

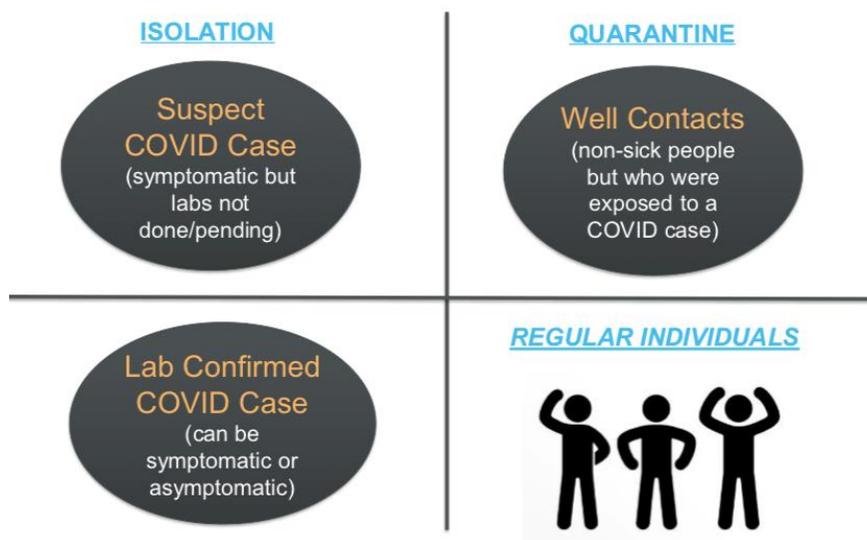
COVID-19 PANDEMIC: GUIDANCE ON QUARANTINE OF NON-SICK UN PERSONNEL

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INTRODUCTION

The term “**quarantine**” refers to the separation and restriction of movement of **non-sick persons to see if they become sick**. (Whereas the term “**isolation**” refers to separation of sick persons with an infectious disease from people who are not sick as shown in the diagram below).

Segregate Strictly These Different Groups
No Mixing Of These Groups with Each Other / Well Persons



This document provides **guidance to all UN personnel who are required to implement such a quarantine period** due to the need to reduce the risk of exposure to COVID-19 in case they became symptomatic during the quarantine period. NB: A separate guidance for uniformed personnel undergoing routine quarantine period is available at <https://www.un.org/en/coronavirus/reference-documents-administrators-and-managers>

A quarantine period is indicated for:

- **All contacts**¹ of lab-confirmed and/or suspect cases and;
- All UN personnel **returning from travel/ R&R**. It should be noted that all UN personnel returning from travel / R&R must comply with the host country's and local health authorities' requirements for travelers. If policy is taken for quarantine due to travel, it should be conducted for at least 14 days after travel (regardless of PCR test results during that time.)

Note also that this policy should be reviewed along with the **UN Medical Director's COVID-19 Risk Mitigation Plan**, available at <https://www.un.org/en/coronavirus/reference-documents->

¹ WHO Definition of Contacts are available at <https://apps.who.int/iris/bitstream/handle/10665/331506/WHO-2019-nCoV-SurveillanceGuidance-2020.6-eng.pdf>

[administrators-and-managers](#) Administrator guidelines for COVID-19 are further available at the same website.

MINIMUM ELEMENTS OF QUARANTINE FOR UN PERSONNEL

The following provides the minimum elements that must be implemented throughout a quarantine period. There should be strict adherence to the following recommendations and a methodical approach to implementation so as to help reduce the risk of transmission of COVID-19 during the quarantine period.

These minimum elements to be implemented are:

- The following recommendations apply to all UN personnel who are on a quarantine period for any reason (travel or contact of a case). Such a period could be imposed upon by the local authorities' or by UN organisations/offices for example.
- Individuals, if returning from travel, should **proceed directly from the airport/port to their quarantine area** (e.g. their own homes), all the while maintaining at least 1-2 meters (3-6 feet) of space with others at all times through physical distancing.
- For the duration of the quarantine period, **movement outside of the quarantine space/home should be kept to an absolute minimum**. Such individuals should be strictly separated from the rest of the civilian, military and local population. They should not use any common facilities such as gyms or swimming pools during this period.
- The individual should be provided with all necessary **health education materials** on COVID-19. They should be informed to wash their hands regularly with soap and water/ alcohol-based hand rub, to not touch their face, and to cover their mouths and nose when coughing or sneezing. Hand hygiene materials should be readily accessible at their home/quarantine facility.
- As far as possible, they should be **quarantined in a single room**. However, if they have to live with others in their home, they should avoid interaction with individuals in their household and avoid having visitors to their home.
- If sharing a house with others, they **should stay in their own room as much as possible** and use a dedicated toilet if possible. They should maintain at least 1-2 meters (3-6 feet) of personal space in all directions at all times through physical distancing strategies and other environmental engineering solutions.
- Individuals in quarantine should **monitor their health closely** during the quarantine period using a symptom and temperature log. Twice daily, they should check for fever and respiratory symptoms such as cough and breathlessness. **An example of a symptom and temperature diary is available at <https://www.cdc.gov/coronavirus/2019-ncov/travelers/pdf/COVID19-Temperature-Log-ENG-P.pdf>**
- **If they feel unwell, they should immediately put on a medical (surgical or procedure) mask and should be given a 24/7 medical hotline number that they can contact immediately during such circumstances. They should inform medical personnel over the phone about their travel history and get initial medical evaluation over phone/video.**
- If after phone evaluation, they need to seek medical care in-person, they must be informed to **wear a medical mask when visiting the health facility** and strictly follow physical distancing.
- Frequent cleaning of the quarantine area/home should be carried out using **routine cleaning and disinfection procdures**. Daily cleaning and disinfection of frequently touched surfaces, cleaning and disinfection of bathrooms and toilets should be advised.

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