



**GOVERNMENT OF ANTIGUA AND BARBUDA
MINISTRY OF HEALTH WELLNESS AND THE ENVIRONMENT**

Coronavirus Disease 2019 (COVID-19) Self Quarantine Guide

July 24 2020

Self-Quarantine is a transparent self-restriction of persons' activities when they are not ill with COVID-19. This protects unexposed members of the community from contracting the disease if the at-risk person becomes sick and facilitates early detection of the disease for rapid implementation of response measures. It therefore helps to prevent the spread of the disease to close friends, relatives and community members.

At-risk persons include travelers coming from countries/territories/areas with active transmission of COVID-19 as designated by the Ministry of Health, Wellness and the Environment and any individual who has been in close contact with a confirmed or probable case with COVID-19.

Infection and Prevention Control Measures must be practiced at home, in the hotel room or any designated accommodation without mixing with the general public or family members for 14 days since the last contact with a confirmed or probable case or since arrival from countries/territories/areas with active transmission of COVID-19. Self-quarantined individuals will be followed up by surveillance officers either via phone or via physical visits, in appropriate personal protective equipment (PPE), during the period of quarantine.

Individuals who breach the self-quarantine orders will be placed under quarantine in a government facility and are punishable by law.

You have been identified as a contact to someone diagnosed with COVID-19, have returned from a country with local transmission for COVID-19 or have been assessed by the Ministry of Health Wellness and the Environment as a person who can introduce or spread COVID-19 in Antigua and Barbuda. In order to protect the public, you are being placed in self quarantine. You must follow these guidelines for self-quarantine for 14 days from your last potential exposure to COVID-19:

1. You are required to provide your name, physical address and telephone contact to authorities.
2. You must take your temperature with a thermometer at least two times a day or anytime you feel like you may have a fever and monitor yourself cough or difficulty breathing.
3. Follow the Ministry of Health, Wellness and the Environments instructions on reporting your temperature and any symptoms.
4. Do not go out in public.
5. Stay home from school and work.

6. Do not take public transportation, taxis, or ride-shares.
7. Employees: Discuss your work situation with your employer before returning to work.
8. Avoid contact with others. Stay alone in a well-ventilated room.
9. Avoid sharing toothbrushes, utensils, dishes, drinks, towels, clothes or bed linen with anybody in your home.
10. It is essential for you to have someone bring you supplies.
11. Do not have any visitors during this time. Tell potential visitors that you are under COVID-19 quarantine.
12. Keep your distance from others (about 6 feet or 2 meters).
13. Cover your mouth and nose with a tissue or your sleeve (not your hands) when coughing or sneezing. Dispose of the tissue into a covered bin then wash or sanitize your hands.
14. Avoid touching eyes and mouth especially after sneezing or coughing.
15. Wash hands often with soap and water for at least 20 seconds to avoid spreading the virus to others. If soap and water are not readily available, you can use an alcohol-based hand sanitizer that contains 60%-95% alcohol. Always wash hands with soap and water if hands are visibly dirty.
16. Clean and disinfect frequently touched surfaces such as doorknobs/handles, bedside tables, bedframes, light switch and phones with regular household disinfectant (Lysol, Pine-sol & 62-70% Alcohol). Clean daily and allow to air dry.
17. Clean floors weekly using soap and water first, and then use mild disinfectant like Pine-sol or 5% bleach (Mix one cup bleach to nine cups of water in a bucket for mopping and in spray container), allowing to air dry.
18. Change and wash linen weekly or as needed if soiled.
19. Restrict members of the household from utilizing the same bathroom. If you share the same bathroom and toilet facilities, ensure you disinfect it after use using regular household disinfectant or soap and water.
20. If you get sick with fever, cough, shortness of breath, or other signs of respiratory illness, call the COVID-19 Support Hotline at (268) 462 6843 (46COVID). Tell them you are under COVID-19 quarantine. If available, wear a mask if experiencing respiratory symptoms or caring for someone who is sick.
21. Seek medical advice if you need to seek medical care for other reasons, such as dialysis, call ahead to your doctor and tell them your symptoms and that you are being monitored for COVID-19. Avoiding contact with others and visits to medical facilities will allow health care providers to quickly direct you to the right health facility and help protect you and others from possible spread of COVID-19 and other viruses.
22. If you develop signs and symptoms of COVID-19, members of your household MAY be classified as close contacts depending on your interaction with them and will be required to self- quarantine. It is therefore important to implement effective self-quarantine.
23. Find healthy ways to reduce anxiety and fear during quarantine. Keep a routine to include fun activities, reassure children, connect with others, take breaks from news stories and social media, take care of your body (take deep breaths, stretch, or meditate; eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, avoid alcohol and drugs).

*Quarantined persons can be released from quarantine if no symptoms show within 14 days and consultation with Ministry of Health, Wellness and the Environment of Antigua and Barbuda confirms their release. **Any person who contravenes or fails to comply with regulations for quarantine is in violation of the law of Antigua and Barbuda and shall be guilty of an offence punishable to a fine of ten thousand dollars and to imprisonment for 1 year.***