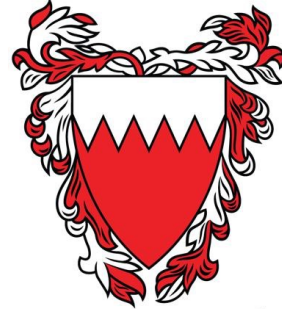


National
Taskforce for
Combatting
(COVID-19)

الحملة الوطنية
لمكافحة
فيروس كورونا
(COVID-19)



مَمْلَكَة البَحْرَيْنُ
KINGDOM OF BAHRAIN

Shortening Quarantine and Isolation Periods for HCWs

Shortening Quarantine and Isolation Periods for HCWs

Based on **CDC** and **UKSHA** new recommendations (find attached in the appendix) for lifting/ shortening isolation and quarantine duration period for Health Care Workers and essential workforce

Rationale: It does not do us any good to have hospital beds if there are no HCWs taking care of people. The same applies to other essential workers. Thus, we will utilize Antigen Tests to combat this exact issue.

Proposal:

We will divide our vaccinated workers into two categories:

1. **Infected HCWs (PCR +ve)**
2. **Exposed HCWs (PCR -ve)**

While taking into consideration the vaccination status and occupation risk.

Definitions:

Fully Vaccinated HCWs: HCWs that received two initial doses of the approved vaccines and received a third dose from the same or different vaccine.

Non-Fully Vaccinated HCWs: Any HCWs that does not satisfy the criteria above.

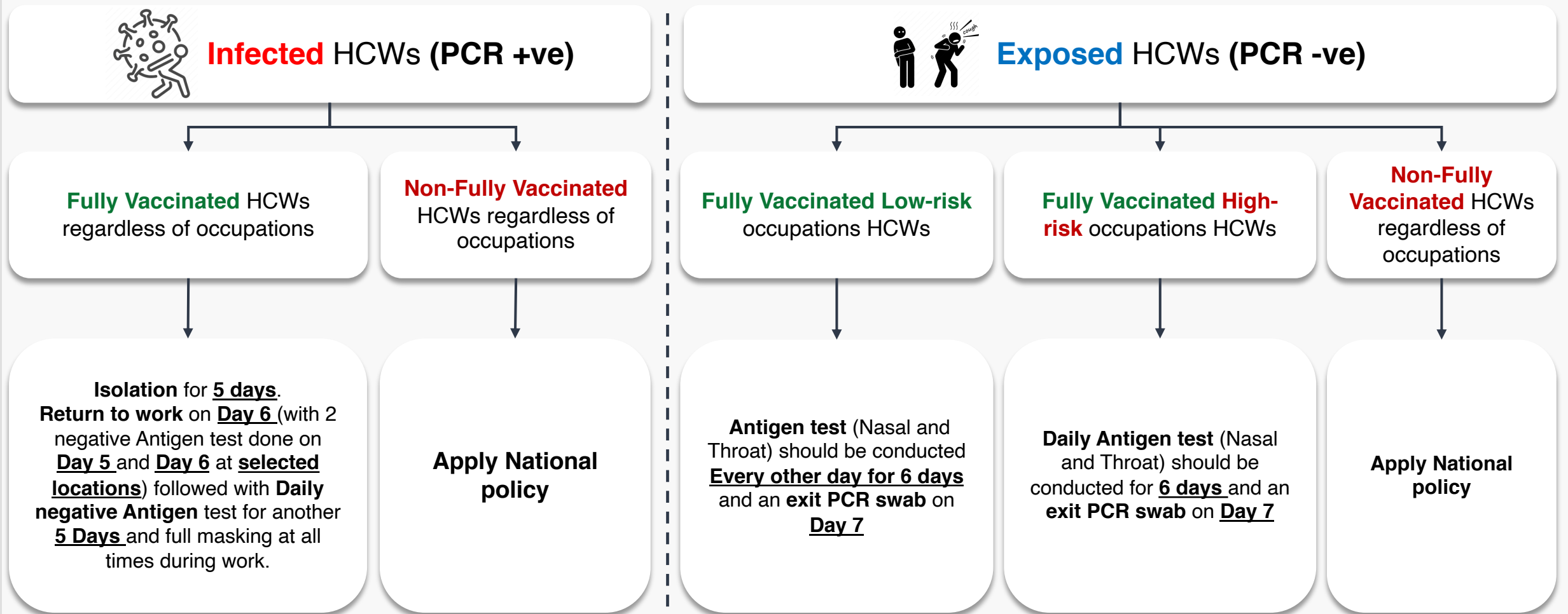
High-Risk occupations: HCWs that work in ICU/ NICU /dialysis / geriatric/ oncology units etc.

Low-Risk occupations: HCWs that work in environments that do not deal with at risk patients directly.

Testing Logistics:

- Centerlised selected locations
- Daily reporting of consumption and results
- Use existing stock and place orders only when needed

Bahrain Model For Shortening Quarantine and Isolation Periods for HCWs



Any HCWs that are symptomatic or develops symptoms must be be isolated sent to get a PCR test

Appendix

- ❖ **Vaccinated** People who receive negative Antigen results on **Day 6** and **Day 7** of their self-isolation period – with tests taken 24 hours apart – will **no longer** have to self-isolate for the full 10 days. The first test must be taken no earlier than day 6 of the self-isolation period.
- ❖ Those who leave self-isolation on or after day 7 are strongly advised to limit close contact with other people in crowded or poorly ventilated spaces, work from home and minimise contact with anyone who is at higher risk of severe illness if infected with COVID- 19.
- ❖ There is **NO CHANGE** to the guidance for **UNVACCINATED** contacts of positive COVID-19 cases, who are still required to self-isolate for 10 full days after their date of exposure to the virus.

Rationale: Analysis by the UK Health Security Agency (UKHSA) suggests that a 7-day isolation period alongside 2 negative lateral flow test results has nearly the same protective effect as a 10-day isolation period without LFD testing for people with COVID-19.

If You Test Positive for COVID-19 (Isolate)

Everyone, regardless of vaccination status.

- Stay home for 5 days.
- If you have no symptoms or your symptoms are resolving after 5 days, you can leave your house.
- Continue to wear a mask around others for 5 additional days.

If you have a fever, continue to stay home until your fever resolves.

Rationale: The change is motivated by science demonstrating that most of the SARS-CoV-2 transmission occurs early in the course of illness, generally in the 1-2 days prior to onset of symptoms and the 2-3 days after.

US Exposure Model

If You Were Exposed to Someone with COVID-19 (Quarantine)

If you:

Have been boosted

OR

Completed the primary series of Pfizer or Moderna vaccine within the last 6 months

OR

Completed the primary series of J&J vaccine within the last 2 months

- Wear a mask around others for 10 days.
- Test on day 5, if possible.

If you develop symptoms get a test and stay home.

If you:

Completed the primary series of Pfizer or Moderna vaccine over 6 months ago and are not boosted

OR

Completed the primary series of J&J over 2 months ago and are not boosted

OR

Are unvaccinated

- Stay home for 5 days. After that continue to wear a mask around others for 5 additional days.
- If you can't quarantine you must wear a mask for 10 days.
- Test on day 5 if possible.

If you develop symptoms get a test and stay home