

Information for patients who tested positive for COVID-19

1. **What to do if you are tested positive for COVID-19 or if you receive a purple code on your Bruhealth apps?**

Upon receiving the positive result via SMS or purple code in Bruhealth, you need to:

- Stay calm;
- Immediately isolate yourself from others; and
- Wait for the confirmation call from the Ministry of Health.

Please refer to MOH's guidelines on quarantine/isolation at home.

2. **Who will transport you to the Isolation Centre?**

The Ministry of Health (MOH) will arrange transfer to the designated Isolation Center as soon as possible. Due to the volume of patients, there could be unavoidable delays which we seek your understanding and patience.

Depending on the assessment of your health status by MOH, you may be transferred to the following facilities:

- National Isolation Centre, NIC or NIC Extension – PMMPMHAMB Hospital), Tutong
- Mahad Islam College, Tutong (Covid-19 Holding Area Mahad, CHAM)
- 3rd Battalion Lumut Camp, (Covid-19 Holding Area Lumut Kem, CHALK)
- Sixth Form Centre, Belait (Covid-19 Holding Area Belait, CHABEL6)
- Sufri Bolkiah Secondary School, Tutong (Covid-19 Holding Area Tutong, CHAT)
- PKBN Camp, Batu Apoi, Temburong (Community Isolation Centre, CiC)

3. **What to do if you have not been sent to the Isolation Centre?**

Remain calm. The ambulance or transport team may be delayed in picking up and sending you to the Isolation Centre. Please continue to self-isolate from your household members.

Generally, most positive cases will either have mild symptoms which resolve quickly or no symptoms at all. You can take simple measures aimed at relieving symptoms, such as resting, ensuring adequate fluid intake and taking simple over the counter medications for your symptoms if required such as

- Paracetamol/Panadol for fever, sore throat & bodyache
- Lozenges eg, strepsil, dequadin for sore throat & mild cough
- Cough syrup for cough and cold and colds

However, if you develop persistent high fever, shortness of breath, worsening cough, chest pain, vomiting or diarrhoea, please call 991 immediately.

4. What to bring when you are going to the Isolation Centre?

The essential items that you may bring are as follows:

- Phone
- Entertainment: Ipad/Laptop/Switch/headset (You may want download your Netflix shows in advance), a book to read
- Portable wifi
- Charger for your electronic devices
- 2 towels
- 14 days' worth of clothes and undergarments (including a jacket/cardigan; socks)
- Prayer mat/telekung
- Hangers
- Slippers
- Toiletries such as: toothbrush, toothpaste, shower gel, shampoo, mouthwash, face wash, comb, body & face cream, lip balm
- Medications you are currently taking including your vitamins
- Snacks
- Thermos flask for your hot water
- Mug for your hot milo, coffee, tea, etc
- Alcohol wipes/wet wipes
- Soap to wash your undergarments and dish detergent.

5. What happens at the Isolation Centre?

Your health will be monitored daily, blood tests and chest x-ray done if required and appropriate treatment will be provided as necessary at the Isolation Centre. You can also play an active role in taking care of your own health and well-being while you are at the Isolation Centre.

You may be transferred from one Isolation Centre to another, depending on the assessment of your health status by the doctors, for example;

- from CHAM to NIC
- from NIC to CiC

Currently, only patients needing close monitoring and intensive care are being treated in NIC, whereas the other Isolation Centres are for those who are stable and have no symptoms or only have mild symptoms and due for discharge.

6. When can you be discharged from the Isolation Centre?

A swab test will be done on Day 8 of your stay at the Isolation Centre. If your test is negative or you are asymptomatic or clinically improved, you will be allowed to go home and continue to quarantine at home for another 14 days. Alternatively, if your home situation is unsuitable, the Ministry of Health will allow you to finish your quarantine at a designated quarantine facility. You will also be allowed to go home or to the designated quarantine facility even if your swab test result is positive but at this time, you have recovered and no longer can infect others.

7. What happens after you have been discharged from the Isolation Centre?

You will be required to continue quarantine for another 14 days. Please do not mix with your household family members.

8. Why do you still need to be home quarantine after discharge from the Isolation Centre?

This is to ensure that you are fully recovered from the infection.

Please refer to MOH's guidelines on quarantine/self-isolation at home.

9. What to do if you develop any symptoms?

If you develop any of the following symptoms after discharge:

- Short of breath
- Persistent high fever or chills
- Worsening cough
- Chest pain
- Diarrhoea

Please contact the Health Advice Line on **148, 8123812** or **8123819**.

