

COVID-19



FEDERAL MINISTRY OF HEALTH



NIGERIA CENTRE FOR DISEASE CONTROL

Mandatory Institutional Quarantine Guideline for Returnees to Nigeria

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MANDATORY INSTITUTIONAL QUARANTINE GUIDELINE FOR RETURNEES TO NIGERIA

As Nigeria responds to an outbreak of COVID-19, the Government has recommended mandatory quarantine for all returnees to Nigeria. Consequently, the Nigeria Centre for Disease Control offers this guidance for institutional quarantine.

What is institutional quarantine?

This is a restriction of persons' activities when they are not ill with COVID-19 for the purpose of protecting unexposed members of the communities from contracting the disease.

This is important for persons who may have been in close contact with a person with signs and symptoms of COVID-19 or has travelled from one of the areas with high transmission of COVID-19.

This means the person will stay at a facility identified by the Government without mixing with family members or the general public for a mandatory period of **14 days**. However, individuals will be required to interact only with surveillance officers dressed in appropriate Personal Protective Equipment (PPE) who will come routinely for monitoring.

Institutional quarantine is intended to facilitate early detection of ill health due to COVID-19 and to prevent its spread to loved ones, within the communities, and/or other parts of the country.

Please note that travellers coming into Nigeria will be institutionally quarantined at their own cost.

Who should undergo institutional quarantine?

- All **returning travellers to Nigeria** shall be quarantined for **14 days** in a facility identified by the Government
- Anyone who has been in close contact with a confirmed case of COVID-19

How will I move from the point of entry to the place of quarantine?

- Government will provide transportation to all travellers from the point of entry to the designated facility
- Ensure adequate ventilation throughout your trip
- Ensure appropriate use of medical mask while in transit

How will I be monitored during institutional quarantine?

- Nigeria Centre for Disease Control NCDC in collaboration with the state surveillance team will monitor the returnees daily for **14 days** during this quarantine period
- Each returnee shall be provided with a digital thermometer to record and document daily temperature reading. The reading will be taken by the returnees and documented at **7:00a.m. and 7.00p.m.** daily
- All returnees will undergo mandatory test on **day 14** before exit of quarantine or at any point a returnee shows symptom. A positive test would necessitate transfer to the nearby isolation/treatment facility

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Can family members or other people I live with visit me during my institutional quarantine?

No family members or friends can visit you while you are under institutional quarantine.

What should I do for effective institutional quarantine?

Any person under institutional quarantine will observe the following prevention and control measures:

- Stay in a well-ventilated room **ALONE** with separate hygiene and toilet facilities
- Ensure that you have adequate food, water, hygiene provisions and appropriate medical treatment for existing medical conditions while in quarantine
- Ensure that you have the necessary communication tools e.g. mobile telephone to communicate with family members and other people while in quarantine
- Always wash your hands with soap and water regularly or use an alcohol-based hand rub
- Cover your nose and mouth with disposal tissue when coughing and sneezing. Throw away used tissue into dustbin and wash your hands immediately with soap and water or alcohol-based hand rub
- Avoid sharing toothbrushes, utensils, dishes, drinks, towels, clothes or bed linen with anybody in your facility
- Clean and disinfect frequently touched surfaces such as doorknobs/handles, bedside tables, bed frames, and other bedroom furniture daily with regular disinfectant or soap and water
- Clean and disinfect bathroom and toilet surfaces at least once a day with available disinfectants or soap and water
- If you develop any of the following symptoms fever, cough, sore throat and/or difficulty in breathing or any other symptoms, please call your State/NCDC assigned monitor for immediate help or call the NCDC toll free line **0800 9700 0010** or any other contact provided by the surveillance team for immediate help

What happens if I do not comply with institutional quarantine orders?

Institutional quarantine is **MANDATORY** for a period of **14 days**.

Non-compliance with this guideline will involve activation of the security arm of Government to drive enforcement.

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What should I do to keep my spirit up under quarantine?

Your emotional and mental health is important. Being under quarantine can be stressful or lonely:

The returnee should follow the following advisories to reduce anxiety:

- Talk to the other members of the family about the COVID-19. Understanding this disease will reduce anxiety
- Reassure young children using age-appropriate language
- Think about how you have coped with difficult situations in the past and reassure yourself that you will cope with this situation too. Remember that quarantine won't last for long
- Keep in touch with family members and friends via telephone, email, or social media
- Watch movies, read books, or browse internet to read interesting topics of interest
- Exercise regularly within your quarantine area (room)
- Ensure that you drink at least **8 glasses of water** every day to keep hydrated
- Eat all your meals in a timely manner
- Ensure you take adequate rest

What happens when I complete the 14 days of quarantine?

- If you complete the 14 days of quarantine without any symptoms and test negative for COVID-19, NCDC and the state surveillance team will formally discharge you from quarantine and hand over your international passport to you, you will be free to go about your usual activities
- A medical certificate of completion of self-quarantine will be issued to you

HOWEVER

If you are positive to the COVID-19 test with or without symptoms, you will be moved by the case management team to a treatment site for treatment. You will only be discharged afterwards following a two negative test using samples collected from you **24-48 hours** apart

If during your 14-day quarantine you develop symptoms of COVID-19 such as:

- Cough
- High temperature (fever)
- Shortness of breath (or difficulty in breathing)
- Or general feeling of unwellness,

Avoid self-medication rather contact NCDC Connect Centre immediately for testing and other advice.