

المركز السعودي لسلامة المرضى
SAUDI PATIENT SAFETY CENTER



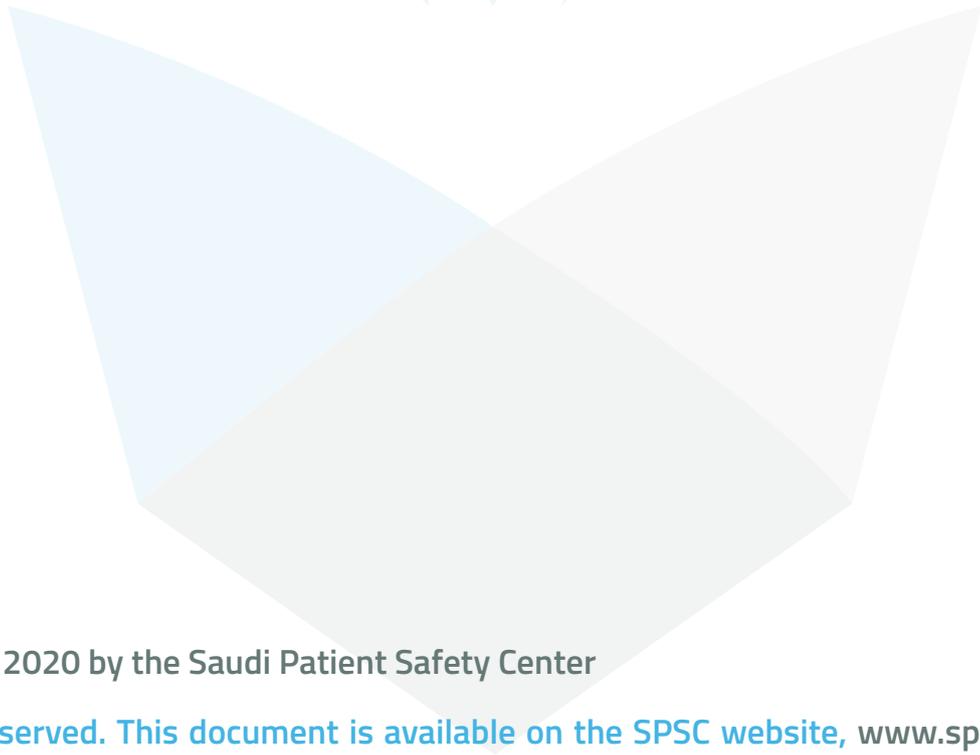
SAUDI PATIENT SAFETY CENTER





Patient Safety Recommendations during COVID-19 Quarantine and Isolation

(version 1.0)



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Patient Safety Recommendations during COVID-19 Quarantine and Isolation

1-Introduction

During this unprecedented crisis, when the COVID-19 disease has rapidly spread globally, the World Health Organization (WHO) and the Saudi Ministry of Health (MOH) have swiftly taken steps to reduce the transmission and impact of COVID-19 on the population. These steps have resulted in a series of speedily adopted actions to respond and to mitigate the deadly effect of the outbreak .

One of the key MOH interventions is to design an intensive plan to determine and establish sites for isolating suspected or confirmed patients to have COVID-19 in hospitals, quarantine for assessment and also other types of shelter facilities across the country. This plan aims to slow the spread of COVID-19 and minimize the pressure on the healthcare facilities to ensure the safety of patients and the public .

However, isolation periods varied depending on the patient's health condition, for example, as some may take days or weeks to recuperate, while others could take months. Therefore, it is vital to ensure that patients are not exposed to additional risks during the time spent in isolation.

This document aims to provide guidance and recommendations to minimize any potential risks for patients who are isolated, whether they are suspected or confirmed as having COVID-19, during the isolation period at hospitals, secondary isolation location and home self-isolation. As new research or information is obtained, it is expected that this document will be updated over time. The current version is up to date as of September 8th, 2020.

2-Scope of the document

This document provides recommendations and guidance for healthcare providers (HCPs), hospitals, and those in quarantine at their home for patient safety during the isolation periods for suspected or confirmed COVID-19 patients.

3-How to use this guide

This document sets out guidance as to how to proceed in case of quarantine. It gives practical considerations as to how to apply them in healthcare guide and in hospitals, as well as at home. Each healthcare facility or hospital will need to adapt this guidance into specific actions based on their circumstances, such as the size of the facility, organization and management structure, the availability of staff and medical equipment.

To help you decide upon the actions to take, the healthcare facility or hospital should carry out an appropriate COVID-19 assessment regarding the facilities, number of staff, equipment available, etc. The assessment will help identify sensible measures to control the risks in quarantine facilities. Where the social distancing guidelines cannot be followed in full, in relation to a particular activity, all the mitigating actions possible should be taken to reduce the risk of transmission. In the assessment, particular regard should include whether the people doing the work are especially vulnerable to COVID-19. Clinically vulnerable individuals' protection should be emphasized.

We recommend that the COVID-19 risk assessment in the healthcare facilities should be carried out as a priority measure to be taken before quarantine procedures take place. This document would help to identify any further improvements that may be considered necessary. The results of this assessment should be shared with all the people involved.



4-Definitions

4.1-Quarantine

Refers to the separation and restriction of humans that may have been exposed to or came into contact with an infectious disease. Individuals remain under quarantine until it is deemed certain that they are free of infection .

4.2-Isolation

Is the separation of an infected individual from the healthy until that individual is no longer able to transmit the disease. In its strictest sense, the practice of isolation differs from that of quarantine, which is the detention of an individual who may have been exposed to a communicable disease until it is deemed certain that they have escaped infection .

