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རྒྱལ་ཁབ་བདག་སྐྱོང་། དངོས་གྲུབ་ཅེ་རྫོང་། རྒྱུ་ཁ།  
ROYAL GOVERNMENT OF BHUTAN  
DZONGKHAG ADMINISTRATION  
Ngoedrup-TseDzong: Chhukha



Ref. no: CDA/H-26/2020-21/ 2841

January 7, 2021

**INTERNAL NOTIFICATION**

**Subject: Follow Strict SOPs for Home Quarantine**

Following the unlocking strategy by the Royal Government of Bhutan, the stranded people from high risk districts of Thimphu and Paro are now returning to their villages located in different chiwogs and gewogs under Chhukha dzongkhag w.e.f January 6, 2021. Although, the travelers are quarantined for 7 days at the facility and RT-PCR test are being conducted, the Dzongkhag administration Chhukha would like to direct LG Officials, sector & regional heads and surveillance focal persons to follow up and put them on strict home quarantine following the SOP as mentioned below.

1. **All Gups/ GAOs/HA In-charges under Chhukha Dzongkhag:** To line list/monitor the people returning in your respective gewog/ chiwogs( jurisdictions). Advice strict home quarantine as per the health SOP. (the SOPs are sent in your email address)
2. **The Surveillance Focal** - To monitor the people returning in your respective hospital / thromdey jurisdictions. Advice strict home quarantine as per the health SOP and testing after completion of one week home quarantine.
3. **The Officer Commanding RBP ( Tsimaham and Gedu) and the Gojay, Desuups under CDA.** To monitor the people returning in your respective jurisdictions. Advice strict home quarantine as per the health SOP and visit home every 3-5 days interval to monitor people's compliance. ( Home quarantine SOPs are sent in your email address)

For the strict compliance of all concerned please.

(Minjur Dorji)  
**DZONGDAG**

Copy to:

1. The Incident Commander, R COVID-19 Task Force, Phuntsholing for his kind information
2. The Incident Commander C19 TF, Gedu for information
3. The DASHO DUNGPA, Drungkhag Administration, Phuntsholing for his information
4. All Sector and Regional Heads, CDA for information & follow up action
5. The Officer Commandant- Tsimasham and Gedu for information
6. All Gups/ GAOs under Chhukha Dzongkhag administration for necessary follow up action
7. The Surveillance focal person - Tsimalakha, Gedu, Chhukha and Khataykha hospitals
8. All PHC In-charges under Chhukha dzongkhag for necessary action

[www.chhukha.gov.bt](http://www.chhukha.gov.bt)

## **SOP for Quarantine at Home**

The purpose of the quarantine is to keep an individual under observation for signs/symptoms of COVID-19 infection. It is also to provide necessary medical support, and to prevent the spread of the disease to your immediate family members, friends/colleagues or to the community as you maybe exposed to the infection. Any individual who are secondary contact (immediate family members, contact within 1meter distance for a minimum of 15 minutes with primary contact) of Primary Contact (immediate close contact of the confirmed COVID-19 patient), or those returning from COVID-19 affected places and considered high-risk shall be put under home quarantine.

The duration of the quarantine shall be for a minimum of 7 days from the date of last close contact or arrival from high risk area.

During the emergency, as per Article 33 (2) of the Constitution of Kingdom of Bhutan, 2008, the Fundamental Rights granted under Article 7 (2), (3), (5), (12) and (19) shall be suspended as per Article 33 (7). Any individuals not complying and failing to cooperate shall be liable for the offence of Criminal Nuisance as per the Section 410 of the Penal Code (Amendment) Act, 2011 and for the offence of Obstruction of Public Service as per the Section 424 of the Penal Code, 2004.

## **Home Quarantine Procedures**

The following measures shall be enforced:

- The person shall receive all necessary health education and precautionary measures to prevent COVID-19 infection and spread.
- A home quarantine measure flyer(Brochure) will be handed over to every individual who are advised home quarantine.
- An individual undergoing home quarantine shall wear protective face mask and follow cough etiquette and hand hygiene, and maintain social distance (avoid close contact within 1 meter, avoid talking face-to-face, kissing, hugging, etc) with family members, relatives or colleagues.
- Do not go out of house and avoid gathering.
- Sleep in a separate room.
- Monitor for clinical signs like fever, cough, and shortness of breath, general weakness and body ache.
- Report immediately via telephone if you suffer from any of the above clinical signs to the designated Surveillance Team.
- The designated health official shall monitor the health of the quarantined individuals once daily over the phone

**Gups, GAOs, PHC Incharges, Surveillance Teams, RBP, Desuup Gojays.**

**Roles and responsibilities**

- Line lists all incoming travelers from high risk area.(Gups, GAOs, PHC Incharges, Surveillance Teams)
- Monitor the health status (specifically for clinical signs like fever, cough, shortness of breath) of individuals undergoing home quarantine by calling them over phone once daily.( PHC Incharges, Surveillance Teams)
- Visit homes every 3-5 days intervals randomly.(RBP, Desuup Gojays)
- If an individual show above COVID-19 clinical signs, report immediately to nearest Surveillance Team for sample collection and analysis.
- Provide counseling service as and when required.
- People under home Quarantine will be tested for COVID-19 after completion of 1 week home quarantine/if they develop signs and symptoms during the period of quarantine.

***This SOP is adapted from the National SOP for Quarantine at Home. This is Subjective to change as and when required.***