



SESSION 10
COVID 19 – PREVENTIVE MEASURES
GUIDE FOR LOCAL SELF GOVERNMENTS



Reverse Quarantine

What is it?

Why is it needed?

How do we do it?

LOCAL SELF GOVERNMENT DEPARTMENT, GOVERNMENT OF KERALA

KERALA INSTITUTE OF LOCAL ADMINISTRATION

09.04.2020



What is Reverse Quarantine?



Reverse Quarantine (RQ) is the process of protecting **the vulnerable sections or high risk groups** (*i.e older adults/elderly/people with serious health concerns*) from COVID-19 by isolating them from the rest of the society.

It is a Preventive Mechanism



Who faces a higher risk for severe illness from COVID-19?

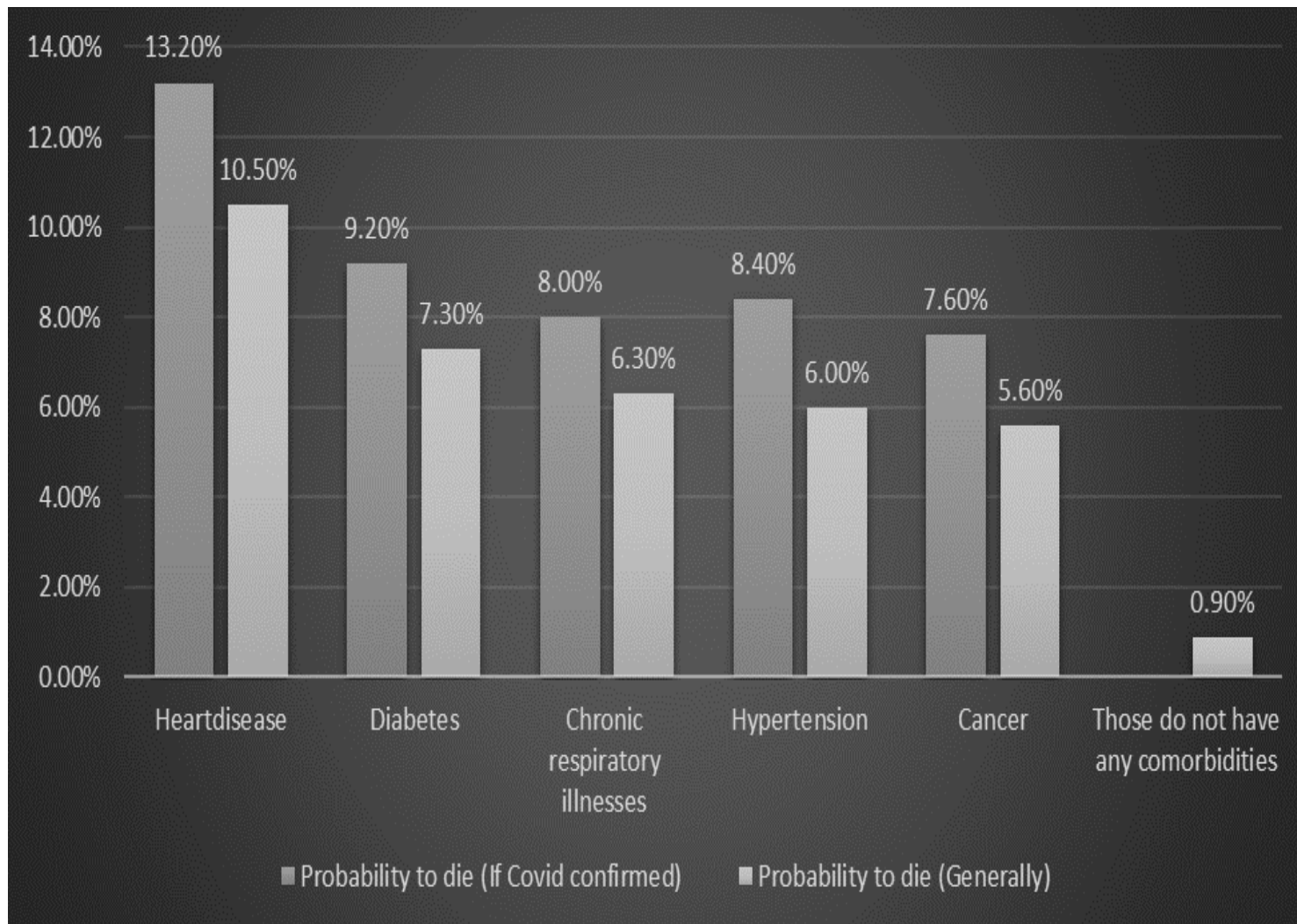


Vulnerable sections and high-risk groups

- Senior citizens (aged 60 years and above)
- People suffering from serious underlying medical conditions (e.g. Blood pressure, Diabetes mellitus, Heart diseases, Cancers, Liver related or Kidney related diseases)
- People of all ages with low immunity (People suffering from HIV/AIDS)
- People of all ages who are under medications which compromise immunity
- People of all ages suffering from long standing lung diseases
- Pregnant women



Probability of death among those with severe health concerns





Need for Reverse Quarantine?



Look at the death rate in cases of COVID-19 infection!

People with serious underlying medical conditions might be at higher risk for severe illness from COVID-19. **If the elderly or people with serious health concerns contract COVID-19, risk for them will be higher and it could even lead to death. These groups have a higher chance of developing complications like pneumonia that could lead to death.**

We can protect them through facilitating complete quarantine. So it becomes extremely necessary to relocate /isolate vulnerable sections and high-risk groups.



RQ: Responsibilities of Local Self-Governments at a glance



- **Co-ordination**
- **Implementation**
- **Monitoring**

These activities should be under the supervision of the Local Self-Government samithi/committee at the local self-government level and by committees headed by the ward members at the Ward level.



RQ: General responsibilities of Local Self-Governments



Vulnerability Mapping:
Prepare a list of high risk persons in the locality

Utilize the available status records of current high risk groups.

Information can also be collected through phone calls



RQ: Responsibilities of Local Self-Governments



- **Collect contact details of all high risk groups**
- **Gather details on the services they need**
- **Form a help desk for emergency services**
- **Make arrangements for providing necessary services like**
 - ✓ **Volunteers**
 - ✓ **Establish contact with Primary Health Centre**
 - ✓ **Arrange basic facilities**
 - ✓ **Co-ordinate the necessary services**



RQ: Responsibilities of Local Self-Governments



- **Do daily follow up**