4.3-Clinically vulnerable

A clinically vulnerable individual is at higher risk of severe illness from the Coronavirus. This High-Risk group includes those aged 60 or above and those with underlying health conditions; chronic, mild to moderate respiratory diseases such as asthma; chronic obstructive pulmonary disease (COPD); emphysema or bronchitis; chronic heart disease; chronic kidney disease undergoing dialysis treatment; chronic liver disease; diabetes; hemoglobin disorders; chronic neurological conditions such as Parkinson's disease, motor neurone disease, multiple sclerosis (MS), or cerebral palsy; immunocompromised weakened as the result of certain conditions, treatments like chemotherapy, or medicines such as steroid tablets; being seriously overweight (a body mass index (BMI) of 40 or above) and pregnant women. Particular attention should also be paid to people who live with clinically vulnerable individuals.

Clinically vulnerable are those with serious underlying health conditions meaning they are at very high risk of severe illness from Coronavirus. These individuals should follow the guidance on shielding which provides information on how to protect themselves .

4.4-Common areas

Are areas provided for the common use of more than one person, such as canteens, reception areas, area of prayer areas, meeting rooms, waiting areas, toilets, gardens, fire escapes, kitchens, storerooms, and laundry facilities .

Please note that for up to date definitions the reader should refer to the Saudi CDC website:

<https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf>.



5-Hospital Isolation (HI)

According to the Saudi Center for Disease Prevention and Control (SCDC), any symptomatic patient with a suspected or confirmed COVID-19 who is mild, severe or critically ill, is required to be admitted into a negative pressure isolation room at a hospital. In case of non-critical ill patients or unavailability of negative pressure room follow the SCDC guidelines for their recommendations.

<https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf>.

6-Facilities for Quarantine (FQ)

They are appropriate, safe, and designated facilities (hotel or dormitory), used to separate and isolate patients who are suspected or confirmed COVID-19, or patients with upper respiratory tract infection with no risk factors. This is for a quarantine period of at least 10 days or after the patient has two negative sample results of the PCR (as per Saudi CDC guidelines). If the PCR test is not feasible, then resolution of the fever without using fever reducing medication and respiratory symptom resolution for at least 3 days AND at least 10 days have passed since the first symptom appeared (exclude HCPs and sever cases from this approach).

7-Home Quarantine (HQ)

Any asymptomatic individual with a history of exposure or contact with a suspected or confirmed COVID-19 patient should self-isolate and separate from other household members into a single room with sufficient ventilation for a period of 14 days from the day after the last contact with a confirmed COVID-19 patient. Whereas an asymptomatic individual with a history of exposure or contact with a suspected or confirmed COVID-19 patient residing within a shared accommodation setting, must self-isolate and maintain at least two-metre distance between other members for a period of 14 days from the day after the last contact with a confirmed COVID-19 patient. COVID-19 causes mild illness to the majority of patients, and self-isolation will protect older people and those with underlying health issues from becoming infected .

If a person is asked to self-isolate that means :

- * The patient should stay at home, except to get medical care, and should not travel to work, public places, or receive any visitors.
- * Any individual that develops COVID-19 symptoms such as fever or continuous cough should initially seek clinical advice by phone and avoid turning up at a medical facility or a hospital .
- * The patient should rest and stay hydrated .
- * If the person lives with others, they need to stay in a well-ventilated room with the door closed. If the person needs to share a bathroom then he should use it after everybody else. Towels and toiletries must not be shared .
- * Waste generated at home should be packed in strong sealed bags or double-bags. Wastes of tissues and other material used by a person who is being suspected for COVID-19, should be disposed immediately in the trash bin and make sure to perform appropriate hand hygiene practice after .
- * If the person lives on their own it is recommended, when possible, to order shopping online or seek the help of friends and get it delivered, but the groceries and medication should be left on the doorstep .
- * Special consideration must be taken with disabled individuals who live on their own .

8-Table for Safety Recommendations

8.1-Recommendations for Hospital Isolation (HI)

8.2-Recommendations for Facilities for Quarantine (FQ)

8.3-Recommendations for Home Quarantine (HQ)

8.1-Recommendations for Hospital Isolation (HI)

| Category | Description | Guidance/ Recommendation |
|----------------------|---|--|
| Isolation Quarantine | Ensure the patient meets the isolation/ quarantine criteria as mentioned previously. Use respiratory triage to identify suspected cases before admission. | <p>To maintain patient safety the following guidance is recommended within the categories of HI:</p> <p>Provide continuous education and training on the updated definitions for suspected or confirmed COVID-19, and the criteria of admission, discharge, and ending isolation to HCPs.</p> |
| Communication | <p>Ensure the effective communication between HCPs and patients.</p> <p>1-The use of Personal Protective Equipment (PPE) are mandatory for medical staff safety during the care of COVID-19. However, this leads to inefficient communication and difficulty in recognizing medical staff, especially for elderly patients. Also, this negatively alters interpersonal dynamics and complicates the performance of tasks and treatment.</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of HI:</p> <ul style="list-style-type: none"> * Implement effective communication strategies and feedback systems to ensure patient safety through performing an appropriate and effective communication channels between staff-to-staff or staff-to-patients-family. * As part of the introduction of healthcare providers to the patient, the personnel identities should be included on the carers' or hospital staff' PPE, such as a sticker with the name and function with colour code for staff category. Also emphasized that the patient has the right to ask the identity of the staff and remind the HCPs to introduce themselves. * Implement an effective communication plan between staffs to ensure patient safety, especially during the handover, management plan, etc. * Implement training and education to all HCPs regarding effective communication while wearing the recommended PPE . * Ensure the Rapid Response Teams are improving patient safety and patient outcomes through teamwork and effective communication strategy . * Keep the quarantined/isolated patient continuously updated and informing about his health status. |

