

## **Some FAQs on Community Quarantine**

*(approximately 14-21 days)*

**Note- People older than 60 years and with underlying diseases like heart, BP, diabetes, lung disease, cancer, kidney disease, etc., should not be in these community quarantine centres. They should be in government facilities.**

### **Expectations of quarantine**

#### **Q 1. Why 14/ 21 day quarantine?**

*Ans- 14/ 21 days is the known incubation period of the virus. Those who have had contact with a COVID-19 patient or have entered an area from another city or region, are suspected of having been exposed to the virus. They are kept in quarantine for 14/21 days, for observation, to see if they start showing any symptoms of the infection. Quarantine of a suspected patient in designated facilities also protects their other family members from spread of infection.*

#### **Q 2. What health care can I expect in quarantine?**

*Ans- The purpose of quarantine is separation and observation, and not so much tests/ medicines/ injections. The Community Supervisor is expected to measure residents' temperature twice daily and oversee general health condition. Even though there will not be active medical interventions or tests, the quarantine is very important and useful because it allows a person to understand whether they are infected with the virus, and prevent infection of others.*

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### **Preparation for quarantine**

#### **Q 3. What should I pack for quarantine?**

*Ans- You should pack for a minimum of 14 days. Try and use only 2 or 3 sets of clothes throughout the quarantine period (wash daily). Carry towel, personal soap, toothpaste and toothbrush, comb, slippers, shaving items for men, sanitary pads for women, regular medicines that you need. Carry any prayer book that is important to you. Remember to pack your mobile, headphones and charger, spectacles, any book that you want to read. (You could add additional music and movies to your mobile). Take care to pack for minimum needs, but also pack daily-use personal items so that you do not borrow from others.*

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### **Q 4. What should I do about my routine medicines?**

*Ans- Carry your regular medicines as required, adequate for one month.*

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### **In quarantine centre**

### **Q 5. What will daily life be like/ how to spend the day?**

*Ans- Life will be quiet and without much activity/ communication with others. Try and use your phone to watch videos/ movies or listen to music (use headphones so as not to disturb others), or carry one book/ notebook with you (avoid sharing with others). Talk to other residents, and positively support each other, always maintaining 2-metre/ 6-feet distance. Try and stay calm and avoid getting anxious. Anxiety is never good for your health.*

### **Q 6. Am I allowed to have visitors?**

*Ans- Avoid having visitors. In case of emergency, visitors may be met at the entry gate and must not come inside the premises. Must follow: (1) resident and visitors must wear masks, (2) resident and visitors must stand at 2 metre distance from each other. No physical contact, like hand shaking, hugs, etc., (3) meet for not more than 5-10 minutes.*

### **Q 7. Can I share things with co-residents?**

*Ans- Avoid sharing items with co-residents. A potentially infected person has a high chance of contaminating the items and surfaces that s/he touches. The virus is known to stay on surfaces for a long time. Touching shared items or surfaces may spread infection, and should be avoided.*

### **Q 8. Can we have prayers/ singing/ group activities together?**

*Ans- Avoid loud singing/ loud prayer/ forceful or intense breathing exercises, especially in groups. The spray from the mouth during loud singing, talking, shouting, arguing, forceful exhaling has been known to increase the spread of the virus. Try to do silent meditation.*

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### **Q 9. Are there any food restrictions?**

*Ans- None. Eggs and non-veg are not restricted. Try and eat a balanced diet.*

### **Q 10. When should I be concerned about my health?**

*Ans- When you observe dry cough and fever (more than 38.5 degree C or 101 degree F), or breathlessness, or any other discomfort, you should contact the Community Supervisor, or government health authorities.*

### **Q 11. What happens if I start showing symptoms of illness?**

*Ans- You may be asked to shift to a government hospital or isolation centre. Try not to panic. Health workers are overburdened but are trying to respond to patient needs and concerns. Remember that among those who get admitted to hospital/isolation centre, over 95 % of patients recover fully.*

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## **Dealing with anxiety**

### **Q 12. I am feeling very anxious/ scared/ sad/ angry. Why has this happened to me?**

*Ans- This is going to be a difficult period. There is a lot that is unknown about this new disease, and uncertainty is widespread among people. Even doctors, scientists and public health authorities are still learning about the disease, treatments, protocols for care, etc., every day. Do not blame yourself. Take precautions like using masks and maintaining distance, eat well, rest, and try and stay positive. Reducing your anxiety and that of your co-residents will go a long way to help you cope with the quarantine. Remember that large numbers of reported COVID-19 cases have actually recovered! (Most positive cases under 60 years of age recover after a minor illness, and a few require hospitalization.)*

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**Q 13. Why do people/ family/ neighbours blame me and keep away from me?**

*Ans- This is a new disease, not much is known about it, no treatment has been discovered and it is highly infectious (even though the number of people who die of this disease is very small). Therefore people are scared. Sharing correct information about the disease, and following necessary precautions, will go a long way to end the stigma and discrimination in people's minds. Try and focus your energies on supportive family and friends. Use your time to find ways to communicate a positive attitude. As more time goes by, as more people recover, the fear of the disease will lessen.*

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### **After quarantine ends**

**Q 14. What should I do after returning home from quarantine?**

*Ans- Wash and dry in sunlight all clothes, utensils, other items that were used during quarantine. Those items that cannot be washed (mobile, charger, headphones, etc) can be sanitized with hand sanitizer or moist/damp cloth dipped in soap water and squeezed).*

**Q 15. Am I safe from the disease after quarantine period ends?**

*Ans- No. You may not have got the disease so far but remember that you are not immune to the disease. So you and others around you should please continue to follow all the protocols of hand washing, masks and physical distancing.*

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**On the whole, try and support each other in the quarantine centre and cooperate with the Community Supervisor. This too shall pass!**

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