no pulse)

Call government doctor & ambulance to hospital!

Wear mask and gloves at all times

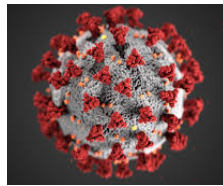


Take care of residents' mental health

- Calm anxious residents
- Stay in touch on mobile
- Tell residents about good recoveries.
- Government must set up a counseling helpline



Community Quarantine under Covid-19

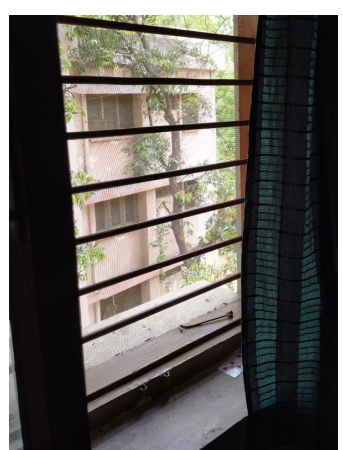


The community must ensure the following in quarantine facility: ventilation, beds, toilets, cleaning.

Residents must maintain safe distance at all times, especially while taking food, and also near the toilet/bathroom.

Ventilation:

- Ensure good air circulation
- Cool in summer, dry in rains, warm in winter



Beds:

- Mattresses should be comfortable
- Six feet distance between beds

Bathroom/toilet:

- Must be well lit (e.g., solar, LED)
- Cleaned by each user with diluted phenyl after each use
- Two mugs for each person, for toilet and other uses
- Bucket of soap solution outside to clean taps and other areas touched



Garbage disposal:

- Individual plastic covers for each person.
- Closed bin near bathroom (separate for women)
- Use gloves when removing them



Keeping centre clean

- Centre to be cleaned and mopped with disinfectant (Phenyl/ bleach solution) everyday on shared basis
- Clean all commonly touched surfaces (doorknobs, handles, tables, chairs, etc.,) with soap water or disinfectant

Persuade NGOs to provide beds, mattresses, mugs, plates, glasses, mosquito coils, water bottles, phenyl/ bleaching powder, sanitary pads, hand sanitizers, bed sheets, kitchen detergent for quarantine residents

Personal safety – 1 (Prepare + Mask + Clothes)

- Prepare for 3 week stay (carry routine medications)
- Masks – Wear mask at all times. Keep enough masks, wash one in soap water and dry while using other.
- Clothes – Use the same 2 or 3 sets of clothes for quarantine period. Wash every day. Put dirty clothes in soap bucket, soak for 15–20 minutes, rinse and dry in sunlight if possible.
- Every resident must have own set of bedsheets, pillow covers, towels. Wash frequently.



Personal safety – 2 (Food + Water + Utensils)

- Food – No restrictions on food. Try eating a balanced diet with vegetables, eggs/ non-veg, fruits.
- Food may be prepared inside the premises by residents or cooked food can be provided from outside (community kitchen family or other places).
- Drinking water – separate pot/bottle and glass for each person. Wash in soapy water once a day.
- Utensils – Separate plates, cups, spoons, glasses for each person. Wash in soapy water after each use. Dry in sunlight.



IMPORTANT 1:

COVID-19 suspects who have pre-existing, chronic illnesses like hypertension, diabetes, heart or kidney problems or those above 60 years should not stay in these community quarantine centres. They should be monitored in government quarantine facilities.

IMPORTANT 2:

In community quarantine, people entering on different days (different cohorts) should remain separate to prevent possible infection. E.g., a newly admitted person should not be placed close to a person who has spent 12 days in the centre.

IMPORTANT 3:

If a resident is hospitalized, disinfect location with Lizol/phenyle, Air/sun mattress for 4 days. Use gloves when handling infected mattresses and during cleaning.