8.1-Recommendations for Hospital Isolation (HI)

| Category | Description | Guidance/ Recommendation |
|-----------------|--|---|
| | <p>2-Communication must be in a language that patients can understand, and should include an explanation of their rights, available services, the duration of the quarantine period and what will happen if they get sick. Additionally, for foreign citizens, contact information for their local embassy or consulate support should be provided.</p> <p>3-Communication channels must be accessible to all patients to connect with family members outside the quarantine facility.</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <ul style="list-style-type: none"> * Establish communication plans before the admission of patients, during the isolation and quarantine periods, and after discharge . * Provide access to virtual educational platforms such as apps for smart phones . * Provide access to call centers, online chats FAQs and video tutorials to consult in case of doubts . * Provide access to communication channels such as landline, internet, etc . * Provide education material for patients in different languages . |
| Medical History | <p>Implement an effective management plan for patient follow-up and to ensure a safe isolation period</p> <p>Before isolation The past medical history of the patient must be considered, and should take into consideration any chronic diseases, for example: respiratory failure, infectious disease, mental illness, smoker, etc. Also, there must be clear questions regarding any potential food or medication-related allergy.</p> <p>During the isolation/ quarantine period Regular updates and information must be provided to each patient regarding the approximate duration of the isolation period, the follow-up, and management plans for the swab test results, as well as any discharge/ follow-up after the isolation period.</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <ul style="list-style-type: none"> * Provide personalize checklist that includes all the patient's information with contact tracing form. * Implement a daily plan to monitor and update the patient's health status using a hospital approved form . * Use a tracking system for follow up . * Provide patients with educational resources via video, audio or text messages to ensure an updated-tracking system. * Implement a clear and timely plan for updating the patient regarding their health condition . |



8.1-Recommendations for Hospital Isolation (HI)

| Category | Description | Guidance/ Recommendation |
|---|---|--|
| Treatment Plan and Management | It is essential to implement appropriate medical treatment plans, especially in the absence of an approved treatment plan for COVID-19. | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <ul style="list-style-type: none"> * Ensure no potential risk results from the use of medication; this includes allergic reactions, side effects, and medication errors. * Follow the Saudi MOH updated protocols for patients suspected or confirmed with COVID-19. |
| Required Equipment for Treatment | Shortage of some equipment, such as swabs, could have a detrimental effect on the overall management plan and increase the duration of isolation. | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <ol style="list-style-type: none"> 1-Ensure the equipment for patient assessment is available. At home quarantine use a thermometer to screen and monitor the temperature . 2-Ensure there is sufficient amounts of swabs . 3-In the dedicated care areas for patients with COVID-19, ensure all the following are available and well-functioning : <ol style="list-style-type: none"> a. Haemo-gas analyzers b. Oxygen therapy c. Pulse oximeters d. Mechanical ventilator support e. Suction machines f. Portable X-Ray machine g. Infusion pumps h. Syringe pumps i. CRRT j. ECMO k. High Frequency Oscillators (HFO) |
| Appropriate Isolation Facilities | Hospital isolation The isolation room must be safe and appropriate with maximum IPC and sufficient measures . | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <ul style="list-style-type: none"> * Air changes per hour (with a minimum of 12). * In the isolation room, there must be negative pressure as per MOH and Saudi CDC requirements, with a minimum -2.5 Pascal, the air exhaust totally outside 100% . |



8.1-Recommendations for Hospital Isolation (HI)

| Category | Description | Guidance/ Recommendation |
|---|---|---|
| | | <p>and through HEPA filters, with a fixed monitor outside the room and a functional audio visual alarm in case the ventilation system fails.</p> <ul style="list-style-type: none"> * In case of non-critical ill patients or unavailability of negative pressure room follow the SCDC guidelines for their recommendations. <p>https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf</p> <ul style="list-style-type: none"> * A separate bathroom is accessible within the isolation room. * The room must provide an appropriate level of comfort. * A hand hygiene facility available within the isolation room . * Ensure that the patient call bell is accessible and in functioning condition. * Ensure all the patient’s safety-related educational materials are available, easy to read and posted inside the room . * Ensure that non-critical equipment is for single use or dedicated to one patient . * Ensure all medical equipment are available and ready to use such as portable chest x-ray . * Implement measures to avoid and prevent patient falls . * Implement cleaning procedures for the equipment dedicated to isolation rooms . * Ensure that smoke detection system is available and well-functioning. * Ensure all health and safety procedures are followed to avoid accidents . * Ensure availability and accessibility of PPEs and hand hygiene supplies outside of the isolation room . |
| <p>Infection Prevention and Control (IPC) Measures</p> | <p>The following IPC measures should be used to ensure a safe environment for quarantined individuals .</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <p>For updates and latest information please refer to the MOH and Saudi CDC websites</p> <p>https://covid19awareness.sa/en/learn-about-covid-19-2#post.</p> <p>And</p> <p>https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf.</p> |



8.1-Recommendations for Hospital Isolation (HI)

| Category | Description | Guidance/ Recommendation |
|-----------------------------|---|---|
| | | <p>However, it is essential to highlight the following recommendations:</p> <ul style="list-style-type: none"> * Provide clear, simple, and well-designed educational materials to the isolated patient regarding prevention measures by using images or charts. * Educate personnel about recommended IPC measures. All personnel working in the quarantine facility must receive training on standard precautions before the quarantine measures are implemented. The same advice on standard precautions should be given to all quarantined persons upon arrival. * Both personnel and quarantined persons should understand the importance of promptly seeking medical care if they develop symptoms. * Provide patients with educational materials in different languages regarding hand hygiene and cough etiquette. * Establish sustainable IPC infrastructure (e.g. by designing appropriate facilities) and activities. |
| Environmental Safety | Ensure the implementation of safe environmental measures for all quarantine facilities. | <p>To maintain patient safety the following guidance is recommended within the categories of HI:</p> <ul style="list-style-type: none"> * Ensure that the hospital and quarantine facility environments are being cleaned and disinfected frequently using the appropriate procedures according to the MOH and Saudi CDC guidelines. <p>https://covid19awareness.sa/en/learn-about-covid-19-2#post_</p> <p>And</p> <p>https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf</p> <ul style="list-style-type: none"> * Follow the manufacturer's instructions for the dilution and adequate use of the recommended disinfectant solutions. * Provide cleaning personnel with education and training regarding COVID-19 related environmental safety and IPC measures, to protect them from any potential exposure and ensure regular and thorough cleaning of all surfaces throughout the quarantine period. |



