

COVID-19 Close Contacts: Quarantine and Precautionary Guidelines

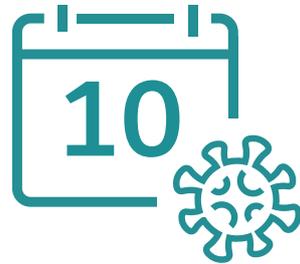
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Who is a COVID-19 close contact?



A close contact is any individual who spent time with a confirmed COVID-19 case, whether it was two days before their symptoms appeared or since the person received their positive result or any time during the 10 days of infection.



The 10-day quarantine period begins from the date of the last contact with the infected person after he tests positive for COVID-19 if you met him for more than 15 minutes and if the physical distance maintained was less than 2 meters.

For example: If you had dinner with a friend on the 1st of September and on the 3rd of September you were informed that your friend has tested positive for COVID-19, your quarantine period will begin from the 1st of September (date of last contact) until the 10th of September.



The journey of close contacts



01

The close contact needs to directly quarantine in a separate room for 10 days and follow precautionary measures to ensure the safety of others.

DHA will contact and inform the close contact of the necessary procedures OR the close contact can call DHA on the toll-free number 800 342.



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The quarantine period is 10 days and there is no need to undergo a PCR test if there are no symptoms.

If ANY symptoms appear during the quarantine period, call 800 342 to book a PCR test appointment.



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If the test result is positive, you will be contacted for isolation procedures. If the test result is negative, you must complete the 10-day quarantine period.

Close contacts can obtain an “End of Quarantine Certificate” by calling 800 342 or through the COVID-19 DXB App



What are the symptoms of COVID-19?



Fever equal to or higher than 37.5°C



Coughing



Pain in the body



Shortness and difficulty in breathing



Sore throat



Runny nose



Diarrhea



Nausea



Headache



Loss of the sense of smell and taste

A person can be infected with COVID-19 but have no symptoms



Common Questions



Who is considered a close contact to a person with COVID-19?

A person who is exposed to a confirmed COVID-19 case, in a close proximity of less than 2 meters for a period that is more than 15 minutes (working, studying, a family member, or while using public transportation, etc.), either in the period starting from 2 days before the onset of symptoms in the confirmed case, or from the date of a positive COVID-19 PCR test (for asymptomatic confirmed cases), and/or throughout the 10-day duration of illness.



When does the quarantine period start?

Quarantine starts from the date of last contact with a confirmed positive case for 10 days.

For example: If you had dinner with a friend on the 1st of September and on the 3rd of September you were informed that your friend has tested positive for COVID-19, your quarantine period will begin from the 1st of September (date of last contact) until the 10th of September.



Common Questions



What does quarantine mean?

It is restricting the movement of a close contact to a positive case for 10 days to minimize his/her interaction with others during this period of 10 days starting from the date of last contact with a confirmed positive case. The 10-day period is the scientifically proven incubation period of the COVID-19 virus as there can be potential virus transmission during this period.



Why has the quarantine period been set to 10 days and why should I complete it?

The quarantine period has been set to 10 days as that is the incubation period of the virus. Even if symptoms do not appear, even if you are in good health, you must complete the 10-day quarantine period because you may be carrying the virus and you can infect others during this period.



Does being quarantined mean I have the COVID-19?

Being in quarantine does not mean that you are infected with the COVID-19 virus; however quarantine is a mandatory precautionary measure to ensure that the infection is not transmitted to others.



What are the types of quarantine?

Home Quarantine:

It takes place at the person's residence, after making sure that the conditions for home quarantine are met.

Institutional quarantine:

It is a quarantine-dedicated facility for close contacts who cannot meet the conditions of home quarantine. During their stay at the facility, close contacts will receive all the care and monitoring needed while they quarantine.



Common Questions



Is quarantine / institutional isolation free?

If the close contact prefers institutional quarantine instead of home quarantine or if the close contact cannot meet the requirements of home quarantine, then he can opt for institutional quarantine and he will have to bear the costs incurred during his stay in the quarantine facility.



