



DEPARTMENT OF HEALTH SEYCHELLES

COVID-19 GUIDANCE FOR QUARANTINE IN AN INSTITUTIONAL SETTING

MONDAY 6TH APRIL 2020

Interim Guidance Version 2.0, Department of Health, Seychelles.

This quarantine facility is under the management of the Department of Health. The owner and management of the facility have given their full cooperation and have made the facilities available to the Department for the duration of the public health emergency.

Administrative and health personnel are on site to ensure the proper operations of the facility. They will assist you and ensure surveillance of individuals in quarantine.

These are general guidelines. Specific instructions will be provided to you at the facility.

What is quarantine?

Quarantine helps protect people around you from Covid-19. It is required for individuals who might have been in contact with someone diagnosed with Covid-19, or have returned from a country/area with extensive transmission of Covid-19.

The duration of quarantine is at least 14 days from the last presumed exposure date. During this period you will be monitored and assessed and you may be tested for the virus. At the end of the quarantine period you will be issued a certificate of termination of quarantine.

General Measures

- Remain in your designated room for the full period of quarantine.
- If you become unwell, call your designated contact person immediately to discuss the symptoms.
- The most common symptoms of Covid-19 are cough, fever, shortness of breath and diarrhoea.
- For the period of quarantine, you must not leave the premises.

Basic Hygiene Measures

- Wash your hands often – frequently, throughout the day, with water and soap. Scrub for at least 20 seconds, before drying hands. Hand sanitiser can be used if hands are not visibly dirty.
- Avoid touching your eyes, nose and mouth.

Adopted by PHEOC 6 April

- Cover mouth and nose with a tissue when you cough or sneeze, or cough or sneeze into your elbow. Throw used tissues in closed bins, then wash hands immediately.
- You are responsible for maintaining the cleanliness of your room
- You will be given instructions with regards to the collection of wastes from your room and information about laundry.

Meals

- You will be provided with meals and water, and these will be delivered to your room
- You will be given instructions by the staff with regards to return of empty food containers
- There will be limited food choices. If you have specific essential dietary requirements please inform the staff.

Family and Friends

- You will not be permitted visits by family or friends.
- You can keep in touch with friends and family by phone or online, and you will be assisted to obtain telephone and data credits.
- You may make arrangements with your family for delivery of limited essential items, such as toiletries, clean laundry and reading material. You will be given instruction on the delivery point.

Smoking

- By law, smoking is not permitted in public buildings, and this applies to all quarantine facilities. You are strongly advised to stop smoking as it is bad for your health and also increases your risk of complications with Covid 19.
- You can contact 4388507 or 4388272, during working hours, for professional advice and discussion on nicotine replacement treatment, to help you quit.