



MINISTRY OF HEALTH

**COVID 19
Quarantine
Protocols**

March 27

2020



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Contents

Background 4

Contact information 4

Inter- Hotel Transfer..... 5

Responsibilities of persons in quarantine 6

SCHOOLS AND SHARED ACCOMODATION 8

Mandatory Government designated Areas and Hotels..... 11

Special considerations for rapid response teams and teams in quarantine 18

Quarantine Reporting Tool For Travellers Needing Medical Attention..... 19

Referral Protocol 20



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Background

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 into effect on the same day and so far over 2000 people are undergoing mandatory quarantine for a duration of 14 days at several government designated facilities. The following protocols guide the management of these individuals during the period of quarantine.

Contact information

Service	Name	Contact
Ambulance Services	Jackline Obonyo	0724343365
Rapid response/ Medical response	Jackline Obonyo	0724343365
Quarantine Sites	Head of Directorates/Divisions	
Port health	Majid Mohammed	0720456297
PPE	Dr Isaac Kimani	0722761746
Transport/Fleet	Mr. Osman	0722976438
Disinfection	Mr. Lagho	0722876860
Laboratory testing	Mr Mamo	0722968955
Psychosocial support	Mental Health & Psychosocial support services	1199
Psychologists	Matilda Dorothy	0722375248 0721511988
Inter-hotel transfers	Dr. Eva Njenga	0722496305
Administration services		
NB: All other communications go through the Divisions/head of Directorates		



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Hotel Payments

1. All persons in mandatory quarantine must pay the cost of accommodation in the premises they are in prior to checking out.
2. Hotels are advised to make arrangements for cashless payments.
3. In the event the premises or hotels have to take cash, the cashier must use gloves and the person giving the cash must wash hands with soap and water or sanitize with over 70% alcohol based sanitizer

Inter- Hotel Transfer

1. The team lead to fill the inter-site transfer form
2. Email the request to *quarantine@kmpdc.go.ke*; *g.mwangi@kmpdc.go.ke*
3. Copy head of directorate

Inter-site transfer form

Details to be captured for clients wishing to move from one site to another

	Name	Passport Number/ID	Current Centre	Proposed Centre	Accepted at Proposed Centre (Y/N)	Cleared bill at current site	Reasons for moving
1							
2							
3							
4							
5							

Send form by 12 noon for movement within the day

Requesting site MOH contact Name: _____ Tel _____

Send to Gathoni Mwangi
g.mwangi@kmpdc.go.ke
0722-80 70 61



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Responsibilities of persons in quarantine

Quarantine is done to stop the spread of diseases that are easily transmitted from one person to another. Quarantines are for people or groups who don't have symptoms but were exposed to the sickness. Quarantine keeps them away from others so they don't unknowingly infect anyone.

In line with the Public Health Act, the Cabinet Secretary in the Ministry of Health has instituted Mandatory Quarantine (either self or otherwise) measures for all incoming international passengers who may have come into contact with persons who may have COVID 19.

Information you need to know when you are in quarantine

Quarantine for COVID-19 is recommended for individuals who have been directly exposed to the virus or who have travelled to areas where there are large numbers of people infected in order to prevent further transmission.

1. Stay home except to get medical care.
2. As much as possible, you should stay in a specific room and away from other people (even when quarantined at home). Do not go to public areas.
3. Use a separate bathroom, if available. Clean bathroom using soap and water and disinfect with bleach solution provided by the quarantine premises.
4. If you develop symptoms, put on Facemasks to help prevent the spread of the disease to others.
5. Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

6. Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains over 70% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
7. Avoid touching your eyes, nose, and mouth with unwashed hands.
8. Clean all “high-touch” surfaces every day.
9. It is recommended that people sick with COVID-19 limit contact with animals until more information is known about the virus. When possible, have another member of your household care for your animals.

