



COVID-19 Close Contacts Precautionary Guidelines

Who is a COVID-19 close contact?

A close contact is a person who has been exposed to a confirmed case of COVID-19, in a close proximity of less than 2 meters (studying, working, sitting with a family member or using public transportation), exposure takes places either in the period starting from 2 days before the onset of the symptoms in the confirmed case or from the date of a positive COVID-19 PCR test (for asymptomatic confirmed cases), or throughout the duration of illness (10 days)

Quarantine of a close contact

The quarantine period begins from the date of the last contact with the confirmed COVID-19. The quarantine period is 7 days for vaccinated individuals and 10 days for non-vaccinated individuals.

What should I do if I was a close contact to a person infected with COVID-19?

When in contact with an infected person, the close contact must adhere to home quarantine procedures and perform a PCR test on the fifth day of quarantine, after being in contact with the infected person.

If the test result is **positive**

The isolation of the infected case takes place either at home or at facilities designated for isolation.

Patients with severe symptoms are isolated in the hospital with the provision of care and monitoring.

The isolation period lasts for 10 days, ensuring that there are no symptoms in the last 3 days of isolation.

If the test result is **negative**

Vaccinated individuals have to quarantine for 7 days.

Non-vaccinated individuals have to quarantine for 10 days.

FAQs

What are the symptoms of COVID-19?



Difficulty breathing



Pain in the
body



Runny nose



Nausea



Diarrhea



Headache



Loss of the sense
of smell and taste



Fever



Sore throat

A person can be infected with COVID-19 but have no symptoms

FAQs

What does quarantine mean?

Quarantine means restricting the movement of an individual that was identified as a close contact to a confirmed COVID-19 case to minimize his/her interaction with others during the quarantine period of 7-10 days.

When does the quarantine period start?

The quarantine period starts from the date of the last contact with a confirmed positive case or from the date of receiving the positive result of the infected person if she/he had no symptoms. The quarantine period is 7 days for vaccinated individuals or 10 days for non-vaccinated individuals.



For example: if you have been in contact with a person on the 1st of November and you have been informed that the person has tested positive for COVID-19 on the 3rd of November, your quarantine period starts from the 1st of November (date of last contact) until the 7th of November (if vaccinated) or until the 10th of November (if not vaccinated).

FAQs

Does being quarantined means I am infected with COVID-19?

Being in quarantine does not mean that you are infected with the COVID-19 virus. However, quarantine is a mandatory precautionary measure to ensure that the infection does not get transmitted to others.

What are the types of quarantine?



Home quarantine:

It takes place at the person's residence, after making sure it meets the requirements of home quarantine.



Institutional quarantine:

It is a facility that is dedicated for quarantine purposes and close contacts who cannot meet the requirements of home quarantine. During their stay at the facility, close contacts will receive all the care and monitoring they need while quarantining.

FAQs

Conditions and requirements of home quarantine include:



Availability of a first-aid kit that includes a thermometer.



Commitment to quarantine procedures and awareness.



Availability of means of communications.



The close contact should be in a stable health condition.



Availability of a separate room with a private bathroom for the close contact.

FAQs

People who are considered 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 or respiratory diseases including moderate to severe asthma
 - Chronic kidney disease and renal failure
 - Chronic liver disease
 - Cancer patients who are still receiving treatment
 - Transplant patients
 - People of any age with severe obesity (BMI above 40) or people with certain uncontrolled medical conditions
 - Any health condition that may compromise the immunity
- **People of determination**
- **People staying at long-term care centers**

FAQs

What can you do if there is an infected person at your workplace?

Your workplace has to track those who are considered as close-contacts to any positive case. If you were identified as a close contact to the confirmed COVID-19 case, you will be informed by your workplace so that you can start your quarantine period.

What can you do if a member of your family has been confirmed to be infected with COVID-19?

in case of contact with the infected person, all persons who share the same residence must home quarantine.

When should I get tested if i have been considered as a close contact to an infected person?

When a person know that he/she has been identified as a close contact, he/she must go to the nearest medical center to perform a PCR test and repeat the test on the fifth day of quarantine.

FAQs

I developed symptoms while being in home quarantine, what should I do?

If you develop COVID-19 symptoms, head to the nearest center to perform a PCR test.

Before leaving the house for a PCR test, make sure all precautionary measures are followed such as wearing a face mask and maintaining a physical distance of 2 meters from others.

Ensure continuous hand washing and sanitizing.

Do I have to follow a specific diet while being in home quarantine?

There is no specific diet for the quarantine period. However, it is recommended that you follow a healthy diet and consume a plenty of water.