8.1-Recommendations for Hospital Isolation (HI)

| Category | Description | Guidance/ Recommendation |
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| Personal Protective Equipment (PPE) | Maintain patient safety during transfer and movement within the designated facility to minimize the potential of exposure risk . | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <p>Patients must apply a surgical mask during internal or external movement of hospitals, quarantine facility, or home quarantine, and when they first contact others. Consider limiting the transfer of patients by using portable equipment. For more information please refer to the MOH guidelines for proper selection and use of PPE in HI :</p> <p>https://www.moh.gov.sa/en/CCC/healthp/regulations/Documents/Guidance%20for%20the%20Proper%20Selection%20and%20Use%20of%20PPE.pdf</p> |
| Medication | Appropriate medical treatment for existing conditions . | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <p>Ensure the availability of treatment and monitoring requirements for the health of isolated/quarantined patients throughout the quarantine period.</p> |
| Nutrition | It is necessary to provide isolated patients with sufficient amounts of healthy food and water to support their immune system and thus lower the risk of infectious diseases . | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <ul style="list-style-type: none"> * Ensure a risk assessment is carried out for the safety and effective implementation of quarantine procedures . * Review the food allergy history with isolated patients . * Promote efficiency in nutrition care to minimize risks in HI by using approved forms for nutrition, screening tools, and risk assessment form, for example, the Canadian Nutrition Screening Tool (CNST). <p>https://nutritioncareinCanada.ca/sites/default/uploads/files/CNST.pdf.</p> |
| Mental Health | The isolation period can have a negative impact on the mental well-being of the patient; this could manifest in fear, panic, and anxiety about the pandemic and the impact on them . | <p>To maintain patient safety, the following guidance is recommended within the categories of HI :</p> <ul style="list-style-type: none"> * Ensure a risk assessment is carried out for the safe and effective implementation of quarantine procedures . * Provide mental health screening and risk assessment tools for patients to minimize the potential risk and maintain patient safety during the isolation period, for |

8.1-Recommendations for Hospital Isolation (HI)

| Category | Description | Guidance/ Recommendation |
|--|--|--|
| | Entertainment activity to keep the isolated patient's mental health positive. | <p>example, the COVID-19 Mental Health Tool Kit, from Johns Hopkins Aramco Health care (JHAH) .</p> <p>https://www.jhah.com/en/new-coronavirus/mental-health-tool-kit.</p> <ul style="list-style-type: none"> * Provide education and teaching sessions regarding all signs of distress and depression, which will help them become more aware of their mental health and manage themselves before experiencing further mental health distress. * Develop strategies to reduce the negative effects of distress, which leads to mental illness, by implementing a plan to prepare individuals and family in readiness for the outbreak . * Refer patients to specialized mental health care if they experience severe emotional distress or are diagnosed with mental illness. * Encourage the patients to keep in touch with family and loved ones about their worries, and ensure they communicate with others through telecom platforms. * Encourage engaging and enjoying activities and hobbies to improve the mood of the patient . * Psychosocial support must be available . * Provide access to the internet, news, and entertainment if possible . * Limit the amount of news about COVID-19 and focus on other topics. |
| Physical Activity | Limited physical activity Some isolation/quarantine periods can exceed 10 days. This could mean periods of inactivity which can lead to musculoskeletal issues. | <p>To maintain patient safety the following guidance is recommended within the categories of HI based on the patient health condition:</p> <ul style="list-style-type: none"> * It is essential to address a physical activity plan and provide it to the patient. * Provide an audio/video education tips and/or material regarding physical activities . |
| Criteria for Discharge and Ending Isolation | Criteria for discontinuing the duration of isolation precautions for COVID-19 infection. Confirmed Cases | <p>To maintain patient safety the following guidance is recommended within the categories of HI:</p> <p>Refer to the Saudi CDC guidelines for updates and latest information :</p> <p>https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf.</p> <p>For symptomatic confirmed patients: - A duration of at least 3 days since resolution of respiratory symptoms including fever without using anti-pyretic medications, and to be followed</p> |



8.1-Recommendations for Hospital Isolation (HI)

| Category | Description | Guidance/ Recommendation |
|-------------------------------|--|---|
| | | <p>with 2 negative respiratory samples of at least 1-day duration apart OR a duration of at least 3 days since resolution of respiratory symptoms including fever without using anti-pyretic medications, in addition to a period of at least 10 days to be passed since the symptoms have first appeared in cases of unfeasible PCR (exclude HCPs and sever cases from this approach(.</p> <p>* Patients are recommended to self-isolate at home for 10 days post-discharge .</p> <p>Refer to the Saudi CDC guidelines :</p> <p>For asymptomatic laboratory-confirmed patients. A duration of 72 hours from the date of collection of the first positive respiratory sample, in addition of 2 negative respiratory samples with 24 hours to be apart in order to discontinue designated facility isolation precautions or a duration of 10 days has to be passed since the date of collection of the first positive PCR result in cases of unfeasible PCR (exclude HCPs and sever cases from this approach(.</p> <p>* Designated facility isolation precautions are discontinued for all - patients after two negative samples 24 hours apart .</p> <p>* Patients are recommended to self-isolate at home for 10 days - post-discharge .</p> |
| <p>High-Risk Group</p> | <p>Ensure appropriate attention to all high-risk groups (clinically vulnerable) such as elderly, oncologic and immuno-compromised patients .</p> | <p>To maintain patient safety the following guidance is recommended within the categories of HI:</p> <ul style="list-style-type: none"> * Consider each patient’s management plan and follow-up accordingly . * Ensure measures for remote follow-ups, such as emails or telephone, are available and accessible for quarantined and isolated patients outside the hospital . * Additional surveillance might be required for patients with complex medical histories, underlying chronic conditions, or requiring specific medical treatments . * Clinically vulnerable patients might need to remain at home longer, based on medical guidance . |



