Guidance for Quarantine by the COVID-19 Taskforce - 27th March, 2020

Guidance for testing of those with co-morbidities, advanced age or pregnancy in quarantine:

On the 22nd of March 2020, the Cabinet secretary of Health issued new directives abolishing self quarantine and instituting mandatory quarantine for all individuals returning to the country. This directive came in to effect on the same and so far over 2000 people are undergoing mandatory quarantine for a duration of 14 days at several government designated facilities. Over 70 individuals in the quarantine facilities have been identified to have various co-morbidities including hypertension, diabetes, cancer, recent surgery, some who are pregnant and others with advanced age.

In making these recommendations, we have taken in to account that supporting care of chronic disease conditions, the elderly and pregnancy is difficult in mandatory quarantine situations, may lead to psychological strain and stretch available resources.

The task force recommends the following measures for management of individuals with highlighted co-morbidities and conditions in quarantine:

1. A list of all individuals with co-morbidities and the type of co-morbidities and chronic medication needs as well as pregnancy needs should be developed.
2. Patients with co-morbidities, those who are pregnant and those above the age of 60:
   • Should have SARS-COV 2 RT PCR testing and if negative allowed home with strict instructions to continue on self quarantine as per previous self-quarantine guidelines. This should be monitored
   • The home situation should be assessed should be assessed by the healthcare worker to ensure that it meets the minimum requirements for self quarantine.
   • Anyone who breaks self quarantine should be taken back to the government quarantine facility.
   • The self quarantine form should be signed before release of the individual.
   • At home the individuals should continue to monitor and record their temperature twice daily and promptly report any fever or other symptoms.
3. Mandatory quarantine should not be waived for any other non-medical reasons.

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