

Arrow COVID-19 Quarantine and Isolation Protocol – Foster Care

Background

What Is a Quarantine?

Quarantine is a tool used to prevent the spread of disease by keeping people who might be sick away from those who are healthy.

The Difference Between Quarantine and Isolation

While you might see the words “quarantine” and “isolation” used interchangeably, they actually refer to two separate processes. Both quarantine and isolation can help limit the spread of disease, but the process used depends on whether or not someone is actively sick.

- Quarantine - Someone who is not yet sick but has been exposed to a contagious disease is separated from healthy people.
- Isolation - Someone who is already sick with a communicable disease is separated from healthy people.

What Happens When Someone Is Quarantined?

In general, a quarantine protocol involves the following steps:

- **Individuals who have been or might have been exposed to a disease are separated from the general population for a specific period of time.** The length of the quarantine typically depends on the incubation period of the disease. In the case of COVID-19, that time period is about two weeks.
- **Quarantined individuals are monitored to see if symptoms develop.** Their healthcare provider checks on them periodically to test them for the disease or check for symptoms. Healthcare providers may wear Personal Protective Equipment (PPE) to lower their chances of getting sick themselves.
- **If individuals become sick during the quarantine period, they are moved to isolation.** This means moving the individual to a separate area to better care for their needs and mitigate the risk of community spread.
- **If individuals do not become sick during the quarantine period, they are allowed to leave the quarantine area.** However, medical providers and health officials might still ask them to contact a doctor right away if symptoms do develop.

In the event of reasonable suspicion of exposure, household members will require **quarantine**. In the event of a confirmed diagnosis of COVID-19, household members will require **isolation**. The following guidelines have derived from guidance issued by the Centers for Disease Control and Prevention (CDC).

General Guidelines

- If any member of the household is required quarantine or isolation, the Arrow Case Manager should be notified immediately.
- If a household member other than the foster child requires quarantine or isolation, the Arrow Case Manager will discuss the need for respite with the foster family. Priority for respite will be given to families who have a confirmed diagnosis and to families caring for PMN children.
- If the foster child requires quarantine or isolation, we ask that the foster parent follow the guidelines below to mitigate exposure risk and monitor the child's well-being.
- Arrow has obtained a limited supply of PPE, such as surgical gowns, masks, and gloves. Should a foster family be unable to obtain these items we will make every effort to provide them. Priority for Arrow distribution will be to families caring for PMN children.

Exposure Mitigation Protocol

- Each foster home should identify a designated room or rooms for the purposes of separating affected individuals for both quarantine and isolation.
- If possible, affected persons requiring quarantine should be placed in single rooms. Persons with a laboratory confirmed COVID-19 diagnosis requiring isolation may be placed two to a room if beds are at least 6 feet apart. Under no circumstances should a person with a confirmed diagnosis be placed in the same room as a person under evaluation only.
- Quarantine timeline should extend for two weeks. If the individual presents no symptoms during the two-week quarantine period, the quarantine can be lifted.
- If possible, a restroom should be dedicated for persons with a confirmed diagnosis of COVID-19. Regardless, restrooms should be sanitized after each use. See "Clean all high touch surfaces" below.
- Visitors who do not have an essential need to be in the home should be prohibited.
- Hand hygiene must be performed frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Soap and water should be used preferentially if hands are visibly dirty.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- To the extent possible, the infected persons should wear a facemask when they are around other people. The mask must cover nose and mouth with no gaps between the face and the mask. Additionally, foster parents should wear a disposable facemask and gloves when in the same room as an infected person.

- Foster parents should wear a disposable facemask and gloves when they touch or have contact with the child or the child's bodily fluid.
 - Throw out disposable facemasks and gloves after using them. Do not reuse.
 - When removing PPE, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Meals should be served to individuals in their room during both quarantine and isolation.
- Avoid sharing household items with a person being quarantined or in isolation. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the foster child uses these items, you should wash them thoroughly (see below "Wash laundry thoroughly").
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day.
 - Use a household cleaning spray or wipe according to the label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.
- Wash laundry thoroughly.
 - Immediately remove and wash clothes or bedding that have body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands with soap and water or an alcohol-based hand sanitizer immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent. In general, use a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the clothing label.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands with soap and water or an alcohol-based hand sanitizer immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- If the child is feeling well enough, make sure they have activities to keep them occupied in their room. Examples include iPad, game system, books, etc.
- If the child has a medical emergency and you need to call 911, notify the dispatch personnel that the child has or is being evaluated for COVID-19.