What's happening?

‘On 31 December 2019, WHO was alerted to several cases of pneumonia in Wuhan City, Hubei Province of China. The virus did not match any other known virus. This raised concern because when a virus is new, we do not know how it affects people. One week later, on 7 January 2020, Chinese authorities confirmed that they had identified a new virus. The new virus is a coronavirus, which is a family of viruses that include the common cold, and viruses such as SARS and MERS. This new virus was temporarily named “2019-nCoV.”

While KAUST will do everything possible to provide support and assist you during your time in quarantine, it also has an obligation to do all it can to ensure the ongoing health and safety of the whole community. Quarantining those most at risk of spreading the disease is one way of achieving this. But more importantly, each member of our community has a critical role to play in ensuring we all stay as safe as possible.

Please read this fact sheet closely and observe all of the guidance provided. By doing so everyone at KAUST can help keep the community free from Covid-19.

Why am I being quarantined?

The main goal of quarantine is to reduce transmission between individuals. This can be effectively achieved by reducing the number of people with whom each person comes into contact. Based on your recent travel history and/or other information you have been identified as being at increased risk of recent exposure to Covid-19. This does not mean you are infected, but we now know the virus can spread from person-to-person even before any sign of infection becomes apparent. This is why KAUST Health requires you to be quarantined.

What's the difference between quarantine and isolation?

Quarantine refers to the restriction of movement or separation of well persons who may have been exposed to a contagious disease, before it is known whether they will become ill. Quarantine usually takes place in the home and may be applied at the individual level or to a group or community of exposed persons.

Isolation refers to the separation and restricted movement of ill persons who have a contagious disease in order to prevent its transmission to others.
What’s going to happen now?

Immediate actions:

- You are required to proceed **immediately** to your accommodation or, if this is not appropriate, for instance if you live in shared accommodation or other members of the family or household have not yet been exposed, another place as advised by KAUST Health. Generally speaking, if one member of the family or household has been exposed everyone in the household is required to be quarantined.
- You are **not permitted** to visit any other part of KAUST on the way to your quarantine location.
- When in quarantine, you are to remain indoors but may use the backyard. You **must not** leave the premises unless in an emergency or until a member of KAUST Health lets you know it is safe to do so. In the event of an emergency you must still attempt to avoid all physical and near contact with other people.
- You are **not permitted** to invite visitors into your home and must avoid all direct and indirect physical and near contact with others (keeping at least 3 metres distance from all non-quarantined people at all times), including when essential provisions are delivered to you e.g. food and medication. It also means not physically handing over money or other items to people making deliveries.

Is anyone monitoring me while I am in quarantine? A member of the KAUST Health team will contact you daily to inquire about your health. They will monitor you for early symptoms and signs of disease (if any). You can help KAUST Health staff by immediately letting them know if you start to feel unwell. See below for KAUST Health contact details.

What about my other health needs while I am in quarantine? KAUST Health will make sure there is adequate provision for your ongoing health needs, including any new health conditions you may develop throughout your time in quarantine. If necessary, suitable transportation to KAUST health or other health facility for further assessment will be provided.

What about medication if I need any? KAUST Health will advise you on how to obtain routine and other medication. See below for KAUST Health contact details.

How long will my quarantine last? Your quarantine will last no longer than is necessary to make sure you have not become unwell. The maximum duration is likely to be one incubation period from the last known potential exposure (currently this is thought to be no longer than ~ 14 days), but it could be shortened if effective treatments become available or you are otherwise advised by KAUST health.

What about shopping for food and other provisions? Human Resources (HR) or Graduate Affairs will advise you on how to shop for provisions such as food and other essential items. See below for HR and Graduate Affairs contact details.

What about my work responsibilities and pay?

- HR and Graduate Affairs will be informed by KAUST Health that you have been placed in quarantine and the dates that quarantine apply. Only those who need to know will have access to this information.
• You will be provided with a named single point of contact in HR or Graduate Affairs. This person will be your primary link for any questions relating to pay and benefits and other work-related matters.

• If appropriate, arrangements may be made for you to work remotely. See below for HR or Graduate Affairs contact details.

Top Tips for a successful home quarantine

We recognise that quarantine can place a significant practical and psychological burden on affected community members. You may find yourself dealing with concerns for the health of friends, colleagues and loved-ones, and may develop feelings of isolation, boredom, frustration and stigma. See below for Top Tips on coping with quarantine.

The following information has been adapted from ‘Quarantine at home - Coping tips’ – Better Health, Victoria State Government, Australia.

- **Staying positive.** Being under quarantine can be frightening, particularly for young children but try to stay positive and keep your spirits up - your quarantine will not last forever. Regularly remind yourself that you are doing your best to keep yourself, your family, friends and colleagues and the community safe. Consider the following suggestions:
  
  ✓ Find out everything you can about the disease from reliable sources - understanding the illness will reduce anxiety.
  
  ✓ Reassure young children using age-appropriate language.
  
  ✓ Keep up a normal daily routine as much as possible.
  
