

GUIDE ON HOW TO ISOLATE FROM OTHERS IF YOU LIVE IN A CROWDED SPACE AND HAVE COVID-19 (coronavirus infectious disease)

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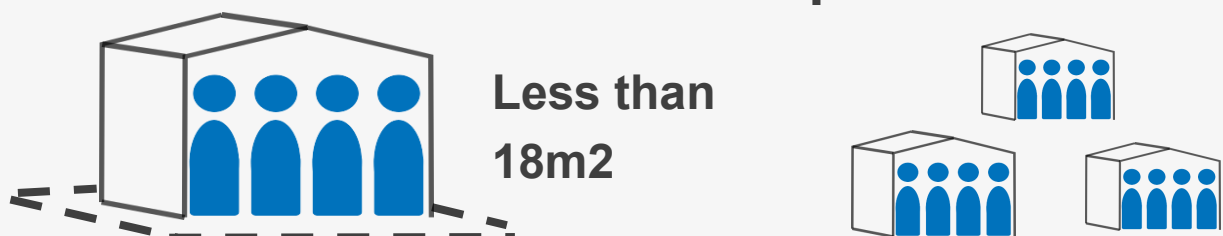
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What is a crowded space?

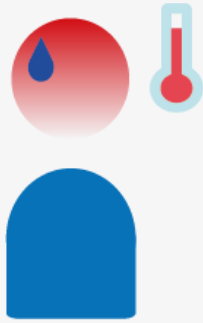


It is a space where 4 persons live in a space of 18m² or less in close proximity to others.

1 What is COVID-19?

COVID-19 is an infectious disease that can spread from person to person through small droplets from the nose or mouth when a person with the virus coughs or exhales. You can also catch the virus if you touch objects or other surfaces where droplets from a person with the virus landed and you then touch your mouth, nose or eyes.

COMMON SYMPTOMS OF COVID-19:



Fever



Dry cough



Breathing difficulties

2 Do you suspect that you have COVID-19?



**Call the Ministry of Public Health on
01-594459**

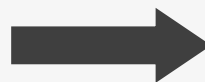
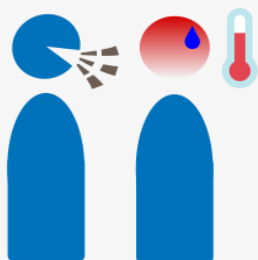
Available 24/7

The Ministry of Public Health

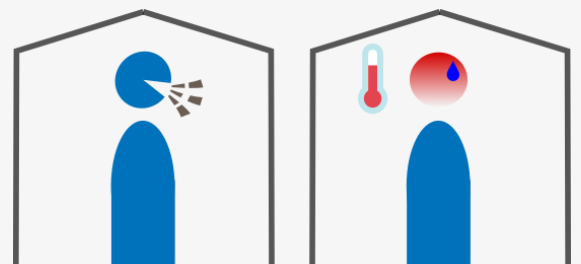
1. Conducts first check
2. Identifies risk factors
3. Advises on what to do if needed
4. Refers to hospital test and free transportation by Lebanese Red Cross if needed

3 If COVID-19 positive, or suspected to be, you will have to go into isolation.

Positive or suspected



Isolation

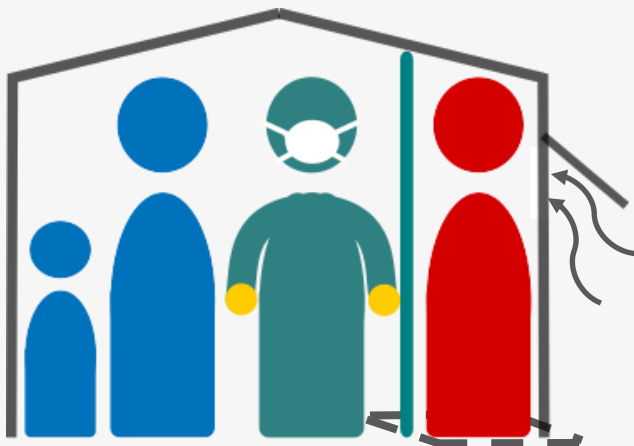
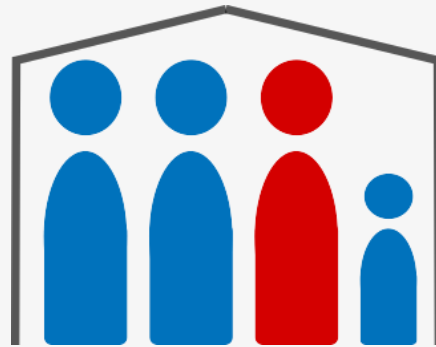


Why isolation? To prevent the virus from spreading to more people. A person needs to stay in isolation until it is confirmed that he or she can no longer can transmit the virus.