8.2-Recommendations for Facilities for Quarantine (FQ)

| Category | Description | Guidance/ Recommendation |
|-----------------------|--|--|
| Isolation/ Quarantine | <p>Ensure the patient meets the isolation/ quarantine criteria as mentioned previously.</p> <p>Use respiratory triage to identify suspected cases before admission.</p> | <p>To maintain patient safety the following guidance is recommended within the categories of FQ :</p> <ul style="list-style-type: none"> * Provide continuous education and training on the updated definitions for suspected or confirmed COVID-19, and the criteria of admission, discharge, and ending isolation to HCPS. |
| Communication | <p>Ensure the effective communication between HCPs and patients.</p> <p>1-The use of Personal Protective Equipment (PPE) is mandatory for medical staff safety during the care of COVID-19. However, this leads to inefficient communication and difficulty in recognizing medical staff, especially for elderly patients. Also, this negatively alters interpersonal dynamics and complicates the performance of tasks and treatment.</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <ul style="list-style-type: none"> * Implement effective communication strategies and feedback system to ensure patient safety through performing an appropriate and effective communication channels between staff-to-staff or staff-to-patients/family. * As part of the introduction of healthcare providers to the patient, the personnel identities should be included on the carers' or hospital staff' PPE, such as a sticker with the name and function with colour code for staff category. Also emphasized that the patient has the right to ask the identity of the staff and remind the HCPs to introduce themselves. * Implement an effective communication plan between staff to ensure patient safety, especially during the hand-over, management plan, etc . * Implement training and education to all HCPs regarding effective communication while wearing the recommended PPE. * Ensure the Rapid Response Teams are improving patient safety and patient outcomes through teamwork and effective communication strategy. * Keep the quarantined/isolated patient continuously updated and informed about his health status. |



8.2-Recommendations for Facilities for Quarantine (FQ)

| Category | Description | Guidance/ Recommendation |
|-------------------------------|---|---|
| | <p>2-Communication must be in a language that patients can understand, and should include an explanation of their rights, available services, the duration of the quarantine period and what will happen if they get sick. Additionally, of foreign citizens, contact information for their local embassy or consulate support should be provided.</p> <p>3-Communication channels must be accessible to all patients to connect with family members outside the quarantine facility.</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <ul style="list-style-type: none"> * Establish communication plans before the admission of patients, during the isolation and quarantine periods, and after discharge. * Provide access to virtual educational platforms such as apps for smart phones. * Provide access to call centers, online chats, FAQs and video tutorials to consult in case of doubts. * Provide access to communication channels such as landline, internet, etc. * Provide education material for patients in different languages . |
| <p>Medical History</p> | <p>Implement an effective management plan for patient follow-up and to ensure a safe isolation period .</p> <p>Before isolation, the past medical history of the patient must be considered, and should take into consideration any chronic diseases, for example, respiratory failure, infectious disease, mental illness, smoker, etc. Also, there must be clear questions regarding any potential food or medication-related allergy .</p> | <p>To maintain patient safety, the following guidance is personalized within the categories of FQ :</p> <ul style="list-style-type: none"> * Provide personalized checklist that includes all the patient’s information with contact tracing form. * Implement a daily plan to monitor and update the patient’s health status using a hospital approved form. * Use a tracking system for follow up. * Provide patients with educational resources via video, audio or text messages to ensure an updated-tracking system. * Implement a clear and strategic plan for updating the patient regarding their health condition. |



8.2-Recommendations for Facilities for Quarantine (FQ)

| Category | Description | Guidance/ Recommendation |
|---|--|--|
| | <p>During the isolation /quarantine period</p> <p>Regular updates and information must be provided to each patient regarding the approximate duration of the isolation period, the follow-up, and management plans for the swab test results, as well as any discharge/ follow-up after the isolation period .</p> | |
| Treatment Plan and Management | <p>It is essential to implement appropriate medical treatment plans, especially in the absence of an approved treatment plan for COVID-19 .</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <ul style="list-style-type: none"> * Ensure no potential risk results from the use of medication this includes allergic reactions, side effects, and medication errors . * Follow the Saudi MOH updated protocols for patients suspected or confirmed with COVID-19 . |
| Required Equipment for Treatment | <p>Shortage of some equipment, such as swabs, could have a detrimental effect on the overall management plan and increase the duration of isolation .</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ:</p> <ol style="list-style-type: none"> 1-Ensure the equipment for patient assessment is available. At home quarantine use a thermometer to screen and monitor the temperature . 2-Ensure there is sufficient amounts of swabs . |



8.2-Recommendations for Facilities for Quarantine (FQ)

| Category | Description | Guidance/ Recommendation |
|---|--|--|
| <p>Appropriate Isolation Facilities</p> | <p>Ensuring an appropriate setting and adequate provisions. Regardless of the facility setting, an assessment must ensure that the appropriate conditions for safety and effective quarantine procedures are being met .</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <ul style="list-style-type: none"> * Create separate unclean/clean paths, even with the help of external mobile structures (i.e. tents (. * Implement the following measures for the physical separation of suspected or confirmed COVID-19 patients from the community: * A single well-ventilated room with en-suite facilities, such as toilet and hand hygiene facilities . * Safe measures for the disposal of medical waste must be available . * Implement a monitoring strategy to follow-up on the patient’s health condition . * Ensure smoke detection system is available and well-functioning . * Ensure patient’s safety educational material is available, easy to read and posted inside the room . * Implement the recommended environmental Infection Prevention and Control (IPC) measures, such as ensuring adequate air ventilation, air filtration systems, and waste-management protocols . * Social distance must be maintained, at least two-meters in distance between patients and others . * Ensure there is a sufficient amount of food, water, and hygiene supplies for the whole period of quarantine . * Social distance must be maintained in all common areas such as reception, elevators, etc . |
| <p>Infection Prevention and Control - IPC Measures</p> | <p>The following IPC measures should be used to ensure a safe environment for quarantined individuals .</p> | <p>To maintain patient safety the following guidance is recommended within the categories of FQ :</p> <p>For updates and latest information please refer to the MOH and Saudi CDC websites</p> <p>https://covid19awareness.sa/en/learn-about-covid-19-2#post.</p> <p>And</p> <p>https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf.</p> |



