

# Precautionary Home Isolation

*Guidance for  
COVID-19*

نحن نهتم  
We Care

مرکز جونز هوبكنز  
أرامكو الطبي  
Johns Hopkins  
Aramco Healthcare

*The following information is designed to guide you and your household members if you have been advised to undertake Precautionary Home-Isolation following travel to an affected location or exposure to someone diagnosed with COVID-19.*

# Advice for all

## Household Members

Make sure that shared spaces in the home have good air flow, such as air-conditioners or open windows.

***All household members should practice the highest standards of hand and respiratory hygiene***

Frequently wash hands thoroughly with soap and water, or use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.



Other household members should be separated from the individual on home-isolation as much as possible. They should not sleep in the same room, and they should use a separate bathroom, if possible.

Be particularly vigilant to keep elderly people and those who have compromised immune systems or specific health conditions away from the individual on home-isolation. This includes people with chronic heart, lung or kidney diseases or diabetes.

## *Avoid sharing household items*

**Do not share** dishes, drinking glasses, cups, eating utensils or other items with the individual on home-isolation.



Dishes



Drinking glasses



Cups

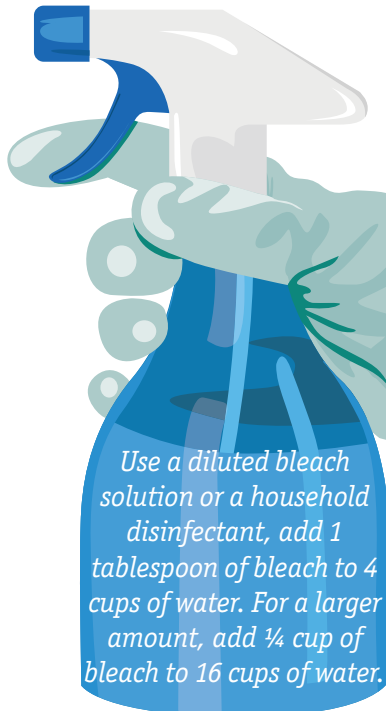


Eating utensils

After the individual on home-isolation uses these items, they should be washed thoroughly with soap and hot water.

Clean “high-touch” surfaces, such as counters, tabletops, keyboards, doorknobs, bathroom fixtures, toilets and bedside tables daily. Wear disposable gloves while cleaning surfaces.

### *To make a bleach solution at home:*



*Use a diluted bleach solution or a household disinfectant, add 1 tablespoon of bleach to 4 cups of water. For a larger amount, add ¼ cup of bleach to 16 cups of water.*

## *Wash laundry thoroughly*

- Promptly remove and wash clothes or bedding that have become soiled.
- Wear disposable gloves while handling soiled items. Wash your hands after removing your gloves.
- Wash laundry with detergent and warm water at the maximum available cycle length, then machine dry.



## Guidance for the Individual on Home-Isolation

The individual on home-isolation will need support in matters such as running errands, e.g., grocery shopping or picking up prescriptions, in order to avoid exposing others to infection.

Using face masks, if you must be around other people who have not been exposed to the virus, in your home, or in a car, because you're on your way to see a doctor (only after you have called ahead first) — you should wear a mask.

Self-surveillance consists of monitoring and recording your temperature and any potential symptoms of COVID-19 for 14 days from the date of departure from any country or coming into contact with someone with a confirmed COVID-19 diagnosis.

## ***Daily Self-Surveillance Checklist***

- Temperature of  $\geq 37.8$  °C (morning and night)
- Cough (new or worsening) Y/N
- Sore throat Y/N
- Shortness of breath Y/N

*Wait at least six hours after taking medicines that can lower your temperature*



## ***If symptoms develop during the home-isolation period:***

### ***Call ahead before visiting your doctor***

Talk to your registered health care provider, so precautions can be taken to protect others.

If you develop symptoms, call 937 (MOH) and if you are a JHAH-registered patient you can also call JHAH 800-305-4444.

Outside of clinic hours please go to the Emergency Department.

## *Stay informed*

The JHAH.com COVID-19 webpage provides Arabic and English health education and awareness material, as well as links to trusted third parties such as the World Health Organization.

*You can visit [JHAH.com](https://www.jhah.com) for COVID-19 updates and health education material*



## Connect with JHAH...



Johns Hopkins Aramco  
Healthcare (JHAH) Page



Johns Hopkins Aramco  
Healthcare (JHAH) Page



@JHAHNews



@JHAHNews



Johns Hopkins Aramco  
Healthcare (JHAH) Page