INTRODUCTION

To reduce the risk of introduction of COVID-19 from one country to another, TCCs/PCCs should implement a 14-day quarantine period pre-deployment in the TCC/PCC country, and then another 14-day quarantine period post-deployment within the mission area.

This document provides interim guidance and principles regarding the quarantine period that is to be implemented for all uniformed personnel that are deploying into a DPO/DPPA mission, deploying from any location, and into any field mission location.

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 to ensure a COVID-19 free environment 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.

1 Note that these recommendations pertain to routine quarantine for uniformed personnel, and is not in reference to quarantine period related to a specific exposure to a COVID-19 case.
2 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 6 feet of 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.
• If anyone develops COVID-10 symptoms (e.g. fever, coughing or shortness of breath), 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.
• 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.