

Ministry of Health and Wellness

COVID-19: SELF-ISOLATION GUIDELINES

Who can self-isolate at home?

- Those under 65 years of age and who have been tested positive for COVID-19 via a PCR test.
- Fully vaccinated (two doses of a COVID-19 vaccine, 14 days prior to case detection, or vaccinated with one dose of Johnson & Johnson vaccine, 28 days prior to case detection).
- Those who are asymptomatic or have mild symptoms, as determined by a health assessment conducted by a physician of the Ministry of Health and Wellness.

How long will the home isolation period last?

- At least 10 days from the date a person tests positive for COVID-19.
- For asymptomatic patients who begin to develop symptoms during the period of home isolation, isolation will be extended for a period of time determined by a physician of the Ministry of Health and Wellness.
- At the end of the home isolation period, social and professional activities can be resumed the following day.

How will the medical follow-up of a positive patient in home isolation be conducted?

- COVID-19 positive individuals in home isolation will be under the care of the DOMICILIARY MONITORING UNIT (DMU) of the Ministry of Health and Wellness.
- A positive person in home confinement will receive a first medical visit to allow the DMU to assess their health status.
- A HOTLINE for emergencies will be provided to individuals tested positive in home isolation.
- A person in home isolation will receive another visit from the DMU once the period of isolation is over. The person will be able to resume normal activities the day after the end of the home isolation period.
- Eventually, individuals who were in home isolation will receive a medical certificate that will also serve as a certificate attesting the period of home isolation.

Who are those not eligible for home isolation?

- All those with comorbidities who are categorised as ineligible for home isolation, as diagnosed by a physician of the Ministry of Health and Wellness.

How to self-isolate at home?

- The self-isolation period at home of at least 10 days must be scrupulously respected. Positive people should not go out under any circumstances. Failure to comply with the obligations attached to home isolation constitutes a breach of the law, punishable by penalties.
- Persons in self-isolation must remain in a separate room so as to isolate themselves from other persons residing in the same household.
- If the layout of the house does not allow for isolation in a separate room, a person who tests positive will be required to wear a mask at all times when in the same room with other people. This precautionary measure also applies to other people in the room.
- A distance of at least two meters must be maintained between each family member.
- Surgical masks are for single use and strictly personal. The mask must be correctly placed on the face, so as to cover the nose and mouth. It is imperative to disinfect hands before and after placing or removing the mask.
- A person who tests positive should dispose of used masks in their own trash bag and placed in a garbage can with a lid. This person will carefully seal the bag and dispose of it permanently, three days after the end of the home isolation period. If the person tested positive uses a washable mask, he should wash the mask with warm water and conventional laundry products (conventional detergents). Disinfection of the hands is imperative before and after this handling.
- In order to minimise any risk of spreading the virus, no visitor will be allowed in a house where a self-isolated person resides, with the exception of the DMU from the Ministry of Health and Wellness.
- Rooms in the home should be ventilated, as much as possible, in a natural way by opening the windows.
- Meals should be eaten separately from others living in the same household.
- During this period of self-isolation, those living under the same roof should ensure that they do not mix plates, cutlery, glasses, cups and other utensils used for meals.
- A positive patient should, whenever possible, not share a bed with another person living in the same household.
- Remember to regularly disinfect surfaces such as tables, chairs, telephones, door handles, remote controls and bathroom fixtures.

***Ministry of Health and Wellness
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