

## Self-Quarantine Standard Operating Procedures

### An advisory fact sheet

As per Government of India and Government of West Bengal guidelines, anyone who has travelled from Covid-19 affected areas are required to self-quarantine for a minimum of 14 days if they do not have symptoms. In the event they do have Covid-19 symptoms, they are required to report this to a government Covid-19 centre and will be duly quarantined at a medical facility.

Self-quarantine is a safety measure to ensure that in the event you begin to exhibit any symptoms, you and others will become quickly aware of them and you can then be treated quickly. It is also a social security measure to ensure that in the event you do have Covid-19, you do not pass that infection on to your family, friends and neighbours.

Self-quarantine is emotionally, financially and logistically challenging, and we are here to help you through this period. The Urbana Welfare Association and Urbana Facilities Management teams will do all we can to ensure you, and those who live with you, are made as comfortable as possible and you are not in urgent need of anything. The UWA Social Service team will help you with logistics, including food, groceries, and whatever else is possible, while the entire UWA and UFM teams are a phone call away for you.

Please help us to help you by following these simple guidelines and advisories:

#### DO:

- Have your grocery items delivered through multiple delivery platforms such as Big Basket, Amazon, Urban Buy and fresh or cooked food through Swiggy, Zomato and many others.
- Confine yourself to one room of your apartment with an attached toilet
- Wear a mask and gloves when you interact with anyone in your home
- Assign only ONE member of your family to deal with you and they should wear a mask and gloves – for giving food/drinks/clothes and then taking them away
- Keep yourself mentally busy with books, board games, online TV and movies and music
- Keep yourself physically fit with walking where you can, sit ups, push ups and jogging on the spot
- Cancel non-critical activities
- Follow the updates on the TV and print news, social media and Urbana Whatsapp groups
- Keep talking to your friends, family and colleagues on the phone and video calls.
- Call or Whatsapp UWA and UFM members for information or help with any matter.
- Cooperate with UWA and UFM members, we are not only trying to keep our own society safe and healthy but we are also following Government of India and Government of West Bengal guidelines.
- Warn people NOT to visit you – you will put them at risk.
- In the event someone does visit you; instruct them to stay behind the yellow tape on the floor outside your home. This is a demarcated safe distance of 3+ metres.
- Pay for products online; this minimises the risk posed to the delivery staff
- Place your garbage in garbage bags and then into the biohazard garbage bags, then place it on the floor outside your door. It will be collected by specially trained housekeeping staff. You will be supplied with these soon.

- Read factual advice from the World Health Organisation by typing this link into your browser: [www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters](http://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public/myth-busters)

### **DO NOT**

- Leave your premises for anything other than extreme medical emergency of anyone in your home
- Go to work, meet friends, go down to the lawns or gardens, go out for a drive, go to the clubhouse or anywhere else.
- Go to the bank, market, shops or anywhere else.
- Pay for items through Cash on Delivery or any card; reduce the risk to other by paying online.
- Encourage or instruct anyone, not even delivery people, to cross the yellow line
- Open the door when receiving a delivery; as you would have paid for it online, ask the delivery man to put the products down outside and leave. Only open the door to bring the products in once he has left. You can do this through the eyehole in your door or by communicating loudly.
- Allow your maids, drivers, staff or any other domestic staff to come to your apartment, you will be putting them at risk and if you are later Covid positive, they too will be quarantined for 14 days. You will have to cook and clean for yourself/yourselves.
- Pass anything out to others outside your home; if you, or anyone else potentially sick, has touched that item, it is potentially contaminated so poses a risk to others handling it.
- Try to breach the quarantine; as per central and state guidelines, we will have NO CHOICE but to report you to the Chief Medical Officer who can resort to Police action and forced confinement at a Covid-19 enforced quarantine centre or any other place.

### **Covid-19 Facts**

- You can disinfect surfaces, incoming deliveries, and anything else with a mix of water and bleach; use this in a Colin type spray bottle to spray surfaces and in a large bowl with water and bleach to wipe anything down with.
- When you have a shower, take a bath or wash your hands, ensure that you keep washing with any soap for a minimum of 30 seconds.
- Covid CAN SPREAD IN HOT AND HUMID AREAS
- Covid CANNOT SPREAD THROUGH MOSQUITO BITES
- Vaccines against pneumonia, such as pneumococcal vaccine and Haemophilus influenza type B (Hib) vaccine, do not provide protection against the new coronavirus.
- Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus.
- People of all ages can be infected by the new coronavirus (2019-nCoV). Older people, and people with pre-existing medical conditions (such as asthma, diabetes, heart disease) appear to be more vulnerable to becoming severely ill with the virus.
- The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment. However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics because bacterial co-infection is possible.

- To date, there is no specific medicine recommended to prevent or treat the new coronavirus
- In the event you are later found to be Covid positive, everyone you have come into contact with or close proximity to will also either be quarantined by force at a Covid centre or self-quarantined at home – please bear this in mind when you are self-quarantined and do not have symptoms.