



## Travel related home quarantine procedure for those travelling from abroad returning to Male' and travelling from Male' to other islands

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## 1.Introduction

It is important for all the Maldivians and work permit holders returning to Maldives, to follow this guideline during COVID-19, if staying in Male’ where there is a community spread or if travelling to an island without a community spread. This guideline provides guidance for both Maldivians and work permit holders to follow during home quarantine in Male’ or home quarantine in an island.

## 2.Scope

Persons travelling to Maldives from abroad and those travelling to Male’ and to other islands.

## 3.Home quarantine for those arriving from abroad to Male’ and travelling to an island

### 3.1 Procedure to follow during home quarantine in Male’

- It is important that those mentioned-below who travel from abroad to Male’ undergo home quarantine;
  - Maldivians,
  - Expatriates with work permit,
  - Dependents of expatriates with work permit
- Register at ‘haalubelun’ portal (<https://haalubelun.hpa.gov.mv>).
- After registration, request for home quarantine through ‘haalubelun’ portal.
- The place of stay for home quarantine should be arranged by the person.
- Home quarantine time will begin from the date the person reaches Male’
- The various steps of approving home quarantine request (councils check the quarantine home, legal document by HPA) can be checked from the portal.
- The person should share the individual’s health status daily through 'haalubelun' portal, as well as information on other medical conditions for which treatment is taken.
- If there is an emergency contact healthcare facility and follow their instructions and inform the healthcare provider of quarantine status and details. Inform travel history and home quarantine status.
- If any COVID-19 symptoms (sore throat, cough, fever, breathing difficulty, body ache, etc..) or any other disease symptom is experienced during quarantine period the person should seek healthcare

### 3.2 Procedure to follow during home quarantine in islands

- To register for home quarantine, apply through the designated 'haalubelun' portal (<https://haalubelun.hpa.gov.mv>). Seek assistance if needed from another person
- After registration in 'haalubelun' portal request for home quarantine.
- The place of stay for home quarantine should be arranged by the person.
- Once the request for home quarantine is made through the 'haalubelun' portal, during the progress of the request it can be viewed through the portal by the individual themselves.
- The various steps of approving home quarantine request (councils check the quarantine home, legal document by HPA) can be checked from the portal.
- The travel to island, to the quarantine address should be arranged by the individual themselves.
- The period for home quarantine will begin from the date the person reaches the requested island.
- The person should share the individual's health status daily through 'haalubelun' portal, as well as information on other medical conditions for which treatment is taken.
- If there is an emergency contact healthcare facility and follow their instructions and inform the healthcare provider of quarantine status and details. Inform travel history and home quarantine status.
- For any reasons related to COVID-19 the person(s) travel may be restricted and the permission will be withheld.
- Those going for home quarantine in an island can return to Malé only after completing the quarantine period. However, in case of an emergency if the person has to travel to Malé, he/she has to take permission from HPA.

### 3.3 Quarantine period

- Home quarantine period currently is 14 days. At the end of quarantine period the person would be tested for COVID-19 and if the test result is negative the person will be released as per existing protocol.
- In case the test result comes positive for COVID-19, the procedure in place for handling a positive case would be followed.

### 3.4 Entry and exit of people to a house/place under monitoring

- The person who is under home quarantine related to COVID-19 should not go out during the quarantine period.
- People living in the same house as the quarantined person, should not go out from the house during the quarantine period.
- Under inevitable circumstances a person in the house can go out with due permission from HPA and after taking preventive measures.
- When dealing with a direct contact of a COVID-19 positive case follow due quarantine procedures.

### 3.5 Requirements for the place of quarantine

#### 3.5.1 The place where the home quarantine person is going to stay:

- Should have a separate room in the house for the person to stay in quarantine
- If more than one person is being quarantined in the room there should be minimum 3 feet distance between each other and bed arrangements.
- It is advisable that the room be adequately ventilated with a window or exhaust for circulation of air.
- Even if the room has A/C it is advisable to open windows for few minutes each day for air circulation.

#### 3.5.2 Bathroom/ Toilet:

- It is recommended to have a separate toilet for quarantine person.
- Clean water and hand washing facilities should be available.
- If the toilet has to be shared frequently touched surfaces such as tap, door handle, toilet seat etc should be cleaned with detergent and water at least once daily.

#### 3.5.2 Items used by quarantined person:

- Plates, spoons, towel, bed sheets, pillow, etc., that is being used by the quarantined person should be kept separately.

### 3.6 Responsibilities of the person going for quarantine

- In case the quarantined person may come in contact with a household member he/she should wear mask and maintain at least 3 feet distance.

- Wash hands frequently with soap and water each time lasting for at least 20 seconds.
- Regularly clean the place and ensure cleanliness.
- Wash hands properly before and after preparing food, before eating, after toilet use.
- Wear mask if having symptoms like cough and cold.
- Properly discard used tissue, mask etc., into a dustbin with a lid. If using cloth mask change when soiled properly wash before reuse.
- Pay attention to personal hygiene.
- Refrain from touching nose, eyes and mouth.
- Report health status daily through 'haalubelun' portal (<https://haalubelun.hpa.gov.mv>).
- If any COVID-19 symptoms (sore throat, cough, fever, breathing difficulty body ache etc.) or any other disease symptom is experienced during quarantine period inform the assigned health facility focal point.
- If a person under quarantine or person staying in the same house of the quarantined needs psychosocial support contact 1425. Or inform the health facility.

### 3.7 Responsibilities of the living in the same house:

- Be supportive towards the quarantined person and provide assistance. Do not let the quarantine person feel lonely.
- If any COVID-19 symptoms (sore throat, cough, breathing difficulty body ache etc.) or any other disease symptom is experienced by anyone living in the house where quarantine person is staying inform the assigned health facility focal point.
- If a person needs to enter the quarantined persons room to provide assistance preventive measures should be ensured and mask should be worn, and should ensure hand hygiene by washing hands with soap and water frequently.

### 3.8 Cleaning and disinfection:

- Clean the room and toilet at least once daily. Keep the windows open when cleaning to ensure ventilation and air circulation. In addition, clean high touch surfaces like table, door handle, lock, key, cupboard etc.,) with soap water using a cloth at least once daily.
- Wash laundry using washing machine or hand using regularly used detergent and dry them properly.

- Properly discard waste by following the ‘municipality waste management’ SOP. Waste bag when filled to 2/3 properly tie the bag and double the bag and discard it as per arrangements made.

### 3.9 Role of Councils

- To check the house and verify that the address given through portal for home quarantine fits the guidelines of home quarantine set by HPA and provide approval through ‘faas’ portal (<https://faas.hpa.gov.mv>).
- To ensure that the person/persons who got the approval for home quarantine went to the address as verified through the portal.
- Place under monitoring notice at houses kept under monitoring.
- Provide assistance to the home quarantine person for essential needs (food and grocery, other items, children’s items) if required, during the period where the house is kept under monitoring

### 3.10 Role of case handler

- Case handler is the focal person who is identified and assigned to monitor the health status of the home quarantined person and the person to contact during an emergency. The case handler is a person assigned by the respective facility in the island.
- Identify the person’s medical needs and ongoing treatment for medical conditions when a person is put in home quarantine.
- Check the health status of the person on a daily basis, and if any complaints reported, arrange for medical consultation and review by a doctor. Also in case of an emergency, undertake IPC measures and facilitate and arrange for emergency care.
- Facilitate for sample taking and testing for the person once the home quarantine period is completed.
- Informing the quarantine person and island council, regarding the release or about the change in quarantine period of the person as per instructions from HPA.