1 LEVEL 1: HOME ISOLATION

If you are COVID-19 positive, or suspected to be, you must separate yourself from others. If your symptoms are mild, you will likely be requested to isolate at home.

A person tests positive or is suspected to have COVID-19



Isolation area at least 5m²

Separation of the sick person

The sick person should be isolated in a separate room. The room must:

- Be a minimum 5m²
- Be intact and provide protection from weather
- Have a lockable door
- Have a window or ventilation outlet

The person must stay in isolation until fully recovered.

Caretaker training

Training will be provided to the person who will take care of the COVID-19 positive person (see *caretaker section*).



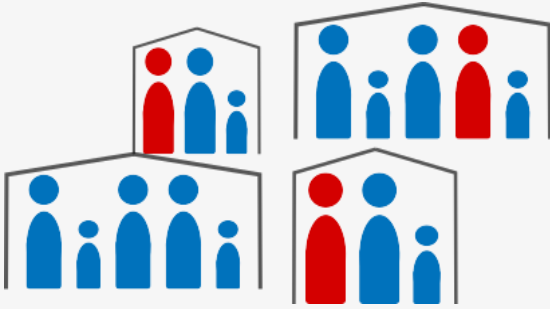
Minimize shared use of household items and facilities

Avoid sharing utensils with the sick person. If possible use separate bathrooms, if not, clean thoroughly after the sick person has used the bathroom.

Humanitarian organisations will support your community to provide for the needs of sick persons and provide assistance to lower the risk of further spread of the virus, for example handwashing facilities, facemasks and gloves, separate latrines and safe waste disposal.

2 LEVEL 2: COMMUNITY ISOLATION

If people from different households test positive and home isolation is not possible, a small temporary care facility will be constructed for community isolation if space permits.



Many people in the community are **COVID-19 positive** and they are not able to isolate in their homes.



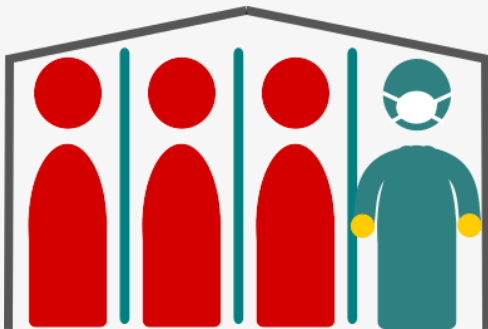
Construction of care facility

The community will receive support from humanitarian organisations to construct a temporary care facility in the community, and to provide for needs of those in isolation.



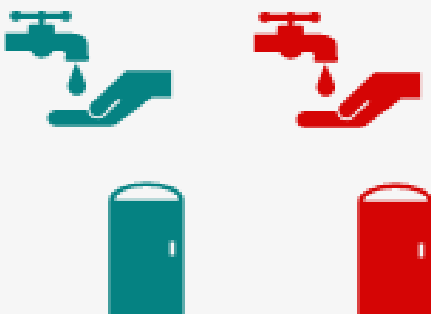
Training of caretakers

Caretaker(s) from the community must be identified and trained (*see caretaker section*).



Sick people move to the care facility

It will have separate spaces for men and women. If a child, elderly or person with disability is required to isolate, their primary caregiver (e.g. parent) can join them in isolation even if not COVID-19 positive. The caregiver must follow the guidelines of the facility and cannot leave until the COVID-19 positive is fully recovered and the caretaker is confirmed as not having COVID-19.

