

Standard Operating Procedure No 5 for Home Family Quarantine/Isolation of Verified Virus

Preamble

The isolation of the Verified Virus Fighter (VVF) and family is to prevent uncontrolled spreading of the virus responsible for COVID19. To ensure that the VVF and family are able to follow the 14 days isolation, he/she should be treated in such a way that he/she is comfortable and willing to remain in isolation. The other members of the household should be protected from COVID19 infection from the VVF through prevention control practices.

Important Definitions:

Potential Virus Fighter (PVF): An individual reporting symptoms of COVID-19. We will be identifying PVFs in the following ways:

- a) through word of mouth from the community
- b) through individuals calling government hotlines 333) and reporting any symptom;
- c) other household members of the PVF being screened

Once the PVF has been screened, the result can be either of these three:

1. Verified Virus Fighter (VVF): A PVF who has been screened and has high *fever* and with relevant signs/symptoms of respiratory disease (for example cough, shortness of breath (in last 15 days), sore throat) or the loss of the sense of smell.

OR an individual who tested COVID-19 positive in the last few days.

2. PVF with follow-up: A PVF who has been screened and whose body temperature is between 99.0°F to 99.4°F AND who has at least one sign/symptom of respiratory disease (for example cough, shortness of breath (in last 15 days), sore throat, the loss of the sense of smell).

3. Cleared Virus Fighters (CVFs): A PVF whose body temperature is below 99°F or who does not exhibit any symptoms of respiratory disease (for example cough, shortness of breath, sore throat, the loss of the sense of smell).

Vulnerable Individuals:

Certain individuals are at higher risk of developing complications and dying from COVID-19, these include older individuals (50 years or older in the context of Bangladesh), diabetics, hypertensive individuals, individuals with respiratory diseases such as COPD or those with compromised immune systems. Pregnant women are also a high-risk group for COVID-19 related adverse outcomes.

Scope

For use by Community Support Teams (CSTs) once a PVF has been declared a VVF and recommended to follow 14 days of isolation.

Purpose

The purpose of this SOP is to provide guidance for CST on how to advise and support VVFs on self-isolation and on quarantine of household contacts.

The steps in screening of the PVF is covered in the SOP 3 Quarantine Screening.

Procedure

1. Once the **PVF** has been confirmed to be a **VVF** by the CST using the Mobile App, the CST should advise the VVF and family of his/her status and explain the role of the VVF in controlling the spread of COVID19. It is crucial that the CST explain the importance of his/her actions for the community and Bangladesh and gain the agreement of the VVFs and their families. Good communication skills are needed. Key points to be made include:

- The COVID19 virus is very contagious and can be spread through sneezing and coughing and touching contaminated surfaces. But the virus can easily be killed by cleaning and disinfection.
- Most people do not get very sick, but a small group may need to go to hospital.
- By isolating the VVF is preventing spread of the virus and is working to protect his/her community. If the virus spreads uncontrollably, the hospitals will be unable to cope and many people will die (can use the fish pond example).
- Isolation is a selfless act that helps others; the VVF is a hero.
- After 14 days of isolation the VVF should be over the COVID virus; it will also be clear if the other family members have also caught COVID19.
- The CST will support the family through the isolation period.

2. Discuss openly with the VVF any concerns and fears that he/she may have. Reinforce that the CST and ME are going to assist them. Explain clearly the assistance that the VVF can expect: this includes support visits, telemedicine, food bank support, access to basic medicines and hospital transfer if needed,
3. VVF should be advised to go immediately into Family Quarantine/Isolate in their home with all household members (persons who live in the same home).
4. The process of isolation and quarantine should be carefully explained to the VVF and family in a supportive and non-threatening manner. Home Family Quarantine/Isolation means the VVF and their entire household have to adhere to the following conditions for the next 14-days:
 - a. They should not leave their home for any reason.
 - b. If, by chance, they do come across other people, they should stay at least 1 meter (3 feet) apart.
 - c. They should not go out to buy food or collect medicine: they can ask the CST to support them in the process, ask someone else to drop off medicine or groceries at their home or order them by phone or online.
 - d. They should not allow any visitors, other than the CST or medical persons, in their home.

Household hygiene

1. It is very important to protect other household members from COVID19. The VVF should strictly adhere to the following to prevent infecting other household members:
2. The VVF should remain isolated in a separate room and stay 1 meter (3 feet) from other members of the house.
3. He/she and must wear mask and also all family members must wear mask when more than one person is in a room.
4. Enough food and drinks should be prepared and delivered to the VVF's room but not handed to Him/her. Empty plates and cups should be placed into a bucket at the end of each meal and removed and washed in hot soapy water.
5. If the family uses common bathroom, specific bathroom times should be scheduled for the VVF and space given for him/her to move to the bathroom and back to the bedroom.

