



## RWANDA MENTAL HEALTH BRIEF ON CHILDREN AND ADOLESCENTS IN QUARANTINE

The Government of Rwanda is facilitating the repatriation of Rwandan citizens to ensure their protection from the COVID-19 contamination by establishing airline transportation from Europe to Kigali. Most of the returning citizens are students pursuing their studies in different countries. Upon arrival, they are taken to a quarantine site where they will stay for 7 days according to the Rwanda COVID-19 Clinical Management Guidelines. Given their age, children and adolescents deserve special care. In addition to medical and hotel treatments, a psychosocial package is provided in four phases and includes the following:



### 1. While abroad, prior to travelling

- Rwanda Joint Task Force COVID-19 command post prepares safe, proper and conducive accommodation
- Information about travel arrangements, quarantine duration, and conditions: Rwanda Joint Task Force COVID-19 command post sends emails to the students with copy to parents



### 2. During the flight

- Brief on COVID-19 protection measures:
  - a. All arrivals by air or from a high-risk border point are classified high risk and will be quarantined for a period of 7 days
  - b. You will be screened for fever and other COVID-19 symptoms at arrival
  - c. A shuttle will be waiting for you at Kigali International Airport
  - d. Parents are not allowed to come to the airport



### 3. Upon arrival at quarantine site

- **Information regarding medical, psychosocial and hotel treatments during the stay:**
  - a. A first throat swab sample will be collected on Day 0
  - b. If the results are presumptive or confirmed positive for COVID-19, you will be taken immediately to a treatment center
  - c. If the results are negative for COVID-19, you will stay at the quarantine site where you will be under observation for a period of 7 days
  - d. A second test will be taken at Day 5 or 6 with expectation to be released by Day 7 if all tests are negative
  - e. Every day, the medical personnel will be conducting a medical and psychological check to ensure your safety
  - f. You are encouraged to inform the medical personnel any time you feel uncomfortable or if you have any existing medical condition that requires particular attention
  - g. Wearing a mask and other preventive measures is mandatory
  - h. Quarantine rooms are personal and visits are not allowed



### 4. During the stay in quarantine center

- **Daily psychological check by a psychologist: screen for feelings, emotions, stress, behaviors, coping strategies**
- **Psychoeducation provided to students**
- **Psychoeducation provided to parents in need: discuss feelings, behaviors, emotions and coping strategies of both children and parents**
- **Address diet, social, and school needs**
- **Ease family and friends' remote connection**
- **Ensure maximum e-class/learning facilitation**
- **Avoid listening to rumors and misinformation**
- **Visit [www.rbc.gov.rw](http://www.rbc.gov.rw) for right information on COVID-19**