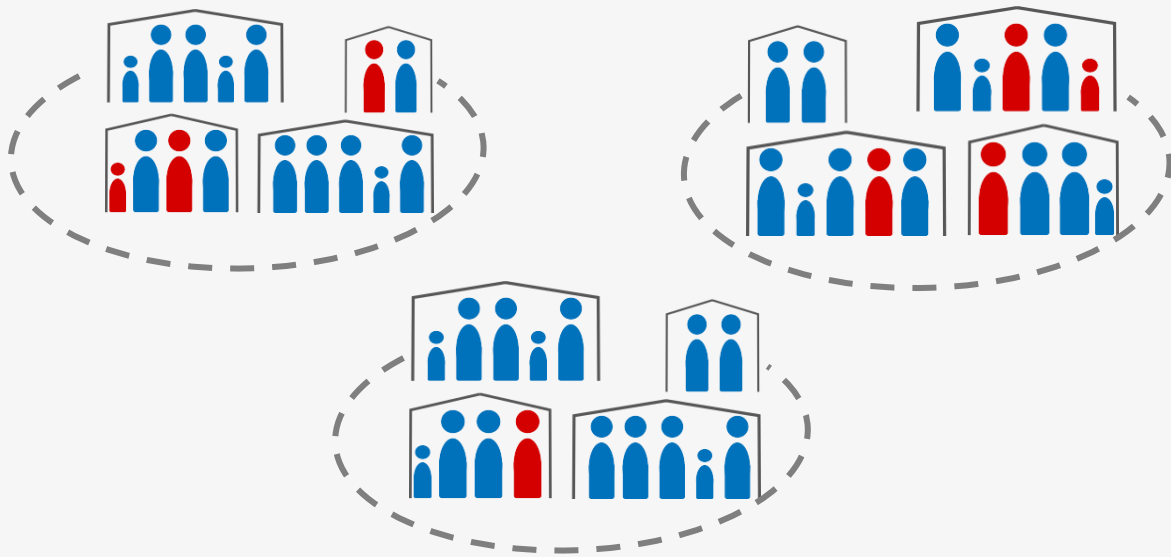


Toilet, water and waste facilities for the sick and caretakers will be installed with support of humanitarian organisations. **These should not be used by others.**

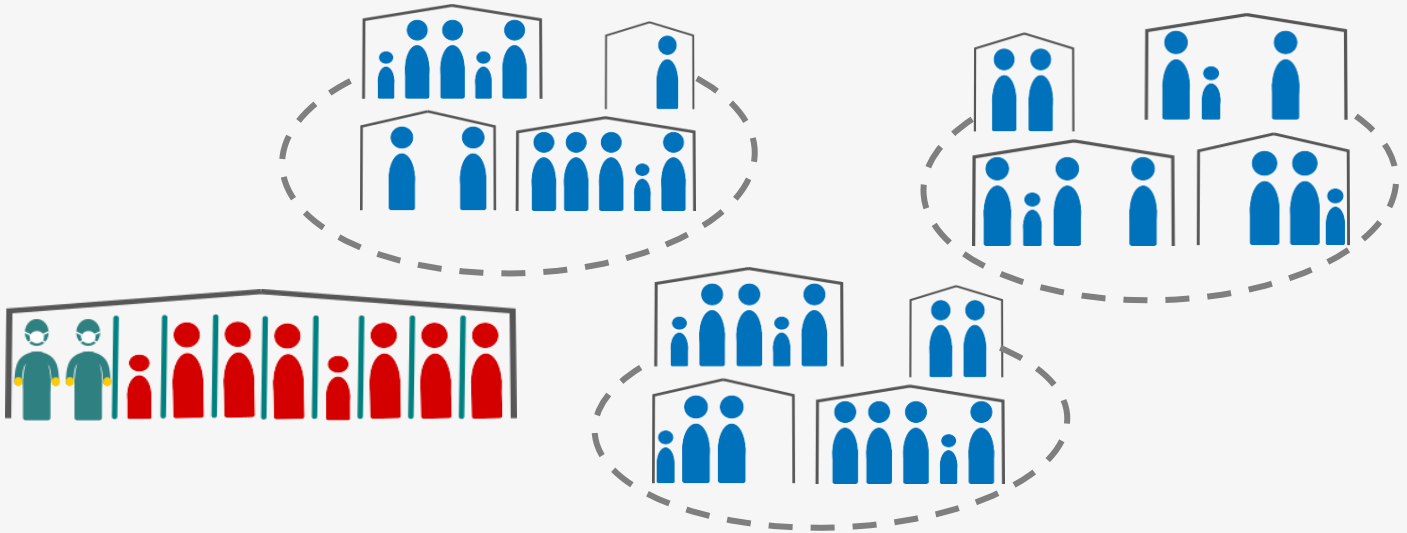
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LEVEL 3: AREA ISOLATION

If many people in your community test positive and this is also the case in neighboring communities, then area isolation might happen. A temporary care facility will be established outside, but close to the community.



The temporary care facility will be established with support of local authorities, the community and humanitarian organisations.



