



PROTOCOL FOR HOME QUARANTINE OF INCOMING TRAVELERS

Ministry of Health

Thimphu, Bhutan

1st version

01 May 2022

1. Rationale and justification for home quarantine

- The current global outbreak is caused by the Omicron variant which is known to have high transmissibility but mild disease.
- There is ongoing community transmission and Bhutan is no more aiming at zero transmission in the community.
- There is high advocacy, preparedness and confidence amongst the general public and health workers with experiences gained from the ongoing local outbreak and the level of protection provided by the high national vaccine coverage.
- The new variants under observation (XE, XD and XF) are limited to fewer countries and not yet known to cause severe disease although probably more transmissible.
- The system of variant surveillance through gene sequencing has been established in the RCDC to detect new variants at the earliest.

2. Eligibility for Home quarantine

2.1 Bhutanese, diplomates, foreign nationals married to Bhutanese, and foreign nationals working in Bhutan are eligible to apply for Home Quarantine (HQ)

3. Process for home quarantine

3.1 Anyone wishing to HQ shall fill up the information application form (**Annexure 1**) available on the Ministry of Health website (www.health.gov.bt) at least if possible **48 hours** in advance prior to the arrival date.

3.2 The application form should be sent to email addresses:

1. *For travellers entering through the eastern region:*
17672062/stobgyal@ecb.bt
2. *For travellers entering through the southern region:* 77332985/
penjo@bhutanaudit.gov.bt
3. *For travellers entering through Paro Airport:* 77260801/
kunzangthinley@gmail.com

3.3 The approval for HQ will be communicated through email.

3.3 The approval letter should be produced at the Point of Entry.

3.4 Applicants shall sign an undertaking letter (**Annexure 2**)

4. Travel to destination

4.1 Applicants should have arrangements to travel in private cars to their respective destinations.

4.2 Applicants' private cars will be labelled with stickers by the authority to facilitate travel without having to stop on the way.

4.3 During travel, the Quarantine Individual (QI) shall avoid stopping in public places, entering any shops, hotels/restaurants along the way and avoid coming in contact with other people.

5. Testing

5.1 Individuals shall provide samples for RT-PCR at the Point of Entry.

5.2 RT-PCR test results will be shared within 24-48 hrs.

5.3 The individual will be eligible for HQ irrespective of the outcome of RT-PCR result. However, those testing positive will then follow the isolation protocol instead of the HQ protocol.

- 5.4 In case a QI suffers from COVID-19 like symptoms during the quarantine period, he or she shall call 1010 and request permission to travel to the nearest flu clinic for COVID-19 testing.
- 5.5 At the end of Day 5 of HQ, the QI should get the test done at the nearest flu clinic. And Upon testing negative the QI and family shall end Home Quarantine.

6. Do's and Don'ts during Home Quarantine

- 6.1 Individuals shall quarantine for 5 days considering the day of arrival as day-zero.
- 6.2 All family members of QI shall quarantine at their home and shall not allow to leave home or come into contact with anyone during the period of quarantine except during health conditions requiring medical intervention.
- 6.3 All QIs must follow COVID-19 health protocols at all times (use face mask, practice hand hygiene) and must clean frequently touched surfaces like doorknobs, tables, light switches, cabinet handles, toilets, and faucets and sinks.
- 6.4 During home quarantine, adequate ventilation must be maintained to improve fresh air circulation.
- 6.5 In case of medical emergencies during HQ, QIs shall contact the Health Help Center (112)

7. Isolation requirement

- 7.1 In the event the QI tests positive at the POE or during HQ, the QI will be required to home isolate for 7 days from the day of the positive test.
- 7.2 The QI shall complete home isolation at the end of the 7 days without testing.
- 7.3 In case of medical emergencies during home isolation, QIs shall contact the Health Help Center (112)

8. Monitoring and reporting

- 8.1 QIs shall be subjected to random monitoring through virtual mechanisms or physical visits by authorities.
- 8.2 Any breach of the undertaking shall be taken seriously and liable for legal action as per the provisions of the Penal Code of Bhutan.

Application form for incoming travellers opting for Home Quarantine**Applicant Details**

1. **Name (CID/Passport/Work Permit/Trade License Number):**
2. **Age:**
3. **Gender:**
4. **Country of embarkation:**
5. **Date of arrival (dd/yy/mm):**
6. **Point of Entry:**
7. **Are you travelling alone (Yes/No):** **If No, please provide the following details:**
8. **Details of family members:**
 - i. *Name & Contact No:*
 - ii. *Name & Contact No:*
 - iii. *Name & Contact No:*
9. **Justification for home quarantine:**
10. **Location of home quarantine:**
11. **Details of Emergency Contact at the place of quarantine:**
 - i. *Name:*
 - ii. *Contact Number:*

12. **Number of household members:**
13. **Details of the person who will pick you up from the point of entry:**
 - i. *Name:*
 - ii. *Contact Number:*
 - iii. *Vehicle Number:*
 - iv. *Driver's License Number:*

For further information, please contact the following:

1. *For travellers entering through the eastern region: 17672062/stobgyal@ecb.bt*
2. *For travellers entering through the southern region: 77332985/
penjo@bhutanaudit.gov.bt*
3. *For travellers entering through Paro Airport: 77260801/ kunzangthinley@gmail.com*

Undertaking Letter

I Mr./Ms./Dr./Dasho (Name).....holding
(CID/Passport/Work permit number/Trading card license holder).....
from.....(Village).....(Gewog).....
(Dzongkhag) OR working agency (for non-Bhutanese)
to undergo home quarantine in

As per the prescribed procedures, I would like to undertake for undergoing 5 days of home quarantine and isolation for 7 days if tested positive from the sample collected on arrival. I would also like to undertake that all my family member's movement will be restricted during my home quarantine and isolation duration. I shall be fully responsible for breach of home quarantine or isolation by me or my family and agree to be dealt with by the existing laws of the country.

Signature of quarantine person:

Name:

Residential Address:

Phone no:

Emergency Contact Person: