

Instructions for Self-Quarantine at Home For school and college students returning from affected areas of the novel coronavirus (COVID-19)

Department of Disease Control, Ministry of Public Health
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1. The preparation measures before school and college students return from abroad

1.1 Follow the announcement of the list of countries that are reporting ongoing local transmission, from the Department of Disease Control website (<http://ddc.moph.go.th/viralpneumonia/intro.php>)

1.2 Designate areas for people to reside during the 14-day self-quarantine period with the following specifications: able to accommodate separate bedrooms and bathrooms between school/college students returning from the affected areas and other household members, well-ventilated bedrooms and bathrooms, provide necessary protective equipment for those school/college students returning home and household members, such as face masks, soap, alcohol-based sanitizer gel, gloves, and convenient transportation to the hospital by either personal vehicle or the educational institute's vehicle.

1.3 Identify the focal point of the educational institution for communicating with the returning students and for coordinating with healthcare providers in the area.

1.4 Prepare home-based study curriculums such as distance learning online courses for the returning students.

2. Screening protocol among arrival passengers at international airports

The school and college students who are returning from affected areas need to cooperate with the officials at the International Quarantine Office to be screened for fever and for subsequent health care treatment if necessary.

- If you develop fever or other symptoms like coughing, sneezing, runny nose or sore throat, please contact the officials at the International Quarantine Office immediately.
- In case body temperature is higher than 37.5 degrees Celsius, students will be requested for further temperature checks at the isolation areas. If the fever remains, he/she will be referred to a designated hospital for further diagnosis and treatment as instructed.

3. Practices during self-monitoring at home/facility to prevent transmission

- Refrain from attending class or activities at the educational institution where there are a number of people gathering.
- The returning students should be in a separate bedroom, stay at home and not go to the community or public place for at least 14 days after returning from the affected area.
- Meals should be served separately from others. If unavoidable, always use serving spoons while joining the dining table with others.
- Do not share personal belongings with others, such as handkerchiefs, towels, drinking glasses, straws, and telephone/mobile phones. Wash hands frequently with soap and

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water for at least 20 seconds. In case there is no water and soap, rub hands with alcohol-based sanitizer gel that contains 70 % alcohol concentration.

- Wear a face mask and keep at least 1-2 meters away from other household members.
- Avoid being close to other household members, particularly the elderly or people with chronic diseases.
- Dispose of a used face mask by folding or rolling, disposing into a properly sealed plastic bag and then discarding it in a waste bin with a lid. Clean hands thoroughly with alcohol-based hand sanitizer gel or with water and soap immediately.
- Cover your mouth and nose up to the chin area with a facial tissue every time you cough or sneeze. Dispose the used tissue into a properly sealed plastic bag. Or cough or sneeze into your upper sleeve and immediately clean hands with the alcohol-based hand sanitizer gel or water and soap.
- When the quarantined individual departs, clean the quarantine area and surfaces, such as beds, tables, any utensils in the area and restroom by using 5% bleach sodium hypochlorite (proportion: 1 part bleach and 99 parts water).
- Clean clothes, bedsheets, towels, etc. with soap or regular detergent and water or wash them with hot water at 60-90 degrees Celsius.

4. Instructions for monitoring symptoms at the residing quarantine area and practical guidelines at student dormitories if the students develop illness

- The educational institution should provide a screening station in front of the building. All people entering and leaving the building will be asked to take their temperature with the handheld thermometers.
- Monitor the symptoms of fever and respiratory illness. If you have an available thermometer, it is recommended to check the temperature every day, in the morning and evening.

1) Definition of fever: Body temperature is equal or higher than 37.5 degrees Celsius or the person has other suspicious symptoms for fever such as developing high body temperature, body aches, or a shivering cold.

2) Definition of respiratory symptoms: coughing, runny nose, sore throat, dyspnea, or difficulty breathing. If they have any one of those symptoms above, inform the focal point of the educational institution, wear a face mask and seek medical care immediately. Travel history must be informed to the healthcare provider. During travel to the hospital by a personal vehicle, the car windows need to be kept open.

5. Practical guidelines for household members and disinfection in the household

- All household members should wash hands with water and soap for at least 20 seconds as frequently as possible in order to reduce the risk of infection and spreading the diseases. In case there is no water and soap, clean hands with alcohol-based hand sanitizer gel that contains at least 70 % alcohol concentration.
- Keep monitoring of developing illness among close contacts of those students and other household members for 14 days.
- The returning students should sleep in a separate bedroom.

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- If it is unavoidable to share a dining table, always use serving spoons.
- Do not share personal belongings with those students, such as handkerchiefs, drinking glasses and straws.
- Avoid being in close contact by keeping 1-2 meters away.
- When the quarantined individual departs, clean the quarantine area and surfaces such as beds, tables, any utensils in the area and restroom using 5% bleach sodium hypochlorite (proportion: 1 part bleach and 99 parts water).
- Clean clothes, bedsheets, towels, etc. with soap or regular detergent and water. Or wash them with hot water at 60-90 degrees Celsius.
- Cleaning the dormitories of returning students. Housekeepers should wear protective clothes that include a face mask, shower caps, goggles, long gloves, boots and a plastic apron.

A sample picture for setting up the quarantine station for students and personnel returning from a COVID-19 affected area

1. Identify the quarantine area before entering the dormitory or the building. It should be a well-ventilated area.
2. Clearly present a sign with the important information.
3. Prepare the necessary equipment and supplies such as a handheld thermometer, gloves, 70 % alcohol-based sanitizer gel for cleaning surfaces and the thermometer, and face masks for both the screening officers and the individuals showing symptoms.
4. Place a sign informing of suspicious symptoms for the novel coronavirus 2019 which includes fever, coughing, sneezing, sore throat, runny nose and dyspnea.
5. Set up signs promoting prevention and control measures for the novel coronavirus in languages associated with the school. The relevant documents and brochures can be downloaded from the website of the Department of Disease Control at <https://ddc.moph.go.th/viralpneumonia/intro.php>

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