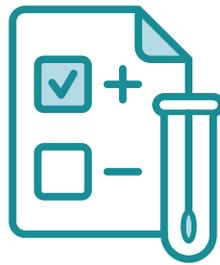


Isolation Guideline for Confirmed COVID-19 Cases

January 2021



Who is a COVID-19 confirmed case?



A person with a positive PCR test result for COVID-19, irrespective of clinical symptoms, is considered to be a confirmed case. It is important to note that the result should be from an approved medical facility.

COVID-19 patient journey



01

Isolate yourself immediately in a separate room after getting your positive PCR result and immediately inform your direct manager and HR department.

DHA will contact and inform you about the necessary procedures OR the patient can call the DHA toll-free number 800 342.



02



03

Install the COVID-19 DXB App and follow the required steps.

If the confirmed case begins to develop any symptoms, he can call the DHA toll-free number 800 342 or use the DHA app to book a medical consultation.



04

If you do not have any symptoms, you still have to complete the 10-day home or institutional isolation. You don't have to undergo another PCR test once the isolation period is complete.



05

COVID-19 patients can obtain a clearance certificate by calling 800 342 or through the COVID-19 DXB App



Isolation



How long is the isolation period for COVID-19?

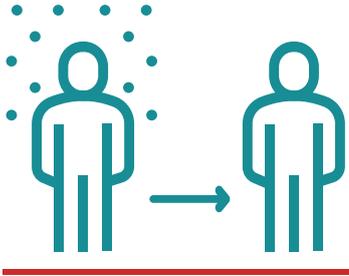
A person who is infected with COVID-19 will remain in isolation (home or facility). The isolation period for a confirmed COVID-19 case is 10 days. The isolation ends after completing the 10 days with improvement in symptoms and no fever for 3 consecutive days at least, without any fever reduction medication.



When does the isolation period end?

- After completing 10 days from the date of taking the PCR test.
- When the symptoms, if any, subside.
- The patient has no symptoms or fever by the 10th day, (without fever reducing medication) for a minimum of 3 consecutive days.

Common questions



When is COVID-19 considered to be infectious?

Scientific studies have shown that COVID-19 is most contagious to others in the first 10 days of the infection and the risk rapidly declines by the end of the first 7 to 10 days of the infection.

Therefore it is important to remain in isolation for 10 days to avoid spreading the infection and to ensure the health and safety of others.

Scientific studies have also shown that the virus was not found to be active or infectious, after the 10 days of infection, even if the person tested positive in a PCR test.



Common questions



Does the patient have to have a negative PCR test to end their isolation?

A negative PCR test is not required to end isolation. The criteria for ending isolation is completing 10 days of isolation with improved symptoms and no fever for at least 3 days with no fever reduction medications.



Can I practice my normal life after leaving the isolation with a positive examination result or will I be fined?

A positive test result after finishing the isolation period does not cause fines and the person can resume normal life and work normally. However, you must ensure to follow the precautionary measures announced by the concerned authorities, which include wearing face masks and maintaining physical distance of 2m to avoid fines.



Common questions



How long does it take to recover?

The COVID-19 virus is a new strain of coronavirus and its nature may evolve. Scientific evidence has found that the recovery period depends on the person's immunity and level of fitness. For mild and asymptomatic cases, a 10-day isolation period is the maximum period.

For cases with symptoms, the recovery period depends on the severity of the observed symptoms and any consequential complications, of the disease during treatment.



Can I get a clearance certificate?

Yes, you can get a clearance certificate after completing the isolation period by calling 800 342 or through the COVID-19 DXB smart app.



Home isolation



Who is eligible for home isolation?

Confirmed COVID-19 patients who are asymptomatic or have mild symptoms and can fulfil the home isolation criteria.



What are the conditions and requirements for home isolation?

- Availability of a separate room with a private bathroom.
- Patient's health is stable.
- None of the household members are from the high-risk category.
- Availability of means of communication such as an active phone number.
- Patient and household members are capable of adhering to the precautions recommended as part of home isolation.
- Availability of a first-aid kit that includes a thermometer.

If any symptoms appear, you can receive the necessary support and consultation for emergency cases through the COVID19-DXB smart app.

The patient can also call the DHA toll-free number on 800342 or the ambulance at 997.



Home isolation



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 of Determination.
- People staying at long-term care centers.



Common questions

What should the patient do while in home isolation?



Isolate from other people in the house for the entire 10 days of isolation even if you are healthy or showing no symptoms.



Download and register in the COVID19-DXB smart app and follow the required steps.



Monitor your symptoms and measure your temperature regularly.



The patient and the family should read all the guidelines provided.



The patient should use disposable cutlery and plates when eating and immediately dispose of them.



The patient should preferably do their own laundry. If not possible, the person should use separate laundry and bags in the isolation room and gather all contaminated items in a separate waste bag.



Wash your hands regularly and cover your mouth when you sneeze or cough.



It is preferable to use an automatic bin that doesn't require touching contaminated items.



Ensure that household staff follow all precautionary measures when managing waste or laundry.



Common questions

What is required from the family of the patient during home isolation?



Household members should stay in a different room away from the patient.



Monitor their symptoms, if any symptoms appear call the DHA toll-free number 800 342.



A surgical mask should be used in the presence of other people or if the patient is visited by healthcare staff.



Hands should be washed often and thoroughly with soap and water for a minimum of 20 seconds especially before and after preparing food, after using the toilet, whenever you remove your gloves and face mask or if your hands are dirty. It's preferable to dry your hands with a paper towel.



Avoid touching eyes, nose and mouth with unwashed hands.



The number of caregivers should be limited for patients who require assistance. Ideally, the person who is assigned should be in good health and should have no underlying chronic conditions.



Common questions

What is required from the family of the patient during home isolation?



If any household member was in contact with the confirmed case before the results were out, the household member should also quarantine for a period of 10 days.



Correctly discard disposable surgical masks and disposable gloves after every use.



Surfaces in shared areas such as door handles, taps and benches should be thoroughly cleaned and sanitized. Ensure that shared spaces are well-ventilated.



Wash laundry thoroughly and ensure that the clothes of the confirmed case are collected in a separate basket. It is important that the clothes are washed and hung for exposure to the sun separately from the rest of the household members' clothes.



A good practice is for meals to be provided to the patient by leaving them at the doorstep of the patient's room using disposable plates and utensils, without any contact with the household members.



All household members should stay home and they should not allow any visitors.



Once the period of home isolation is over the whole house should be disinfected as well.



Common questions



If you do not want to isolate at home, can you request institutional isolation?

Yes, it is possible based on the availability but individuals will bear the cost of alternative institutional isolation.



When does the home isolation period end?

- After completing 10 days from when the test was taken.
- When the symptoms, if any, subside.
- The patient has no symptoms or fever (without fever reducing medication) for a minimum of 3 consecutive days.

Common questions



Can I use a laundry service instead of washing my clothes at home?

Yes. Laundry service can be requested through one of the laundries accredited by Dubai Municipality.

A reference list is available through the link:



<https://www.dm.gov.ae/health-safety-approved-list/>

or contact Dubai Municipality's command room



by dialing: 8004006



email: dmoperations@dm.gov.ae



Are there home disinfection companies that I can call after completing the isolation period to disinfect the house?

For disinfection services, a company could be selected from the accredited list provided by Dubai Municipality through the link:



<https://www.dm.gov.ae/health-safety-approved-list/>

or contact Dubai Municipality's command room



by dialing: 8004006



email: dmoperations@dm.gov.ae