6. The family members should continue to communicate with the VVF and provide them with company and reassurance from a distance of 3 feet while wearing masks.
7. The VVF should not share dishes, drinking glasses, cups, eating utensils, bed linen, clothes or towels with the rest of the family.
8. VVFs who are breastfeeding mothers can breastfeed their infants wearing a mask. They should thoroughly wash their hands with soap and water or sanitize their hands with alcohol-based hand rub before breastfeeding.
9. To reduce the spread of infection in the home, the VVF and other household members should do the following:
 - a. Wash their hands with soap and water often, for at least 20 seconds, or use an alcohol-based hand rub when soap and water is not available. The CST members will show them how to correctly wash their hands and show a sample of alcohol based hand rub.
 - b. The VVF should wear a cloth mask that covers the nose and mouth when he/she must be around other people or animals, including pets. The mask is not necessary when the VVF is alone.
 - c. All the household members must wear masks at all times inside the house (except when someone is completely alone).
 - d. All the household members should sneeze and cough inside the mask; for sudden onset of coughing or sneezing when they are not wearing the mask, they should cover their mouth and nose with a tissue or sleeve (not hands), put used tissues in the covered waste bin immediately and wash hands afterwards. If the mask gets soiled by cough or becomes wet it should be changed.
 - e. The responsibility of taking care of VVF should be given to the healthiest family member who is without any comorbidities such as diabetes, hypertension, cancer, heart disease, chronic respiratory disease.
 - f. Surfaces that are touched often (like door handles, bathrooms, kettles, light switches, chair arms) should be cleaned regularly using household cleaning products and disinfected with 0.2% bleach.. Electronic items such as phones should be cleaned with alcohol.

- g. If a caregiver or other person needs to clean and disinfect a sick person's bedroom or bathroom, they should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the VVF has used the bathroom before coming in to clean or use the bathroom. The area should be cleaned first with soap and water followed by disinfection with 0.2% bleach. The disinfected area should remain wet for 5 minutes and then excess bleach cleaned up with a clean cloth.
 - h. Wash the cloth mask with warm water and detergent every day or soak in 0.2% dilute bleach (Add 2 teaspoons of bleaching powder to 1 liter of water) for at least 1 minute, rinse with water, and then let air dry in sunlight if possible.
 - i. The house should be cleaned with normal household products, such as water and detergent, followed by a 0.2% disinfectant bleach. CST members will demonstrate how to make a 0.2% bleach solution (see below) and give each family a 250 mg packet of powder bleach to clean the surrounding surfaces around the VVF and the bathroom after use.
 - j. Used tissues and disposable cleaning cloths should be placed in garbage/polythene bags and then put into a second bag and tied securely. The bag should be stored for 3 days before putting it in the outside bin. Other household waste may be disposed of as normal.
 - k. Laundry should be washed in the usual way. Laundry that has been in contact with an ill person can be washed with other people's items but they should not be shaken as this may spread the virus in the air.
10. To stay well while at home, the VVF and any ill household members should:
- a. drink plenty of water to stay hydrated,
 - b. The VVF and family members should take Vitamin C, Vitamin D and zinc,
 - c. take paracetamol to help ease symptoms like fever and malaise,
 - d. stay in touch with family and friends over the phone or on social media, to help avoid feeling low or lonely
 - e. try to keep busy; -try activities such as , reading, online learning and watching films
 - f. do light exercise, if he/she feels well enough

11. If the household includes a vulnerable individual (someone who is 60 years old or over, has a long-term condition, is pregnant or has a weakened immune system), the household should try to move him/her to another house for 14 days.
12. If the vulnerable person must stay in the home, the VVF and the vulnerable individual should try to keep away from each other as much as possible by:
 - a. Keeping 1 meters (3 feet) away from each other,
 - b. Should wear mask all time even at home,
 - c. avoiding using shared spaces, such as kitchens or bathrooms, at the same time ,
 - d. opening windows in shared spaces, if possible, for air circulation,
 - e. cleaning a shared bathroom each time it is used, for example by wiping the touched surfaces with a disinfectant,
 - f. using detergent and warm water when washing dishes and dry everything thoroughly,
 - g. not sharing a bed, if possible,
 - h. not sharing towels, including hand towels.
13. If the VVF or another ill household member needs medical help during Family Quarantine/Isolation, he/she should not go to a clinic, pharmacy or hospital. He/she should stay at home and call the community support team or contact the telemedicine doctor dedicated to VVFs . The CST will have the number for the local ME.
14. The CST team members should follow up physically with the VVF and his/her household members on the 3rd and 7th day. During the visit they will check VVF's temperature, oxygen saturation and confirm if the VVF and his family are maintaining quarantine (please see SOP 1 Process Flow_Urban Areas for details) Data on body temperature, oxygen saturation, adherence to home quarantine, will be recorded through the CST mobile app during the follow-up visits. The CSTs will also follow-up through telephone on the 10th day to make sure VVF and his family maintained home quarantine properly and also to enquire if they require further food support/medical attention.
15. During the follow-up visits, the CSTs should counsel the VVF and the family again on steps 2-11 (to reinstate the importance of maintaining quarantine).
16. The CST will ensure that the neighbors understand the fight and are ready to help them morally and mentally to boost up VVF and the family.

Preparation of disinfectant bleach solution

1. A 0.2% bleach solution should be made fresh every day by the CST. They will need the following equipment:
 - 10 litre bucket with a lid
 - 20% bleach powder
 - 1 teaspoon
 - 1 plastic or wooden stirrer
 - Measure for 500 ml (ie a water bottle)
 - Protective equipment such as Mask, gloves, goggles. Solution must be made in an open environment.
2. Before beginning the dilution, wear the PPE.
3. To make 1 liter of bleach solution, pour 1 liter of water into the bucket. Add two teaspoon of bleach powder and mix with the stirrer. Immediately put the lid on the bucket
4. Experience will show how much is needed for a day's work but do not make more than be safely carried in the bucket. The calculation is easy: for 2 liters of water add 4 teaspoons of bleach; for 5 liters of water use 10 teaspoons of bleach powder
5. At the end of the day, pour out any remaining solution