

**Example of instructions for a close contact (with no fever) of a known, probable or suspect case of SARS. This should be treated as a guideline only that countries may wish to consider adapting for local use, and not as an official WHO recommendation.**

**Someone in this category who remains without a fever, should be instructed to:**

- Maintain home-based personal isolation during the incubation period;
- Remain at home from work or school;
- Not leave the house for the period of isolation;
- Not answer the door (arrange for other family members to do this);
- Not have visitors to the house;
- Minimise contact with other household members, but if close contact cannot be avoided, wear a mask;
- Sleep in a separate room away from others. Use separate utensils and dishes for meals, and wash these separately from other utensils and dishes;
- Take his or her temperature daily with a provided thermometer and record the results;
- Take his or her temperature if feeling feverish or unwell;
- Monitor self for appearance of possible early symptoms of SARS, such as muscle aches and pains, headache, dizziness, and loss of appetite, tiredness, confusion, rash, and diarrhoea. Respiratory symptoms of SARS usually occur after these early prodromal symptoms and may include cough, sore throat, and shortness of breath;
- Continue to monitor his or her temperature if respiratory symptoms develop;
- Avoid others, cover face or wear a mask if coughing or sneezing;
- Wear a mask at all times to limit the spread of respiratory droplets, if possible;
- Maintain daily telephone contact with the Department of Health SARS team to report symptoms of SARS and other problems.

**Responsibilities of the health worker:**

- Teach the contact how to use the thermometer;
- Provide the contact with written details of the duration of his or her potential incubation period;
- Tell the contact how to maintain daily contact with the designated health worker, or the person responsible for monitoring him or her during the incubation period. This may include telephone contact, or a home visit by a health worker;
- Ensure the contact is well prior to entering the house without PPE on;
- Tell the contact not to travel to a clinic or hospital without talking to the health worker, to avoid further disease transmission in the community;
- Provide contacts with an emergency 24-hour contact number that they can call in the event of fever.
- Make arrangements for the transport of a febrile contact to a designated hospital or health care facility, equipped to triage and manage possible SARS cases;
- Supply contacts with a small number of masks and instructions on how to properly fit the mask;
- Tell the contacts when the end of their incubation period is over, and give instructions about re-entering the community, and returning to work or school.

**What the contact should be given:**

- A thermometer;
- A simple chart to record temperatures;
- A small supply of masks (these can be surgical masks where N95 masks are not available);
- Written details of their potential incubation period and the process for confirming they are out of the incubation period;
- Details of their health worker or another contact person, whom they should talk to once daily;
- **Details of the 24 hour SARS emergency number to call if they develop a fever; A written copy of advice about home-based isolation and personal surveillance for fever.**
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