Conditions and requirements of home quarantine include:

- Availability of a separate room with a private bathroom.
- The close contact should be in a stable health condition.
- Availability of means of communication such as an active phone number.
- Availability of a first-aid kit that includes a thermometer.
- Awareness and commitment to quarantine procedures related to personal care and waste management.
- No high-risk individuals are sharing the household.



People at high-risk from COVID-19, include:

- People above 60 years.
- People with health issues such as:
 - Diabetes mellitus.
 - Serious heart conditions such as ischemic heart disease.
 - Uncontrolled hypertension.
 - Chronic lung/respiratory disease including moderate to severe asthma.
 - Chronic kidney disease and renal failure.
 - Chronic liver disease.
 - Cancer patients who are still undergoing treatment.
 - Patients who use biologics or immunosuppressive-medications.
 - Patients with a history of transplant.
 - People of any age with severe obesity (body mass index [BMI] > 40) or people with certain underlying medical conditions, particularly if not well controlled.
 - Any health condition that may compromise immunity.
- People with disabilities (People of Determination).
- People staying at long-term care centers.



Common Questions



I was in contact with a positive case but the patient did not mention my name, how can I act in this case?

You should call the DHA toll-free number 800 342. This procedure is necessary to register you as a close contact and to issue an end of Quarantine Certificate in order to be able to return to work or to go back to your school or university.



A member of my household was in contact with a positive case, do I have to self-quarantine as well and is it necessary to undergo a laboratory examination?

Quarantine is only for people who come in direct contact with the infected case. You do not have to self-quarantine since you were not in close contact with a COVID-19 confirmed case. Also, the PCR test is recommended for persons who are showing COVID-19 symptoms only.



There is an infected person at my workplace, what should I do?

Your workplace will track those in contact with any positive case. If you were considered a close contact of the COVID-19 confirmed case, you will be informed by your workplace so that you can start your 10-day quarantine.



My workplace asked me to prove that I am a contact, can I get a letter proving that I am a contact?

A letter confirming the end of the quarantine period can be obtained after completing the 10-day period by calling the DHA toll free number 800342.



Common Questions



I met a person and I learned later that he was infected, do I need to self-quarantine only or do I have to communicate with the concerned authorities?

All confirmed close contacts are encouraged to call 800342 to ensure registration as close contacts.



A member of my family has been confirmed to be infected. Do I have to self-quarantine?

Yes, you must self-quarantine if you are a close contact of the family member and/or are sharing the same household.



I developed symptoms while in home quarantine, what should I do?

- Call the toll-free number 800 342 to book an appointment for a PCR test in a government COVID-19 testing centre or go to a certified private health facility for a PCR test.
- Before leaving the house for a PCR test, make sure you follow all the precautionary measures such as wearing a face mask and maintaining a physical distance from others.
- Make sure you maintain a physical distance of no less than 2 meters between you and others at all times. Please ensure continuous hand washing or hand sanitizing and maintain respiratory hygiene.



Do I have to follow a specific diet while I am in home quarantine?

There is no specific diet but it is recommended that you follow a healthy diet and drink plenty of water.



If I don't want to be quarantined at home, can I go to an institutional quarantine/isolation?

If the close contact prefers institutional quarantine instead of home quarantine or if the close contact cannot meet the requirements of home quarantine, then he can opt for institutional quarantine and he will have to bear the costs incurred during his stay in the quarantine facility.



When should I be tested if I have been in contact with an infected person and how many times should I get tested?

The close contact does not need to undergo a test for COVID-19 unless he begins to show symptoms of the virus. If he gets any symptoms, he must call the DHA toll-free number 800 342 and book a PCR test in a government COVID-19 testing center or visit an accredited facility for the PCR test.

Kindly note that the close contact does not need to undergo another PCR test after the 10-day quarantine period unless the concerned health authority requests him to repeat the test.