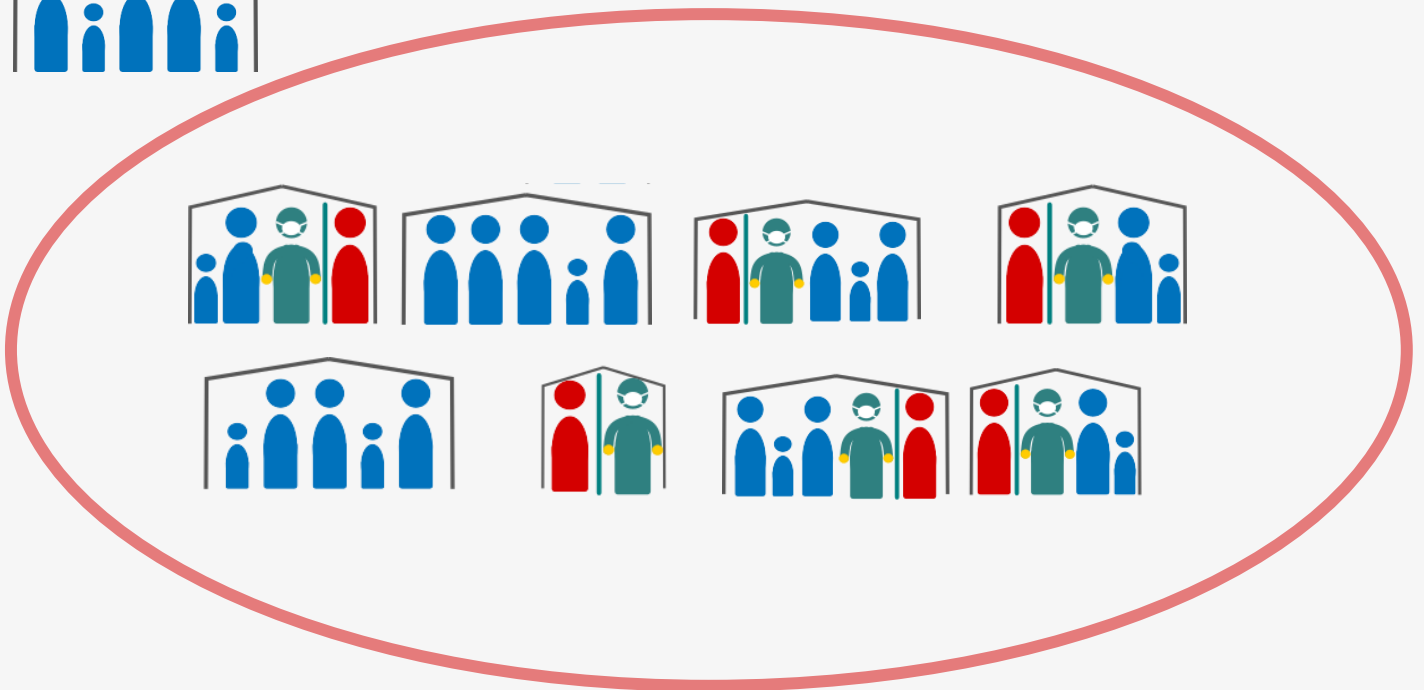
- People from the surrounding communities who are sick might be moved to the care facility for isolation and care if home or community isolation is not possible.
- There will be separate spaces for men and women.
- If a child, elderly or person with disability is required to isolate, their primary caregiver (e.g. parent) can join them in isolation even if not COVID-19 positive. The caregiver must follow the guidelines of the facility and cannot leave until the COVID-19 positive is fully recovered and the caretaker is confirmed as not having COVID-19.
- Caretakers must be identified and trained (*see caretaker section*).

4

LEVEL 4: FULL QUARANTINE OF A SPECIFIC COMMUNITY.

If the number of sick people in your community is very high, the authorities are likely to place your community under full quarantine.

EVERYONE MUST RESTRICT ALL MOVEMENT FOR A DURATION THAT WILL BE DECIDED BY THE AUTHORITIES



- During the period of full quarantine you should follow the home isolation guidance, see level 1.
- Humanitarian organisations will support your community to provide for the needs of sick persons and provide assistance to lower the risk of further spread of the virus, for example handwashing facilities, facemasks and gloves, separate latrines and safe waste disposal.



The caretaker is a relative or helper who can take care of the COVID-19 positive person and provide their basic needs such as food, or remove any waste during the recovery. The caretaker should not be a pregnant or lactating woman or an elderly person.

Protective equipment such as face mask and gloves will be provided by humanitarian organisations.

Training on how to provide care whilst minimising the risk of contracting and spreading the virus will be provided by humanitarian organisations.

TIPS FOR CARETAKER

Wear a disposable face mask and gloves when you touch or have contact with the sick person. Before touching the mask, clean your hands with soap and water or an alcohol-based rub.

Throw out disposable face masks and gloves after using them, preferably in a closed bin, as per the following steps:

1. First, remove and dispose of gloves in the bin
2. Second, immediately clean your hands with soap and water or alcohol-based hand sanitizer for at least 20 seconds.
3. Third, remove and dispose of the mask in the bin.
4. Fourth, again, immediately clean your hands with soap and water or alcohol-based hand sanitizer for at least 20 seconds.

