



MUNICIPALITY OF SEBASTE COMMUNITY QUARANTINE GUIDELINES

Kalusugan ng lahat, Kaligtasan ng bayan!

Prepared by: *Sebaste Community Hospital*

Date Issued: March 29, 2020

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I. Purpose

These guidelines aim to protect the health and safety of all residents by outlining clear quarantine procedures for individuals who are symptomatic, exposed, or confirmed positive for infectious diseases.

II. Home Quarantine Protocol

1. Stay in a separate, well-ventilated room with the minimal contact with others.
2. Use a dedicated bathroom, if available.
3. Monitor symptoms daily and report updates to the Barangay Health Center.
4. No visitors allowed; deliveries must be contactless.
5. Quarantine duration: 7-10 days, or as advised by a health professional.

III. Facility Quarantine Protocol

- Resident without safe home conditions may request transfer to the Barangay Isolation Unit.
- Free meals, hygiene kits, and medical monitoring are provided.
- Discharge is based on symptom resolution and clearance from the Barangay Health Officer.

IV. Reporting & Support

- Report symptoms or exposure immediately via hotline or SMS.
- All reports are confidential and handled with care.
- Barangay officials may assist with the food packs and medicines during isolations.

V. Reminders

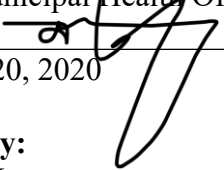
- Breaking quarantine rules may result in penalties under local ordinances.
- Everyone is encouraged to cooperate and report health concerns early.
- Together, let's keep Municipality of Sebaste safe and protected.

Prepared by:

Municipal Health Office

Adano, Sebastian

Position: Municipal Health Officer

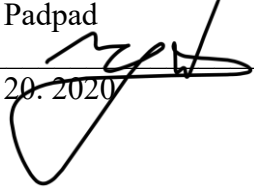
Signature: _____

Date: April 20, 2020

Approved by:

Municipal Mayor

January C. Padpad

Signature: _____

Date: April 20, 2020