What to do when you feel sick

1. Monitor development of symptoms: Fever, cough, shortness of breath.
2. Seek prompt medical attention if you become ill. Call the health care worker at the quarantine site or 719 for care.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

SCHOOLS AND SHARED ACCOMODATION

General Information;

In line with the Public Health Act, the Cabinet Secretary in the Ministry of Health has instituted Mandatory Quarantine measures for all incoming international passengers. This document provides the protocols that will be utilised for the management of Quarantine in the Mandatory Government designated Areas

Accommodation

1. All clients should be placed in a well-ventilated rooms (i.e., with open windows and an open door).
2. Movement of the clients shall be limited, however clients may be allowed time outside of the rooms to stretch at designated areas within the premises with timed intervals while maintaining 1 meter social distance. (E.g release clients in groups of 10)
3. Accommodation premises are required to submit to the MOH Quarantine Team Leaders the details of all clients booked and the related hotel room nos.(Form attached)

Cleaning of Rooms

1. During Stretching time/periods, the management shall organize cleaning of the rooms, following the infection prevention protocols as guided by MoH response team.
2. Prior to occupancy the rooms should be cleaned daily with disinfectant with bleach disinfectant 1:6 dilution
3. The management shall ensure all the laundry is disinfected and washed accordingly



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Food Service

1. Guest shall have their meals in a well ventilated dining area. The sitting arrangement should maintain the 1 meter spacing requirement.
2. After meal service the used utensils shall be deposited in bleach solution.
3. The utensils shall be washed using bleach.

Health Prevention and promotion

1. Hand hygiene should also be performed before eating, after using the toilet and whenever hands look dirty. If hands are not visibly dirty, an alcohol-based hand rub can be used. For visibly dirty hands, use soap and water.
2. When washing hands with soap and water, it is preferable to use disposable paper towels to dry hands. If these are not available, use clean cloth towels (single user).
3. To contain respiratory secretions, the mouth and nose should be covered with a disposable paper tissue when coughing or sneezing. Materials used to cover the mouth and nose should be discarded or cleaned appropriately after use (e.g., wash handkerchiefs using regular soap or detergent and water).

Accommodation Staff and Health Workers

1. Health workers and Accommodation Staff interacting closely with the client should wear a tightly fitted N95 mask that covers their mouth and nose
2. Remove the mask using the appropriate technique – that is, do not touch the front, but instead untie it. Discard the mask immediately after use and perform hand hygiene.
3. Avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool. Use disposable gloves and a mask when providing oral or respiratory care and when handling stool, urine and other waste. Perform hand hygiene before and after removing gloves and the mask.
4. Accommodation staff should ensure dedicated linen and eating utensils for the patient; these items should be cleaned with soap and hot water after use and may be re-used instead of being discarded.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

5. Heavy duty gloves and protective clothing (e.g., plastic aprons) should be used when cleaning surfaces or handling clothing or linen soiled with body fluids. Depending on the context, either heavy duty or single-use gloves can be used. After use, heavy duty gloves should be cleaned with soap and water and decontaminated with 0.5% chlorine bleach solution. Perform hand hygiene before and after removing gloves.

Medical Screening and Testing

1. The medical response team shall conduct a daily symptomatic screen, using the phone service
2. From the 5th day, lab screening shall be done. A screening will be shared with the Ministry of Health team leads.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Mandatory Government designated Areas and Hotels

General Information;

In line with the Public Health Act, the Cabinet Secretary in the Ministry of Health has instituted Mandatory Quarantine measures for all incoming international passengers. This document provides the protocols that will be utilised for the management of Quarantine in the Mandatory Government designated Areas and Hotels.

Accommodation

6. All clients should be placed in a well-ventilated single room (i.e., with open windows and an open door).
7. Movement of the clients shall be limited, however clients may be allowed time outside of their rooms to stretch at designated areas in the hotel and coordinated time intervals while maintaining 1 meter social distance. (E.g release clients in groups of 10)
8. We discourage sharing of rooms. Couples are discouraged from sharing rooms, however consideration will be made for parents with children who require guardianship.
9. Hotels are required to submit to the MOH Quarantine Team Leaders the details of all clients booked and the related hotel room nos.(Form attached)

Cleaning of Rooms

4. Cleaning will be the responsibility of the room occupant. The hotel shall facilitate cleaning materials(bucket & mop with bleach disinfectant 1:6 dilution)
5. The room occupant shall request and change of bed linen themselves as need arises. The hotel shall provide fresh linen and buckets with bleach and water
6. The Hotel shall launder the disinfected laundry and wash accordingly



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Food Service

4. Guest shall have their meals delivered outside their doors.
5. After meal service the used utensils shall be washed with soap and water then deposited in bleach solution provided by the hotel.
6. The utensils shall be washed using bleach.

