Optional home self-isolation for asymptomatic active COVID-19 cases

The following is the set criteria for the optional home self-isolation:

Patient must be under 60 years of age

Patient is asymptomatic, or with mild symptoms, and should not be living with individuals with low immunity

Patients must have access to a secluded room and bathroom

Patient must be able to contact the medical team electronically during the home self-isolation period

Patient must vigilantly and thoroughly follow the home self-isolation guidelines

Contacts of active cases who reside in the same residence must follow the guidelines for contacts of active cases
Positive cases will be received at the Shamel Field Hospital (Comprehensive Disability Center) for an assessment. Once a patient meets the set criteria and opts to self-isolate at home, an electronic bracelet will be issued and the needed medical supplies for the home self-isolation period will be provided. (Medical supplies will include masks, sterile gloves, and basic medications if required)

Patients will be monitored daily by health professionals and by using the “BeAware Bahrain” app.

Patients must contact hotline no. 444 if symptoms develop.

All home self-isolation procedures should be vigilantly followed, and patients must use the app and bracelet.

The home self-isolation period is 14 days and a ‘Self-Isolation Exit Test’ will be required in order for patients to be officially discharged.
Home Self-Isolation Guidelines

Ensure no interactions with others

Use a separate room and bathroom

Do not share personal tools and utensils

Observe personal hygiene, and wash your hands regularly

Wear a protective face mask in case of leaving the house for an emergency

Dispose of waste within a separate trash bag, and ensure the waste is not added to household waste until 72 hours have passed

The home self-quarantine measures will also be applied to contacts living in the same household, and they will follow the procedures applied on contacts of active cases