8.2-Recommendations for Facilities for Quarantine (FQ)

| Category | Description | Guidance/ Recommendation |
|------------------------------------|--|--|
| | | <p>However, it is essential to highlight the following recommendations :</p> <ul style="list-style-type: none"> * provide clear, simple, and well-designed educational materials to the isolated patient regarding prevention measures by using images or charts . * Educate personnel about recommended IPC measures. All personnel working in the quarantine facility must receive training on standard precautions before the quarantine measures are implemented. The same advice on standard precautions should be given to all quarantined persons upon arrival . * Both personnel and quarantined persons should understand the importance of promptly seeking medical care if they develop symptoms . * Provide patients with educational materials in the different languages regarding hand hygiene and cough etiquette . * Establishing sustainable IPC infrastructure (e.g. by designing appropriate facilities) and activities . |
| <p>Environmental Safety</p> | <p>Ensure the implementation of safe environmental measures for all quarantine facilities.</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <ul style="list-style-type: none"> * Ensure that the hospital and quarantine facility environments are being cleaned and disinfected frequently using the appropriate procedures according to the MOH and Saudi CDC guidelines. <p>https://covid19awareness.sa/en/learn-about-covid-19-2#post.</p> <p>And</p> <p>https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf.</p> <ul style="list-style-type: none"> * Follow the manufacturer's instructions for the dilution and adequate use of the recommended disinfectant solutions . |

8.2-Recommendations for Facilities for Quarantine (FQ)

| Category | Description | Guidance/ Recommendation |
|--|---|---|
| | | <p>* Provide cleaning personnel with education and training regarding COVID-19 related environmental safety and IPC measures to protect them from any potential exposure and ensure regular and thorough cleaning of all surfaces throughout the quarantine period.</p> |
| Personal Protective Equipment (PPE) | Maintain patient safety during transfer and movement within the designated facility to minimize the potential of exposure risk. | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <p>Patients must apply a surgical mask during internal or external movement of hospitals, quarantine facility, or home quarantine, and when they first contact others. Consider limiting the transfer of patients by using portable equipment .</p> <p>For more information please refer to the MOH guidelines for proper selection and use of PPE in FQ :</p> <p>https://www.moh.gov.sa/en/CCC/healthp/regulations/Documents/Guidance%20for%20the%20Proper%20Selection%20and%20Use%20of%20PPE.pdf</p> |
| Medication | Appropriate medical treatment for existing conditions. | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <p>Ensure the availability of treatment and monitoring requirements for the health of isolated/quarantined patients throughout the quarantine period .</p> |
| Nutrition | It is necessary to provide isolated patients with sufficient amounts of healthy food and water to support their immune system and thus lower the risk of infectious diseases. | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <ul style="list-style-type: none"> * Ensure a risk assessment is carried out for the safety and effective implementation of quarantine procedures . * Review the food allergy history of isolated patients . * Promote efficiency in nutrition care to minimize risks in FQ by using approved forms for nutrition, screening tools, and risk assessment form, for example, the Canadian Nutrition Screening Tool (CNST). <p>https://nutritioncareinCanada.ca/sites/default/uploads/files/CNST.pdf</p> <p>* Provide a healthy diet and plenty of water at FQ .</p> |



8.2-Recommendations for Facilities for Quarantine (FQ)

| Category | Description | Guidance/ Recommendation |
|-----------------------------|---|---|
| <p>Mental Health</p> | <p>The isolation period can have a negative impact on the mental well-being of the patient; this could manifest in fear, panic, and anxiety about the pandemic and the impact on them.</p> <p>Entertainment activity to keep the isolated patient’s mental health positive.</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ:</p> <ul style="list-style-type: none"> * Ensure a risk assessment is carried out for the safe and effective implementation of quarantine procedures . * Provide mental health screening and risk assessment tools for patients to minimize the potential risk and maintain patient safety during the isolation period, for example, the COVID-19 Mental Health Tool Kit, from Johns Hopkins Aramco Healthcare (JHAH). <p>https://www.jhah.com/en/new-coronavirus/mental-health-tool-kit.</p> <ul style="list-style-type: none"> * Provide education and teaching sessions regarding all signs of distress and depression, which will help patients become more aware of their mental health and manage themselves before experiencing further mental health distress. * Develop strategies to reduce the negative effects of distress, which leads to mental illness, by implementing a plan for prepared personal and family in readiness of the outbreak. * Refer patients to specialized mental health care if they have severe emotional distress or diagnosed with mental illness . * Encourage the patients to keep in touch with family and loved ones about their worries, and ensure to communicate with others through telecom platforms. * Encourage engaging and enjoying activities and hobbies to improve the mood of the patient. * Psychosocial support must be available. * Provide access to the internet, news, and entertainment if possible. * Limit the amount of news about COVID-19 and focus on other topics. |

