

اللغة العربية

حكومة دبي
GOVERNMENT OF DUBAI

هيئة الصحة بدبي
DUBAI HEALTH AUTHORITY

Isolation Guideline for Confirmed COVID-19 Cases

October 2022



Who is a COVID-19 confirmed case?



A person with a positive PCR test result for COVID-19, irrespective of clinical symptoms, is considered to be a confirmed case. It is important to note that the result should be from an approved medical facility.

COVID-19 patient journey



01



Install the COVID-19 DXB App and follow the required steps.

Isolate yourself immediately in a separate room after getting your positive PCR result and immediately inform your direct manager and HR department.



02



If you do not have any symptoms, you still have to complete the 10-day home or institutional isolation. You don't have to undergo another PCR test once the isolation period is complete.



03



If the confirmed case begins to develop any symptoms, he/she can call the DHA toll-free number on 800 342 to book a virtual medical consultation through the “Doctor for Every Citizen” service or book an appointment at a COVID-19 assessment centre.



04



Upon completing the isolation period, the confirmed case will get a clearance certificate via SMS.



05



Close contacts of COVID-19 cases do not need to quarantine. They do not need to take a PCR test unless they develop any COVID-19 symptoms.

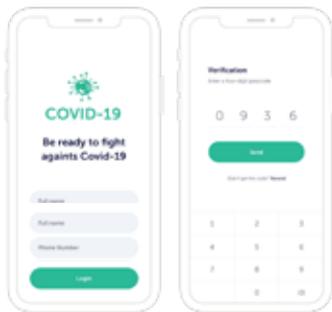


Common questions



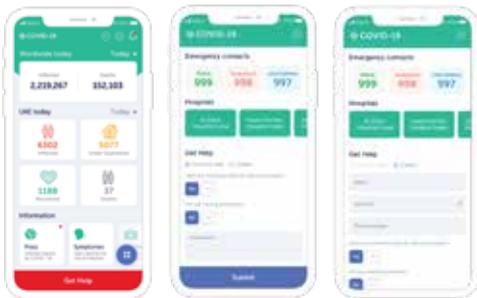
1

Download the app through Apple Store or Google Play or by scanning the barcode



2

Register using an active mobile number



3

Click on “Get Help”



4

Upload the requested documents



Isolation



How long is the isolation period for COVID-19?

A person who is infected with COVID-19 will remain in isolation (home or facility). The isolation period for a confirmed COVID-19 case is 5 days. The isolation ends after completing the 5 days with improvement in symptoms and no fever for 2 consecutive days at least, without any fever reduction medication.



When does the isolation period end?

- After completing 5 days from the date of taking the PCR test.
- When the symptoms, if any, subside.
- The patient has no symptoms or fever by the 5th day, (without fever reducing medication) for a minimum of 2 consecutive days.



Common questions



Does the patient have to have a negative PCR test to end their isolation?

A negative PCR test is not required to end isolation. The criteria for ending isolation is completing 5 days of isolation with improved symptoms and no fever for at least 2 days with no fever reduction medications.



Can I practice my normal life after leaving the isolation with a positive examination result or will I be fined?

A positive test result after finishing the isolation period does not cause fines and the person can resume normal life and work normally.



Common questions



How long does it take to recover?

The COVID-19 virus is a new strain of coronavirus and its nature may evolve. Scientific evidence has found that the recovery period depends on the person's immunity and level of fitness. For mild and asymptomatic cases, a 5-day isolation period is the maximum period.

For cases with symptoms, the recovery period depends on the severity of the observed symptoms and any consequential complications, of the disease during treatment.



Can I get a clearance certificate?

Yes, you can get a clearance certificate after completing the isolation period through the DHA website (direct link

<https://www.dha.gov.ae/en/covid-clearance>)



Home isolation



Who is eligible for home isolation?

Confirmed COVID-19 patients who are asymptomatic or have mild symptoms and can fulfil the home isolation criteria.



What are the conditions and requirements for home isolation?

