

Home-isolation Guidelines



What is home isolation?

- Separate the infected person or suspected of having COVID at home to reduce the spread of infection. Home isolation must impose for all cases and must be registered to followed up with them through BEAWARE APP and by using the smart bracelet.



Duration

- The duration of Home Isolation is 10 days, the start and end date will be mentioned on the declaration form.
- For the COVID case, the starting day for isolation is from the day of diagnosis and for the contact, the starting day of isolation is the last day of being in contact.



Common Symptoms

There are cases that will not develop symptoms, however you may have:

- Fever.
- Cough (new or worsening).
- Shortness of breath (new or worsening),
- Headache, sore throat or runny nose.
- Nausea, vomiting and/or diarrhea.
- Chest pain.
- Myalgia (muscle pain).
- Loss of smell and/or taste.



Avoid Contact With Others

- Stay isolated in a room, away from your family and other people. This includes eating in your room and using separate bathroom.
- When it is necessary (not avoidable) to be in contact with someone, wear a facemask, gloves and keep a safe distance (3 meters) with others including pets.



Inquiries

- In case of any inquiry/request or concern you can call 444.
- In case you experience any symptoms call 444 immediately and inform them about your symptoms. 444 will evaluate and if needed you'll be referred to virtual clinic, where doctor will be able to assess you either via a video or an audio call and you maybe requested to attend at COVID health center.
- For any symptoms that you are not able to tolerate please call 999.



Waste Disposal

- Dedicate a personal trash-can and make sure to use double bags to prevent any leaking.
- Waste must be stored in a separate area within the household for 3 days (72 hours) before disposing it.



Disinfection

- Wear disposable gloves for cleaning and disinfecting.
- Clean surfaces by using soap and water first, then use disinfectant.
- Wash your hands often with soap and water for 20 seconds.



Ending Home Isolation

- On Day 11, you can head to the nearest health center with the declaration form, where the smart bracelet will removed.
- The previously supplied thermometer and oximeter should be returned to the health center.



Back to Normal Routine

- You can go back to your normal routine if you are asymptomatic by day 11.
- **In case of experiencing any symptoms within 72 hours from ending the home isolation period please contact 444 to be reassessed by the virtual clinic and depending on your condition, the physician might extend your isolation period.**

According to law number (34) of the year 2018, violators are to be imprisoned for no longer than 3 months and a fine no less than 1000BD and no more than 10,000BD or one of these sanctions to all those that willfully hide an infected person, exposed others to infection, transmitted the virus willfully, or refused to follow any of preventive measures.