8.2-Recommendations for Facilities for Quarantine (FQ)

| Category | Description | Guidance/ Recommendation |
|---|--|--|
| Physical Activity | Limited physical activity during isolation/quarantine periods can lead to musculoskeletal issues some isolation /quarantine periods can exceed 10 days. | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <ul style="list-style-type: none"> * It is essential to address a physical activity plan and provide it to the patient . * Provide an audio/video education tips and/or material regarding physical activities . |
| Criteria for Discharge and Ending Isolation | Suspected Cases | <p>Refer to the Saudi CDC guidelines for updates and the latest information on suspected cases :</p> <p>https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf.</p> <ul style="list-style-type: none"> * COVID-19 RT-PCR test must be applied for all suspected cases. * In cases of clinically unstable suspected individuals, hospital isolation is required until results are received and/or the patient turned to be clinically stable . * In cases of clinically stable suspected individuals, home isolation or designated facility isolation can be considered according the MOH public health team and Command and Control Central assessment until the results are shown up . * A suspected case is turned to be a confirmed case once the result is positive . In order to discontinue designated facility isolation precautions, two negative respiratory samples, 24 hours apart, are required for all patients. Post-discharge, patients are recommended to self-isolate at home . * Patients should have access to the application (Tataman) and a bracelet, as recommended by MOH. This is to provide protection and healthcare for the patient and to ensure their safety and enhance their recovery . |



8.2-Recommendations for Facilities for Quarantine (FQ)

| Category | Description | Guidance/ Recommendation |
|-------------------------------|---|--|
| <p>High-Risk Group</p> | <p>Ensure appropriate attention to all high-risk groups (clinically vulnerable) such as elderly, oncologic and immunocompromised patients .</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of FQ :</p> <ul style="list-style-type: none"> * Consider each patient’s management plan and follow-up accordingly. * Ensure measures for remote follow-ups, such as emails or telephone, are available and accessible for quarantined and isolated patients outside the hospital. * Additional surveillance might be required for patients with complex medical. * Additional surveillance might be required for patients with complex medical histories, underlying chronic conditions, or requiring specific medical treatments. * Clinically vulnerable patients might need to remain at home longer, based on medical guidance. |



8.3-Recommendations for Home Quarantine (HQ)

| Category | Description | Guidance/ Recommendation |
|----------------------|--|--|
| Isolation Quarantine | Ensure the patient meets the isolation/ quarantine criteria as mentioned previously and refer to SCDC. | <p>To maintain patient safety the following guidance is recommended within the categories of HQ :</p> <ul style="list-style-type: none"> * Provide continuous education and training on the updated definitions for suspected or confirmed COVID-19, and the criteria of admission, discharge, and ending isolation to HCPs . |
| Communication | <p>1-Communication must be in a language that patients can understand, and should include an explanation of their rights, available services, the duration of the quarantine period and what will happen if they get sick. Additionally, for foreign citizens, contact information for their local embassy or consulate support should be provided.</p> <p>2-Communication channels must be accessible to all patients to connect with family members outside the quarantine facility.</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ :</p> <ul style="list-style-type: none"> * Establish communication plans before the admission of patients, during the isolation and quarantine periods, and after discharge . * Provide access to virtual educational platforms such as apps for smart phones . * Provide access to call centers, online chats, FAQs and video tutorials to consult in case of doubts . * Provide access to communication channels such as landline, internet, etc . * Provide education material for patients in different languages . |
| Medical History | | <p>To maintain patient safety, the following guidance is recommended within the category of HQ:</p> <ul style="list-style-type: none"> * Consider the patient's past medical history so the health-care providers can continue to monitor the patient health status remotely during the isolation period at home . * To provide clear guidance on the next steps in the patient's further medical needs which may include appointments with the doctor. For more information please refer to the Saudi Patient Safety Centre . <p>https://spsc.gov.sa/Arabic/covid-19/Pages/Health-Care.aspx.</p> |



8.3-Recommendations for Home Quarantine (HQ)

| Category | Description | Guidance/ Recommendation |
|---|-------------|---|
| Required Equipment for Treatment | | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ:</p> <ul style="list-style-type: none"> * Ensure the equipment for patient assessment is available at home quarantine use a thermometer to screen and monitor the temperature . |
| Appropriate Accommodation for Isolation | | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ:</p> <p>The patient must be physically separated from the community if he/she is suspected or confirmed COVID-19 patient. To maintain safety, it is recommended that the patient follows these steps:</p> <ul style="list-style-type: none"> * Stay in single and well-ventilated room with en-suite facilities, such as a separate toilet and hand hygiene facilities. * If it is a shared room, the occupants must maintain at least a two-meter distance between each other. * Provide educational materials regarding the recommendations for the environmental IPC measures, such as ensuring adequate ventilation . * Social distance must be maintained between all persons who are quarantined. * Avoid sharing personal household items with other people in the home. * Ensure that patients are aware about the availability of sufficient amount of food, water, and hygiene supplies for a whole period of isolation . * Accommodation must provide an appropriate level of comfort . * Patient should have access to the application (Tataman) and a bracelet, as recommended by MOH. This is to provide protection and healthcare for the patient and to ensure his/her safety and enhance his/her recovery . |



8.3-Recommendations for Home Quarantine (HQ)

| Category | Description | Guidance/ Recommendation |
|--|---|--|
| | | <ul style="list-style-type: none"> * In the absence of a facemask, the patient could make a cloth face covering using a bandana or scarf, to protect the people around them . * Patients living alone do not need to wear a mask inside their house/flat . * Avoid face coverings on children under 2 years of age, those unable to remove the masks without help, and those experiencing trouble breathing . |
| Infection Prevention and Control (IPC) Measures | <p>The following IPC measures should be used to ensure a safe environment for quarantined individuals .</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ :</p> <p>For updates and latest information please refer to the MOH and Saudi CDC websites :</p> <p>https://covid19awareness.sa/en/learn-about-covid-19-2#post.</p> <p>And</p> <p>https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf.</p> <p>However, it is essential to highlight the following recommendations :</p> <ul style="list-style-type: none"> * Provide clear, simple, and well-designed educational materials to the isolated patient regarding prevention measures by using images or charts . * Educate personnel about recommended IPC measures. All household and the isolated individual must receive training on standard precautions before the quarantine period . * Both personnel and quarantined persons should understand the importance of promptly seeking medical care if they develop symptoms . * Provide patients with educational materials in different languages regarding hand hygiene and cough etiquette . |