Guidelines on What to do During Quarantine or Self-Isolation at Home

Separate yourself from others:

- You should remain in your room, home or designated place of quarantine/isolation.
- If you require help with buying groceries, other essential items or picking up medication, inform a family member or friend or supervisor/employer. Make sure they leave the items outside your door after informing you of the delivery. The delivery person should not come into your house, room or designated place of isolation.
- You may go outside into your garden or private outdoor space if you have one. Refrain from socialising with others.
- Do not invite or allow social visitors such as friends and family to enter your room or home.
- If you want to speak to someone who is not a member of your household, use the phone or social media.

Stay in your room:

- Aim to stay in a well-ventilated room with windows which can be opened periodically.
- You should ideally stay in your own room and separate yourself from other people in your home or designated place of quarantine/isolation and keep the door closed at all times.
- Make sure you regularly clean your hands with soap and water and avoid touching your face. Clean surfaces in your room regularly.
- Use a separate bathroom from the rest of the household, if possible. If shared, please refer to guidelines on shared spaces.
- Use your own toothbrush, eating and drinking utensils (including cups and glasses in the bathroom and bedroom), dishes, towels or bed linen.

Meals:

- Eat separately in your room and do not share food and drinks.
- Meals should be delivered and left outside your house or door. Meals should be packed in disposable containers.
- Use your own plates, cups, glasses and cutlery and keep in the room with you. These can be washed and re-used. Alternatively, use disposable eating utensils and cutlery.
- If there are no separate washing facilities in the room, handle any non-disposable used food utensils with soap and water.

Use of shared spaces:

- Minimise the time you spend in shared spaces such as bathrooms and kitchens as much as possible and keep well ventilated.
- Avoid socialising with other household members.
- Make sure you use separate towels, both for drying yourself after bathing or showering and for hand-hygiene purposes.
- If you do share toilet and bathroom, it is important that you clean them after you have used them every time, for example, wiping surfaces you have come into contact with.
- Consider you using the facilities last, before thoroughly cleaning the bath, sink and toilet yourself.
- If you share a kitchen with others, avoid using it while others are present.
- Use your own eating and drinking utensils (including cups, glasses and cutlery).
- Everyone in your household should regularly wash their hands, avoid touching their face and clean frequently touched surfaces.

Cleaning and disposal of waste:

- Use your usual household products, such as detergents and bleach, as these will be very effective at getting rid of the virus on surfaces.
- Regularly clean frequently touched surfaces.
- All waste that you have been in contact with including masks, tissues and other disposable materials should be put in a rubbish bag and tied when full.
- Use gloves when removing rubbish bag, handling and disposing of trash. Wash hands with soap and water afterwards.

Laundry:

- Do not shake dirty laundry; this minimises the possibility of dispersing virus through the air.
- For those doing the laundry, wear disposable gloves.
- Dirty laundry that has been in contact with the person under quarantine/ isolation must be washed separately.
- Wash laundry using the usual household detergent and according to the manufacturer's instructions.
- Bedding and towels should be placed in a plastic bag, tied and washed only after the quarantine/isolation period is over or COVID-19 test is negative.
- If you do not have a washing machine, wait after your quarantine/isolation period has ended before taking your laundry to a laundrette.
- Clean and **disinfect clothes hampers** with the usual household cleaners or disinfectants or dispose of plastic bags which were used to contain laundry.
- Wash hands with soap and water after removing off the gloves.

Personal hygiene:

- Clean your hands frequently throughout the day by washing with soap and water for 20 seconds or using hand sanitiser will help protect you and the people you stay with.
- Cover your mouth and nose with disposable tissues when you cough or sneeze.
- Put tissues into a disposable rubbish bag and immediately wash your hands with soap and water or use a hand sanitiser.

Look after your well-being:

- Take care of your mind as well as your body and do get support if and when you need it. If you need to speak to someone about your mental health, call Hope Line 145 operating daily 8 am to 11 pm and 10 am to 4 pm during public holidays.
- Stay in touch with family and friends through calls and social media.
- If you feel well enough you can do light exercises within your room or home.

If you need to seek medical attention:

- Seek prompt medical attention if you develop symptoms such as shortness of breath, persistent fever or chills, worsening cough and/or chest pain. You can contact **Health Advice Line 148, 8123812** or **8123819**:

Ending your quarantine/self-isolation:

- You should remain at home until the end of your quarantine/isolation period.