

School of Clinical Medicine recommendations for Self-Isolation/Quarantine

Students who are requested to begin Self-Isolation (one who has symptoms) and/or Self-Quarantine (one who does not have symptoms, but may have been in contact with a positive COVID-19 patient) should adhere to the following guidelines during the 14 day Isolation/Quarantine period.

If you are having symptoms (fever, cough, sore throat and/or shortness of breath) then you need to Self-Isolate to separate yourself for 14 days to prevent possible transmission of the illness. However, if you do not have symptoms, but may have been in contact with a known positive COVID-19 patient, then you are healthy and need to Self-Quarantine to keep yourself distant from other people to prevent becoming infected or spreading possible infection for 14 days.

- You should isolate/quarantine yourself at home for 14 days.
- Isolate/quarantine yourself in a separate, well-ventilated room at home.
- Don't go to school and/or work, avoid unnecessary travel outside your residence, and as far as possible avoid close interactions with other people.
- You should clean your hands with soap and water frequently. Alcohol-based sanitizers may also be used, provided they contain at least 60% alcohol.
- Hand hygiene should also be performed before and after preparing food, before eating, after using the toilet, and whenever hands look dirty.
- Do not have visitors in your home/residence. Only those who live in your home should be allowed to stay. If it is urgent to speak to someone who is not a member of your household, do this over the phone.
- At home, you should stay in a specific room and use your own bathroom (if possible). If you live in shared accommodation (university halls of residence or similar) with a communal kitchen, bathroom(s) and living area, you should stay in your room with the door closed, only coming out when necessary, wearing a surgical mask.
- If others are in close proximity to you (due to necessity only, when in the same room, when using a shared bathroom/kitchen area), please ensure that you are wearing a surgical mask that is fitted tightly around your nose and mouth. The mask should be used when you are near other people until your symptoms have resolved or you have been informed by your doctor as such.
- You should practice good cough and sneeze hygiene by coughing or sneezing into a tissue, discarding the tissue immediately afterwards in a lined trash can, and then wash your hands immediately.
- Household/residence members should stay in a separate room/s from the suspected case. If this is not possible, a minimum distance of 1-2m should be maintained at all times. Limit the number of caregivers for the patient. Ideally assign one person who is in a good health without underlying chronic conditions or immunocompromised conditions. Visitors should not be allowed until the patient has completely recovered from signs and symptoms.
- The caregiver should wear a tightly fitted medical mask that covers his/her mouth and nose when in the same room with the patient. Masks should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be replaced immediately with a new, clean,

dry mask. Remove the mask by using an appropriate technique (i.e. do not touch the front but remove the lace from behind). Discard the mask immediately after use and perform hand hygiene (as stated above for the suspected case).

- If you need to wash the laundry at home, then wash all laundry at the highest temperature compatible for the fabric using laundry detergent. This should be above 60° C. If possible, tumble dry and iron using the highest setting compatible with the fabric. Wear disposable gloves and a plastic apron when handling soiled materials if possible and clean all surfaces and the area around the washing machine. Do not take laundry to a laundrette. Wash your hands thoroughly with soap and water after handling dirty laundry (remove gloves first if used).
- You should avoid sharing household items like dishes, cups, eating utensils and towels. After using any of these, the items should be thoroughly washed with soap and water.
- All high-touch surfaces like table tops, counters, toilets, phones, computers, etc. that you may have touched should be appropriately and frequently cleaned.
- Clean and disinfect frequently touched objects and surfaces with soap and water followed by 70% alcohol or bleach containing solution.
- Clean and disinfect bathroom and toilet surfaces at least once daily. Regular household soap or detergent should be used for cleaning and then, regular household disinfectant should be applied to these surfaces.
- Monitor your symptoms, take your temperature daily - Seek prompt medical attention if you develop symptoms or if currently with symptoms and they worsen. For example, if you have fever, cough, sore throat and/or difficulty breathing, then call your doctor or healthcare facility and call the NICD Hotline to inform them of changes to your condition. 0800 029 999. If it is an emergency and you need to call an ambulance, inform the call handler or operator that you are being isolated/quarantined for SARS-CoV-2.

For more information on COVID-19, see the NICD’s FAQ page:

<http://www.nicd.ac.za/diseases-a-z-index/covid-19/frequently-asked-questions/>

Standard precautions to prevent transmission of COVID-19

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|  | <p>Keep your hands clean</p> <p>When?</p> <ul style="list-style-type: none"> • After visiting the bathroom • Before and after eating • After blowing your nose • Whenever you think your hands are dirty <p>How? Use alcohol hand rub or wash hands with soap and water</p> <p>Caution Never touch your eyes, nose or mouth with unwashed hands</p> |
|  | <p>Cough etiquette</p> <ul style="list-style-type: none"> • Keep a distance of 2 meters between you and a person with a cough • Cover your own cough or sneeze with a tissue • Once used, throw the tissue away in a closed container • Clean your hands afterwards |
|  | <ul style="list-style-type: none"> • Do not share items with other people (clothing, blankets, pillows, towels, mobile phones, uncovered food, magazines, books) • Do not keep the toilet lid up when you flush the toilet (you can transmit the virus from all body excretions) |
|  | <p>Keep your immediate environment clean</p> <ul style="list-style-type: none"> • Wipe frequently-touched areas regularly with a disinfectant cloth • Discard all waste immediately |