Quarantine – Its Necessities

Quarantine may be defined as the restraint or segregation of human beings or other living creatures, who may have come, either potentially or actually, into contact with transmissible pathologies, until the moment when it is considered certain that they no longer constitute a health risk.

WHEN WOULD QUARANTINE BE USED?

Quarantine may be used when:
- A person or a well-defined group of people have been exposed to a highly dangerous and highly contagious disease
- Resources are available to care for quarantined people
- Resources are available to implement and maintain the quarantine and deliver essential services.

FOLLOWING ARE THE REQUIREMENTS FOR QUARANTINE FACILITY IN A COMMUNITY-BASED FACILITY AS PER NCDC GUIDELINES

Location
- Preferably placed in the outskirt of the urban/city area (can be a hostel/unused health facilities/buildings, etc.)
- Away from the people’s reach, crowded and populated area
- Well protected and secured (preferably by security personnel/army)
- Preferably should have better approachability to a tertiary hospital facility having critical care and isolation facility.

Access Considerations
- Parking space including ambulances etc.
- Ease of access for delivery of food/medical/other supplies
- Differently-abled friendly facilities (preferably).

Ventilation Capacity
Well-ventilated preferably natural.

Basic Infrastructure/Functional Requirements
- Rooms/dormitory separated from one another may be preferable with in-house capacity of 5–10 beds/room
- Each bed to be separated 1–2 m (minimum 1 m) apart from all sides
- Lighting, well-ventilation, heating, electricity, ceiling fan
- Potable water to be available
- Functional telephone system for providing communications
- Support services – fooding, snacks, recreation areas including television
- Laundry services
- Sanitation services/cleaning and housekeeping
- Properly covered bins as per BMW may be placed.

Space Requirements for the Facility
- Administrative offices – main control room/clerical room
- Logistics areas/pharmaceutical rooms.
- Rest rooms – doctors/nurses/supporting staffs
- Clinical examination room/ nursing station/sampling area
- Laundry facilities (on- or off-site)
- Mess/meal preparation (on- or off-site)
- Holding area for contaminated waste
- Washroom/bathroom/toilet.

Social Support Resources/Recreational Areas
- Television and radio/reading materials/indoor plays.

Monitoring the Health of Contacts
During that period, contacts should be monitored at least daily for fever and respiratory symptoms.

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REFERENCE