- Availability of a separate room with a private bathroom.
- Patient's health is stable.
- Availability of means of communication such as an active phone number.
- Patient and household members are capable of adhering to the precautions recommended as part of home isolation.
- Availability of a first-aid kit that includes a thermometer.

If any symptoms appear, you can receive the necessary support and consultation for emergency cases through the COVID19-DXB smart app.

The patient can also call the DHA toll-free number on 800342 or the ambulance at 997.



Home isolation



People at high-risk from COVID-19, include:

- People above 60 years.
- People with health issues such as:
 - Diabetes mellitus.
 - Serious heart conditions such as ischemic heart disease.
 - Uncontrolled hypertension.
 - Chronic lung/respiratory disease including moderate to severe asthma.
 - Chronic kidney disease and renal failure.
 - Chronic liver disease.
 - Cancer patients who are still undergoing treatment.
 - Patients who use biologics or immunosuppressive-medications.
 - Patients with a history of transplant.
 - People of any age with severe obesity (body mass index [BMI] > 40) or people with certain underlying medical conditions, particularly if not well controlled.
 - Any health condition that may compromise immunity.
- People of Determination.
- People staying at long-term care centers.



Common questions

What should the patient do while in home isolation?



Isolate from other people in the house for the entire 5 days of isolation even if you are healthy or showing no symptoms.



Download and register in the COVID19-DXB smart app and follow the required steps.



Monitor your symptoms and measure your temperature regularly.



The patient and the family should read all the guidelines provided.



The patient should use disposable cutlery and plates when eating and immediately dispose of them.



The patient should preferably do their own laundry. If not possible, the person should use separate laundry and bags in the isolation room and gather all contaminated items in a separate waste bag.



Wash your hands regularly and cover your mouth when you sneeze or cough.



Ensure that household staff follow all precautionary measures when managing waste or laundry.



Common questions

What is required from the family of the patient during home isolation?



Household members should stay in a different room away from the patient.



Monitor their symptoms, if any symptoms appear call the DHA toll-free number 800 342.



A surgical mask should be used in the presence of other people or if the patient is visited by healthcare staff.



Hands should be washed often and thoroughly with soap and water for a minimum of 20 seconds especially before and after preparing food, after using the toilet, whenever you remove your gloves and face mask or if your hands are dirty. It's preferable to dry your hands with a paper towel.



Avoid touching eyes, nose and mouth with unwashed hands.



The number of caregivers should be limited for patients who require assistance. Ideally, the person who is assigned should be in good health and should have no underlying chronic conditions.



Correctly discard disposable surgical masks and disposable gloves after every use.



Common questions

What is required from the family of the patient during home isolation?



Surfaces in shared areas such as door handles, taps and benches should be thoroughly cleaned and sanitized. Ensure that shared spaces are well-ventilated.



Wash laundry thoroughly and ensure that the clothes of the confirmed case are collected in a separate basket. It is important that the clothes are washed and hung for exposure to the sun separately from the rest of the household members' clothes.



A good practice is for meals to be provided to the patient by leaving them at the doorstep of the patient's room using disposable plates and utensils, without any contact with the household members.



Common questions



When does the home isolation period end?

- After completing 5 days from when the test was taken.
- When the symptoms, if any, subside.
- The patient has no symptoms or fever (without fever reducing medication) for a minimum of 2 consecutive days.



Do close contacts of COVID-19 cases need to quarantine?

Close contacts of COVID-19 cases do not need to quarantine. They do not need to take a PCR test unless they develop any COVID-19 symptoms.



Common questions



Will I receive a fine if I do not follow home or institutional isolation guidelines?

Yes, whoever violates or refuses to follow home or institutional isolation guidelines will be liable to penalties and fines approved by the UAE Attorney-General (Fine: Dh 50,000).



Will I be penalized if I am a positive COVID-19 case and I don't download the COVID-19 DXB App?

Yes, you will be liable to penalties and fines approved by the UAE Attorney-General (Fine: Dh 10,000).