Health Prevention and promotion

4. Hand hygiene should also be performed before eating, after using the toilet and whenever hands look dirty. If hands are not visibly dirty, an alcohol-based hand rub can be used. For visibly dirty hands, use soap and water.
5. When washing hands with soap and water, it is preferable to use disposable paper towels to dry hands. If these are not available, use clean cloth towels (single user).
6. To contain respiratory secretions, the mouth and nose should be covered with a disposable paper tissue when coughing or sneezing. Materials used to cover the mouth and nose should be discarded or cleaned appropriately after use (e.g., wash handkerchiefs using regular soap or detergent and water).

Hotel Staff and Health Workers

4. Health workers and Hotel Staff interacting closely with the client should wear a tightly fitted N95 mask that covers their mouth and nose
5. Remove the mask using the appropriate technique – that is, do not touch the front, but instead untie it. Discard the mask immediately after use and perform hand hygiene.
6. Avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool. Use disposable gloves and a mask when providing oral or respiratory care and when handling stool, urine and other waste. Perform hand hygiene before and after removing gloves and the mask.
10. Hotel staff should ensure dedicated linen and eating utensils for the patient; these items should be cleaned with soap and hot water after use and may be re-used instead of being discarded.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

11. Heavy duty gloves and protective clothing (e.g., plastic aprons) should be used when cleaning surfaces or handling clothing or linen soiled with body fluids. Depending on the context, either heavy duty or single-use gloves can be used. After use, heavy duty gloves should be cleaned with soap and water and decontaminated with 0.5% chlorine bleach solution. Perform hand hygiene before and after removing gloves.

Medical Screening and Testing

1. The medical response team shall conduct a daily symptomatic screen, using the hotel phone service or mobile number
2. From the 5th day, lab screening shall be done. A screening will be shared with the Ministry of Health team leads.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Testing of COVID 19 among persons on quarantine

As observed in Wuhan, the mean incubation period for COVID-19 was 5.2 days for the majority of the cases. The Ministry of health has therefore planned for testing from Day 5 of quarantine

1. A team of laboratory experts from the National Influenza Centre (NIC) will do the testing.
2. The collection of a sample will take 15 minutes per individual
3. Before testing the procedure will be explained to the persons in quarantine
4. The laboratory person will swab the nose and the mouth to collect the sample for testing.
5. Results will be delivered within 24 hours after sample collection
6. Positive results will be communicated to the suspected case and transferred to the isolation facility for treatment.
7. Negative results will be relayed to their owners.
8. Following the first negative test, the persons will be released into self quarantine as per the self quarantine protocols.
9. All in self quarantine will be expected to continue daily monitoring of COVID 19 symptoms: Fever, cough, shortness of breath
10. Those found to be negative will continue self quarantine till 14 days after discharge from the mandatory quarantine sites are over.
11. All people in quarantine should have a repeat test on day 10 of quarantine.
12. Anyone who develops symptoms during the period of quarantine should be tested for COVID 19.
13. Close contacts of anyone found to have positive results of COVID 19 will go into self quarantine.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Person on quarantine

1. The person will avail himself or herself and cooperate with the laboratory team for testing.
2. The person will be expected to observe cough hygiene

Hotel Administration

1. The hotel administration is expected to provide a room for sample collection for the laboratory team.
2. The room provided and services in the room should be cleaned using jik solution to ensure the area is disinfected prior to testing.
3. After the testing, the room should be closed and a team of MOH will disinfect the room before further use

Quarantine teams from MoH

1. The health worker teams should prepare the hotel staff and the the people on quarantine for testing
2. The teams will be expected to support the laboratory team collecting the samples

The Laboratory Team

The team will:

1. Introduce themselves to the hotel staff and the quarantine site health teams on arrival at site.
2. Explain the procedure to the persons before collecting the samples
3. Clean the sample collecting room prior to departure
4. Carry any waste generated during sample collection.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Guidance for management of those with co-morbidities, advanced age or pregnancy

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 while others are of advanced age. It is noted that supporting care of these disease conditions is difficult in mandatory quarantine situations, and may lead to psychological strain and stretch available resources. The following measures are therefore recommended for the 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, pregnant and those above the age of 60:
 - a. 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
 - b. The home situation should be assessed to ensure that self quarantine is feasible.
 - c. Anyone who breaks self quarantine should be taken back to the government quarantine facility.
 - d. The self quarantine form should be signed before release of the individual.
 - e. At home the individuals should continue to monitor and record their temperature twice daily and promptly report any fever or other symptoms. This means that individuals must buy thermometers to monitor themselves at home.
 - f. Mandatory quarantine should not be waived for any other non-medical reasons.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Special considerations for rapid response teams and teams in quarantine

