

# RECOMMENDATIONS FOR IMPLEMENTATION OF QUARANTINE PERIOD OF UNIFORMED PERSONNEL<sup>1</sup>

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## INTRODUCTION

To reduce the risk of introduction of COVID-19 from one country to another, TCCs/PCCs should implement a 14-day quarantine<sup>2</sup> period pre-deployment in the TCC/PCC country, and then another 14-day quarantine period post-deployment within the mission area; as well as upon exit of the mission area accordingly if necessary.

This document provides guidance to TCCs/PCCs on the principles regarding the quarantine period that is to be implemented for such uniformed personnel.

## MINIMUM ELEMENTS OF ROUTINE QUARANTINE FOR UNIFORMED PERSONNEL

The following provides the minimum elements that must be implemented throughout this routine quarantine period. There should be strict adherence to the following guidance and a methodical approach to implementation so as to minimize the risks of transmission of any COVID-19 infection after the 14 days of quarantine.

### **These minimum elements to be implemented are:**

- After arrival to the quarantine center keep quarantined individual's movement outside the quarantine space to an absolute minimum. The quarantined individuals should be totally isolated and kept strictly separated from the rest of the military, civilian and the local population during the quarantine period.
- Do not add more individuals to an existing quarantine cohort after their 14-day quarantine clock has started. Avoid mixing those individuals who are undergoing routine quarantine, with individuals quarantined due to exposure to a COVID-19 case.
- Medical evaluation and care should be performed inside or near the quarantine area.
- All meals should be served inside the quarantine space, and dining should be in small cohorts of no more than 30 individuals, and with adequate 2 meters distance between chairs.
- Hand hygiene stations with soap and water as well as alcohol-based hand rubs should be readily available.
- Constant sensitization of quarantined individuals on COVID-19 precautions should be conducted.
- Ventilation inside the quarantine facility should be a minimum of 60 l/s per patient. Where possible, there should be windows to help with natural ventilation.
- If single rooms for those under quarantine are not possible, then cohort small groups of individuals in a large well-ventilated room with at least 2 meters (6 feet) of personal space assigned to each individual in all directions

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<sup>1</sup> Note that these recommendations pertain specifically to routine incoming / exiting quarantine for uniformed personnel, and is not in reference to quarantine period related to a specific exposure to a COVID-19 case.

<sup>2</sup> Note that "quarantine" refers to separating and restricting the movement of people who are well, to see if they become sick. Whereas "isolation" refers to separation of sick persons with an infectious disease from people who are not sick.

- Maintain at least 1-2 meter space between individuals at all times through social distancing strategies and other environmental engineering solutions.
- Symptoms of individuals under quarantine should be closely monitored. Perform verbal screening of symptoms and temperature checks twice daily for all individuals. An example of a temperature and symptom log is found here:  
[https://www.un.org/sites/un2.un.org/files/coronavirus\\_comms\\_tempsymptomlog.pdf](https://www.un.org/sites/un2.un.org/files/coronavirus_comms_tempsymptomlog.pdf)
- For any individual that develops COVID-19 symptoms (e.g. fever, coughing or shortness of breath) during this quarantine period: immediately put a medical mask on them, place them under medical isolation right away, and follow protocol for management of suspect case including evaluation for possible testing, and contact tracing with subsequent quarantine of exposed individuals. Such individuals must be detected ASAP and moved to an isolation area for treatment.
- Environmental cleaning and disinfection procedures must be followed consistently and correctly, including daily cleaning and disinfection of frequently touched surfaces, cleaning and disinfection of bathrooms and toilets. Proper waste management should also be in place.
- To avoid any further spread of COVID-19, all uniformed personnel exiting the mission country must be screened prior to exit / shortly before flight, to ensure that they are all free of any COVID-19 symptoms and fever before leaving the mission area/country. All such records of screening of temperature and symptoms check before exit must be recorded for future audit.