- **Create awareness among the general public regarding reverse quarantine**
- **Create awareness regarding the high risk groups and their families regarding reverse quarantine**
- **If a person show symptoms related to COVID-19, make arrangements to immediately transfer them to Covid Firstline Treatment Centres (CFLTC).**



Reverse Quarantine Process



How to take care of and prevent high risk groups from COVID-19 infection in a locality with CORONA positive cases or deaths?



RQ Relocation Process

Relocating

If a locality is disease affected or has a chance of disease outbreak, **shift/relocate persons falling** in the high risk group from the affected locality to give them better protection. Arrangements can be made according to availability of facilities for isolation in the order of priority given below.

Own house

**Neighbour's or
relative's house**

**Community reverse
quarantine centre**



Reverse Quarantine Relocation Process:

- High risk group should have a separate area (Ex: Room with attached bathroom) in order to keep the recommended physical distancing from others but in a manner that they do not feel isolated.
- Provide all necessary facilities for **caregivers of person facing high risk** and they are expected to follow all the directions of reverse quarantine as followed by high risk groups.





Reverse Quarantine Relocation Process:

Since the high risk group may comprise people belonging to **diverse social and economic sections of the society**, the Local Self-Governments should seek the support of different institutions and volunteers to **ensure that the most vulnerable sections get special care.**



RQ Process :

General considerations



- **Phone number of those who are in reverse quarantine should be written and pasted outside their house.**
- **There should be a help desk provided with 24 hour working phone number at the local self-government institutions for the high risk groups.**
- **If there are children in reverse quarantine, one parent should stay with the child for their protection and care. All facilities for them should be provided by the respective local self-government institutions.**



RQ Process :

General considerations



- Separate glasses, dining plates, towels, beds etc should be given to the person in reverse quarantine. Used vessels, bed sheets and pillow covers should be washed using soap and water.
- Surfaces which are touched often should be disinfected twice daily using 1% sodium Hypochlorite solution. Housing cleaning agents and 1% sodium Hypochlorite solution should be used to clean the floor everyday.
- Hands should be washed thoroughly after every single exchange of things.
- When needed, the body temperature should be tested using a thermometer. Immediately inform the local HI/JPHN if there is fever, cough, breathing difficulty, throat pain, body pain, fever like symptoms.



