



REPUBLIC OF NAMIBIA

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PUBLIC NOTICE

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CHANGE IN COVID-19 ISOLATION AND QUARANTINE

Namibia's preparedness and response to COVID-19 has and continues to be guided by evolving scientific evidence as well as the epidemiological situation in the country. In line with these guiding principles, as well as recommendations from international authorities such as World Health Organization and the Centers for Disease Control and Prevention, the Ministry of Health of Health and Social Services has revised the guidelines on COVID-19 isolation and quarantine.

ISOLATION

This notice serves to inform the public that the duration of isolation for COVID-19 positive cases for people who are asymptomatic or have mild disease has been reduced from 10 days to 5 days. Patients who deisolate after 5 days should wear a well-fitted mask indoors while around others for 5 more days after the 5-day isolation period.

Asymptomatic Patients	If patient remains asymptomatic since diagnosis, de-isolate 5 days after date of collection of a positive test for SARS-CoV-2 (Day 0 is the date of testing).
Mild Disease	De-isolate at least 5 days after positive test for SARS-CoV-2 (Day 0 is the date of testing), and symptoms are improving, and after fever ends for 24 hours without the use of fever-reducing medication. The patient should wear a well-fitted mask indoors while around others for 5 more days after the 5-day isolation period.
Moderate Disease	10 days after positive test for SARS-CoV-2 (Day 0 is the date of testing), provided fever has resolved for at least 3 days (without use of fever-reducing medications, and with improvement of other symptoms including respiratory symptoms).
Severe and Critical Disease	10 - 21 days after positive test for SARS-CoV-2 (Day 0 is the date of testing), and resolution of fever for at least 3 additional days (without use of fever-reducing medications,

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	and with improvement of other symptoms including respiratory symptoms).
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- **The public is advised that patients with COVID-19 infection should not de-isolate if fever persists and there is no improvement of other symptoms.**

As per current practice, all confirmed asymptomatic or mild COVID-19 cases can be managed at home, if home facilities allow for proper isolation. These individuals need to be closely monitored. This is to identify danger signs and intervene quickly. Designated non-healthcare isolation facilities identified by the MoHSS are available for mild cases as needed.

QUARANTINE

Quarantine period for contact cases and suspected cases is hereby reduced from 7 days to 5 days. A COVID-19 test should be conducted on day 5, then quarantine ends immediately following the receipt of the negative results. The date of contact is day 0.

Any person who becomes a contact of a COVID-19 positive case and is presenting with symptoms consistent with COVID-19 is deemed a suspected case and should get tested for COVID-19, and self-quarantine at home until the test results are out.

The rules have not changed for the following individuals who **are not** required to quarantine:

- Fully vaccinated, *if there are no symptoms*;
- Recovered from COVID-19 infection within past 3 months (90 days), *if there are no symptoms*;
- Contacts of contacts do not need to quarantine. However, if you are a contact and you have family members in your household who cannot keep separate from you while you quarantine, they should also quarantine. An example is when a parent is exposed and s/he has small children at home but cannot make alternative living arrangements for the children during the quarantine period, then these children should stay home, quarantining as well.

However, although the above-mentioned persons are not required to quarantine, **all people, including those who do not need to quarantine, should get tested on day 5 after last contact with the person who has COVID-19.** The above-mentioned persons should also exercise the greatest caution and always use a well-fitted mask when in public spaces.

Work and quarantine: If a person who is in quarantine is able to deliver his/her duty while in quarantine, the quarantine period can be regarded as work from home, if the employer is satisfied. The workplace should consider granting special leave during the quarantine period if work from home is not possible. If special leave cannot be granted, the labour law rule on sick leave should apply.

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For further enquires, kindly contact the Ministry of Health and Social Services Public Relations Office at telephone number +26461 2032054 or email public.relations@mhss.gov.na.



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EXECUTIVE DIRECTOR