  ✓ Think about how you’ve coped with difficult situations in the past and reassure yourself that you will cope with this situation too.
  
  ✓ Keep in touch with family members and friends via telephone, email or social media.
  
  ✓ Exercise regularly.

- **Boredom and stress.** Being confined to home for an extended period of time can cause boredom, stress and conflict. Consider the following suggestions:
  
  ✓ Arrange with your manager or academic advisor to work from home, if possible.
  
  ✓ Ask your child’s school to supply assignments, work sheets and homework by email.
  
  ✓ Take everyone’s needs into account as much as possible when you plan activities. Remember, you don’t have to spend every moment of quarantine together. Make sure everyone gets the opportunity to spend some time alone.
  
  ✓ Plan ‘time out’ from each other. You could split the family into teams that occupy different areas of the house - for example, Dad with one child in the garage and Mum with the other child in the lounge room - then swap the following day.
✓ Don’t rely too heavily on television and technology. Treat quarantine as an opportunity to do some of those things you never usually have time for, such as board games, craft, drawing and reading.

✓ Accept that conflict and arguments may occur. Try to resolve issues quickly. Distraction may work with young children.

I have more questions. Who can provide me with further information?

Please direct any additional questions to KAUST Health or your HR or Graduate Affairs contact using the following contact details:

• **KAUST Health**
  
  Email: [Patient-Relations@KAUST.edu.sa](mailto:Patient-Relations@KAUST.edu.sa)
  
  Telephone: 012-808-0940 (Clinic Hours)
  
  Telephone: 012-808-4444 (ER / Outside Clinic Hours)

• **Human Resources**
  
  Primary Contact: Caroline Knowles
  
  Email: [Caroline.knowles@kaust.edu.sa](mailto:Caroline.knowles@kaust.edu.sa)
  
  Telephone: 0544-701-553
  
  Telephone: 0544-700-277 (HR Emergency Phone)

• **Graduate Affairs**
  
  Email: [graduateservices@kaust.edu.sa](mailto:graduateservices@kaust.edu.sa)
  
  Telephone: 0544-700-409
  
  Telephone: 012-808-3417

Dan Buttigieg
Director KAUST Health
Chair KAUST Coronavirus Task Force
12 Feb 2020
References

World Health Organisation (WHO) - Novel Coronavirus
https://www.who.int/emergencies/diseases/novel-coronavirus-2019

World Health Organisation (WHO) - Novel Coronavirus - Situation Reports
https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/

Coronavirus COVID-19 Global Cases by Johns Hopkins CSSE
https://gisanddata.maps.arcgis.com/apps/opsdashboard/index.html#/bda7594740fd40299423467b48e9ecf6

Quarantine at home - Coping tips
QUARANTINE FREQUENTLY ASKED QUESTIONS

- **Can I shop at Tamimi with a face mask on?** No. Special arrangements have been made for you to order food from Tamimi via a dedicated hotline number. This will be provided to you by your Graduate Affairs or HR representative.

- **Can my domestic helper shop at Tamimi for us?** No, your domestic helper should be seen at KAUST Health. If your helper is determined to also need quarantine they too could not go shopping and if not quarantined they would not be allowed to interact with you.

- **Can I have my friends visit us?** Unfortunately not. No one should visit you while in quarantine.

- **Can my child go for a ride on their bike?** Unfortunately not, your child should remain at home.

- **What should I do if I need to call for maintenance assistance?** Non-emergency requests should not be booked until the end of your quarantine period. If you have an urgent request, you should advise the FM Helpdesk that your house is currently under quarantine. The FM team will then make arrangements with you.

- **Should I notify my line manager or academic supervisor if I am placed in quarantine?** Yes, you should advise your line manager that you have been placed in quarantine and the date at which you are expected back at work.

- **Can I work from home?** Yes, if you have tasks that can be completed from home, this is not a problem. You can call your manager to discuss the specific details.

- **Can my children still go to daycare or school as they have no symptoms?** Unfortunately your children cannot attend school or daycare until the end of the quarantine period. TKS can support you with educational materials – that will be sent via email – during the quarantine period.

- **What do I do with my household garbage during my quarantine period?** Please take note of changes in the Waste Management Service offered to you/family at your residence:
  - Please utilize yellow bag provided for all your household trash, including recyclables.
  - Once full, please use cable tie provided to secure the bag.
  - Place bag in waste bin outside your unit for collection.
  - If you reside in an apartment call 959 for collection.
  - Collection is scheduled daily between 7:00am and 8:00am
  - In the event that you require additional bags/cable ties please log a ticket with the FM Helpdesk by calling 959 (012 808 0959).
• **How can I learn more?** For current information regarding the KAUST response to coronavirus, including more information about quarantine, please visit [kh.kaust.edu.sa/coronavirus](http://kh.kaust.edu.sa/coronavirus).

Any questions related to the coronavirus should be directed to KAUST Health patient relations team at [Patient-Relations@kaust.edu.sa](mailto:Patient-Relations@kaust.edu.sa) or your Graduate Affairs or HR representative.