8.3-Recommendations for Home Quarantine (HQ)

| Category | Description | Guidance/ Recommendation |
|-----------------------------|-------------|---|
| <p>Environmental Safety</p> | | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ:</p> <ul style="list-style-type: none"> * Ensure that all the members in the quarantine household are aware that they should clean and disinfect touched surfaces frequently – such as bedside tables, bed frames and other bedroom furniture – with approved disinfectant, consistently and correctly . * Bathroom and toilet surfaces should be cleaned and disinfected at least once daily with regular household disinfectant containing a diluted bleach solution and follow the manufacturer’s recommendation and instruction . * Provide information for household about how to wash clothes, bed linens, bath and hand towels using regular laundry soap and water or machine wash at 60-90°c with common laundry detergent, and dry thoroughly. * Companion/family member and the patient should be made aware to wear mask and gloves, when cleaning surfaces or handling clothing or linen at home, and they should perform hand hygiene before putting on and after removing their mask and gloves . * Frequently touched surfaces should be cleaned daily and disinfected with disinfectant following the manufacturer’s recommendation for use, proper dilution, contact time, and safety measures . * Ensure never to mix bleach with another detergent such as ammonia, 70% ethanol can be used for cleaning and disinfecting surfaces that cannot be cleaned with bleach. |



8.3-Recommendations for Home Quarantine (HQ)

| Category | Description | Guidance/ Recommendation |
|-------------------------------------|--|---|
| Personal Protective Equipment (PPE) | Maintain patient safety during transfer and movement within the designated accommodation to minimize the potential of exposure risk. | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ :</p> <p>Patients must apply a surgical mask during internal or external movement of home quarantine and when they contact others. For more information please refer to the SCDC guidelines for proper use of mask in HQ:</p> <p>https://covid19.cdc.gov.sa/community-public/.</p> |
| Medication | Appropriate medical treatment for existing conditions . | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ :</p> <p>Ensure the availability of treatment and monitoring requirements for the health of isolated/quarantined patients throughout the quarantine period .</p> |
| Nutrition | | Provide a healthy diet and plenty of water at HQ |
| Mental Health | <p>The isolation period can have a negative impact on the mental well-being of the patient; this could manifest in fear, panic, and anxiety about the pandemic and the impact on them .</p> <p>Entertainment activity to keep the isolated patient's mental health positive .</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ :</p> <ul style="list-style-type: none"> * Provide education and teaching sessions regarding all signs of distress and depression, which will help them become more aware of their mental health and manage themselves before experiencing further mental health distress . * Develop strategies to reduce the negative effects of distress, which leads to mental illness, by implementing a plan for individual and family in readiness for the outbreak . * Refer patients to specialized mental health care if they have severe emotional distress or diagnosed with mental illness . * Encourage the patients to keep in touch with family and loved ones about their concerns, and ensure to communicate with others through telecom platforms . |

8.3-Recommendations for Home Quarantine (HQ)

| Category | Description | Guidance/ Recommendation |
|--|---|---|
| | | <ul style="list-style-type: none"> * Encourage engaging and enjoying activities and hobbies to improve the mood of the patient . * Ensure access to the internet, news, and entertainment if possible . * Limit the amount of news about COVID-19 and focus on other topics . |
| Physical Activity | Limited physical activity during isolation/quarantine periods can lead to musculoskeletal issues. Some isolation/quarantine periods can exceed 10 days . | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ :</p> <ul style="list-style-type: none"> * It is essential to address a physical activity plan and provide it to the patient . * Provide an audio/video education tips and/or material regarding physical activities . |
| Criteria for Discharge and Ending Isolation | <p>Family members and other categories of contacts of COVID-19 patients:</p> <ul style="list-style-type: none"> -Family members . -Symptomatic individual . -Working, exposed and contact with confirmed COVID-19 patients . -Other persons sharing housing . -Or caretakers COVID-19 patients . | <p>Refer to the Saudi CDC guidelines for updates and the latest information:</p> <p>https://covid19.cdc.gov.sa/wp-content/uploads/2020/05/COVID-19-Coronavirus-Disease-Guidelines-en.pdf</p> <p>All suspected cases must be tested initially with COVID-19 PCR</p> <ul style="list-style-type: none"> * If the results of respiratory samples are negative for persons who have been exposed to COVID-19 patients, they must be self-quarantined at home for 14 days . * Ensure that the persons who quarantine clinically are stable . * Should self-quarantine for 14 days after last contact . * In order to discontinue self-quarantine 14 days must be completed, and with no symptoms . * Patients should have access to the application (Tataman) and a bracelet, as recommended by MOH. This is to provide protection and health care for the patient and to ensure their safety and enhance their recovery . |



8.3-Recommendations for Home Quarantine (HQ)

| Category | Description | Guidance/ Recommendation |
|-------------------------------|--|--|
| <p>High-Risk Group</p> | <p>Ensure appropriate attention to all high-risk groups (clinically vulnerable) such as elderly, oncologic and immunocompromised patients.</p> | <p>To maintain patient safety, the following guidance is recommended within the categories of HQ :</p> <ul style="list-style-type: none"> * Consider each patient’s management plan and follow-up accordingly. * Ensure measures for remote follow-ups, such as emails or telephone, are available and accessible for quarantined and isolated patients outside the hospital . * Additional surveillance might be required for patients with complex medical histories, underlying chronic conditions, or requiring specific medical treatments. * Clinically vulnerable patients might need to remain at home longer, based on medical guidance . |

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