RQ Process :

Essential services to be provided



- **Ensure food materials and other essential items are available. Provide cooked food to places, if required.**
- **Should procure medicines for long-term illnesses (Diabetes/BP/Heart diseases) for the next one month from the nearest health centre.**
- **A number should be given to contact immediately in case of physical uneasiness.**
- **Ensure facilities for the bedridden patients to get Catheter/Ryles tube and to replace old ones and insert new ones if needed.**
- **Scanning facilities should be made available for pregnant women, as required.**



RQ Process : At own house



- **A room with adequate air circulation should be made available for the vulnerable person.**
- **Vulnerable person should use separate wash room. Otherwise the wash room should be disinfected each time after use.**
- **The members of the household should be made aware of reverse quarantine.**
- **COVID-19 general recommendations must be strictly observed by everyone.**



RQ Process :

At neighbour's/relative's house



- **The family members should be made aware of reverse quarantine.**
- **The responsibility to meet the needs of the high risk person will be entrusted with their own family members.**
- **There should be 24 hours available phone numbers to contact the authorities.**
- **COVID-19 general recommendations must be strictly observed by everyone.**



RQ Process :

Community Reverse Quarantine Centres



- **The inhabitants and employees should be made aware of reverse quarantine.**
- **High risk person should be accommodated in a private room with good air circulation and sunlight.**
- **Visitors should be limited. Entry of health workers should also be restricted.**
- **Bring only essential appliances to this room.**
- **A handwash station should be installed outside the room. Everyone including health workers should wash hands before and after attending to the person.**



RQ Process : **Community Reverse Quarantine Centres**



- **Other patients should not be allowed to enter the room. They should be requested to wait until they have recovered from their illness.**
- **Food items should not be allowed to be brought from outside.**
- **Healthy and properly cooked food should be made available. Try to include essential fruits and vegetables as much as possible. Trans fat, excess salt and sugar should be avoided.**
- **Walking or exercising within the room to stay physically active should be recommended. Tobacco products and alcohol should be avoided.**



RQ Process : Conduct of Community Reverse Quarantine Centres



- **Make sure that the rooms, bathroom and other spaces of the building are properly disinfected.**
- **1m distance between beds should be maintained (eg. If bystander/caregiver is there).**
- **Appoint adequate number of employees for the functioning of these centres as instructed**
- **Waste management should be done according to protocol.**
- **Ensure inhouse arrangements for the inhabitants to execute their daily routines (eg. Washing of clothes, washing vessels etc).**
- **Keep TV, radio etc in the reverse quarantine centre as part of entertainment and stress relief for the inhabitants.**



RQ Process : **Conduct of Community Reverse Quarantine Centres**



- **Rooms, kitchens, toilets and bathrooms should be disinfected using bleaching solution (used in house) dissolved by one in 99 part, and metallic surfaces using solution with 70% alcohol.**
- **Maintain adequate stock of bleaching powder and cleaning solution with 70% alcohol.**
- **Ensure adequate tables and chairs in the dining hall. At the time of dining the inhabitants should be divided into groups with 10 or less persons each time and each of them should be made to sit 1m apart from each other.**
- **Daily need to check temperature and health of the inhabitants, employees and health workers at the centre. If it is seen that they are running a fever, measures should be taken to have them moved. Also those with lung diseases should be kept away from work.**



RQ Process : **Conduct of Community Reverse Quarantine Centres**



- **PPEs, masks and gloves should be made available in adequate number. Those who have fever or respiratory symptoms should be suggested to wear masks should immediately seek medical assistance if necessary.**
- **List of the contact numbers of social workers, ASHA workers, Anganwadi workers, Transport department officers and other health workers should be collected well in advance.**



If the number of Corona patients in the Local Self-Government area increases, following reverse quarantine is the best option for high risk groups to avoid infection, and for ensuring a safe and healthy society.



0487-2455000

0487-2204097



helpdesk@kila.ac.in



KERALA INSTITUTE OF LOCAL ADMINISTRATION

Website : www.kila.ac.in, Email : info@kila.ac.in