

Safety Corner

How can you cope with home quarantine?

Quarantine helps to slow the spread of infection across a population. Quarantining yourself at home means staying at home and avoiding contacting with others if you have possibly been exposed to an infectious disease. This should last until the incubation period of the infectious disease is over or until you test negative of the disease. Your doctor will tell you when your quarantine can safely end.

You will find it easier to cope with home quarantine if you are prepared for its possibility. The following are some tips if you or people living with you have been put under home quarantine but have not shown any symptoms.

- Do not allow any visitors. Wear a face mask to reduce the risk of infection.
- Assign only one uninfected adult to look after the quarantined person.
- Separate the quarantined person's personal items. Don't share towels or eating utensils or store toothbrushes in the same holder.
- Use disinfectant to clean items touched by the quarantined person, such as bedside tables and bathroom surfaces.
- Keep an eye on the quarantined person. Seek medical attention immediately if he or she begins to show any symptoms.
- Maintain strict hand hygiene. Wash your hands thoroughly or use a hand sanitiser before entering an area or touching anything used by other people.

Being under quarantine can be a frightening experience, particularly for young children, so do your best to:

- Maintain a positive attitude and keep your spirits up.
- Talk to the other members of the family about the infection. Understanding it can reduce anxiety.
- Keep in touch with family members and friends via telephone, email or social media.
- Distract young children by keeping them occupied with fun activities. Comfort them with age-appropriate language.
- Think about how you have handled difficult situations in the past and reassure yourself that you are able to cope with this situation too. Remember, home quarantine won't last forever and its purpose is to keep everyone in the community safe and healthy.
- Continue to exercise to keep yourself healthy physically and mentally. Exercise has been proven to relieve stress and depression.
- Treat quarantine as an opportunity to do things you normally don't have time for, such as reading uplifting books or learning new skills via computer based training.
- Accept that conflict and arguments may occur. Try to resolve issues quickly, rationally and patiently.

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The Safety Corner is contributed by Ir Prof Vincent Ho, who can be contacted at vsho@UCLA.edu.