Setting	Target personnel or patients	Activity	Type of PPE or procedure
Anywhere	Rapid response team investigators.	Interview suspected or confirmed COVID-19 patients or their contacts.	No PPE if done remotely (e.g., by telephone or video conference).
			Remote interview is the preferred method.
Anywhere	Rapid response team investigators.	In-person interview of suspected or confirmed COVID-19 patients without direct contact.	Surgical mask Maintain spatial distance of at least 1 m.
			The interview should be conducted outside the house or outdoors, and confirmed or suspected COVID-19 patients should wear a surgical mask if tolerated. If indoor maintain the 1 m distance.
Anywhere	Rapid response team investigators.	In-person interview with asymptomatic contacts of COVID-19 patients.	Maintain spatial distance of at least 1 m.
			No PPE required
			The interview should be performed outside the house or outdoors. If it is necessary to enter the household environment, use a thermal imaging camera to confirm that the individual does not have a fever, maintain spatial distance of at least 1 m and do not touch anything in the household environment.



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Quarantine Reporting Tool For Travellers Needing Medical Attention

Serial No. _____

Name _____

Age _____

Sex _____

Facility _____

Room No _____

Phone _____

Symptoms

Time _____

Date of Reporting _____

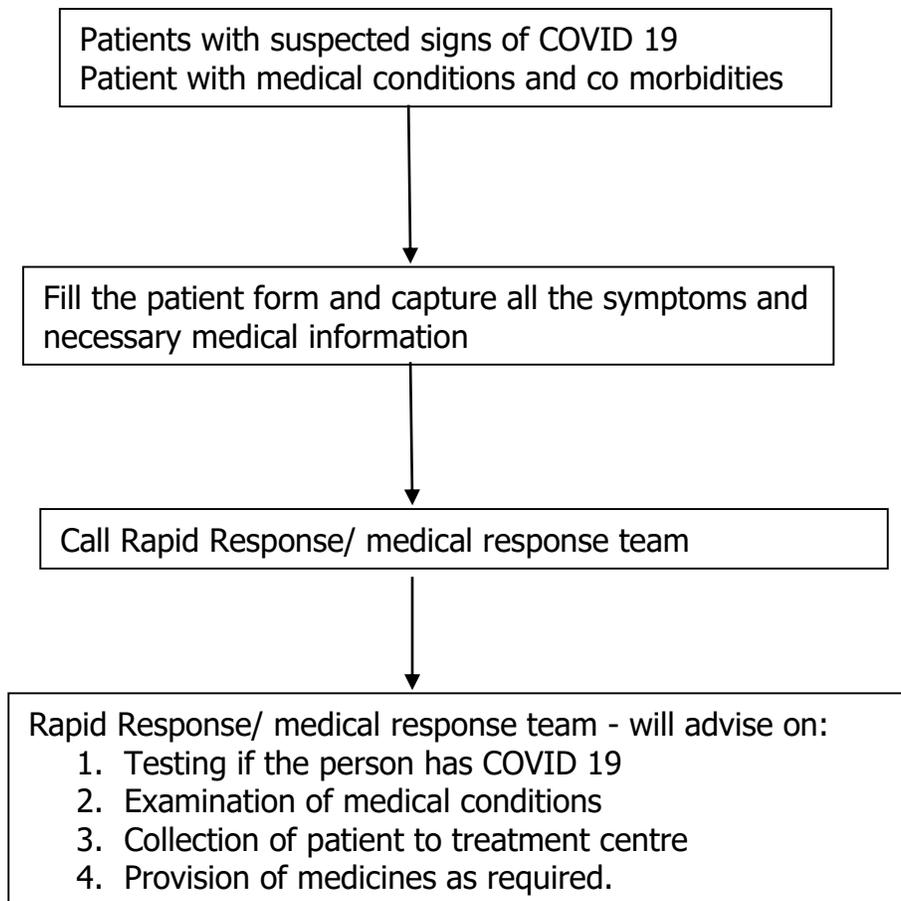
Co morbidities _____

Status _____



MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

Referral Protocol





MINISTRY OF HEALTH
COVID 19 QUARANTINE PROTOCOLS

The end