Avoid sharing household items with the sick person. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly **with soap and water.**



Provide food or medicine to the sick person by placing it in a closed bag in front of the door.



Clean and disinfect surfaces such as tabletops, bathroom fixtures, toilets, and phones daily. Wash laundry thoroughly. Keep detergents away from children.



Keep a dedicated bin with cover for disposed face masks, gloves and other items such as waste from the sick person that could be contaminated. Keep out of reach of children.

Actions to prevent the spread of COVID-19



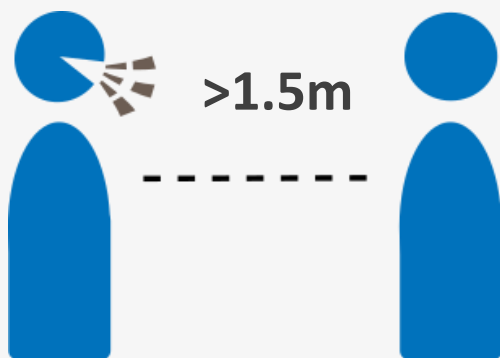
Clean your hands regularly

Clean hands regularly with soap and water for at least 20 seconds with soap and water or an alcohol-based hand sanitizer.



Avoid touching eyes, nose and mouth

Our hands can carry the virus from surfaces to the mouth, eyes or nose from where the body can get infected.



Maintain social distance

Maintain at least 1.5 meter distance between yourself and people around you, especially anyone who is coughing or sneezing.



Cover your mouth and nose when you cough or sneeze

with your bent elbow or a tissue. Dispose of the used tissue immediately in a closed bin and wash your hands using soap and water.



Avoid physical contact

Refrain from handshakes, hugging and kissing as the virus can be passed to others by physical contact. To the extent possible avoid sharing utensils, towels and bedding.



Clean and disinfect

Clean your home with soap and water and then disinfect with a diluted chlorine solution (1 measurement of chlorine to 9 measurements of clean water). Pay special attention to frequently touched surfaces such as the washbasin knobs, door handles, chairs and tables. 7

Coping with stress and fear during the outbreak

- It is normal to feel stressed, worried, scared or angry during a crisis.
- Do not listen to rumours, but use credible sources to get information, such as:
 - Ministry of Public Health:** <https://moph.gov.lb/>
<https://www.facebook.com/mophleb>
 - WHO:** <https://www.who.int/ar/home>
<https://www.facebook.com/wholeb/>
 - UNHCR:** www.refugees-lebanon.org
- Talk to people you trust. Keep in touch with family and friends through phone calls, chats and making use of social media platforms.
- If you feel overwhelmed, talk to a health worker, social worker, similar professional, or another trusted person in your community (e.g., religious leader or community elder).
- Children might respond to stress in different ways such as being more clingy, anxious or angry. Children need adults' love and attention during difficult times. Give them extra attention and remember to speak kindly and reassure them.
- COVID-19 can spread from one person to the other, but if we all take preventive action and follow the guidelines, we can stop the spread of the virus and stay healthy.

Persons at risk



- Older people, pregnant women and people with serious medical conditions are at higher risk of developing serious illness and should take precaution (see p. 7)
- Breastfeeding women should continue to lactate. If you show symptoms, wear a mask when near the child and wash hands before and after contact with the child. See preventive actions in p.7.



Contacts

Ministry of Public Health:

If you have symptoms (fever, cough, breathing difficulties, nasal cough, sore throat), please call **01-594459 – 24 hours 7/7 days**.

Lebanese Red Cross:

For ambulance transportation **140 – 24 hours 7/7 days**

For corona positive persons pre-approval from Ministry of Public Health hotline **01-594459** is necessary for free transport.

NEXtCARE Lebanon:

For life threatening emergencies and hospitalisation, please call **01504020 – 24 hours 7/7 days**

Embrace Lifeline

For emotional support, call **1564**

UNHCR:

Beirut/Mount Lebanon: 01-820848 (Monday to Friday 7pm– 5pm)

Bekaa: 76611811, 81477248, 81477249, 81477250, 81477251, 81477252 (Monday to Friday 8:30 - 4pm)

North: 06-205003 (Monday to Friday 8pm - 4pm)

South: 76-500370, 76500380, 76421637, 76421562
(Monday to Friday 8:30am-4pm)

Lebanon: 01-594250 (Monday to Friday 8am-5pm)

<https://www.refugees-lebanon.org>



**Inter-Agency
Coordination
Lebanon**