

Government of Punjab

Health IV Branch

Notification

No: 14/7/2020-4HB4/1014

Dated, Chandigarh: 31/3/2020

Under the regulations framed under The Epidemic Disease Act 1897, the persons who are bonafide residents of the State of Punjab and are travelling from other States to the State of Punjab would be screened, and:

- (i) If found asymptomatic they will be placed in home quarantine for 14 days along with the persons staying in the house where such a person is to be quarantined, as per notifications issued by State Government vide no: PS/SHFW/2020/224 dated 21.03.2020 and IDSP/PB/2020/1733-1798 dated 22.03.2020.
- (ii) If found symptomatic, tests will be conducted in Government facilities and the health department's protocol for management of such persons will be followed.

Deputy Commissioners will ensure strict compliance of this protocol. Supervising officers, Surveillance officers and Rapid Response Teams, which were put in place for the international travelers, will keep a strict vigil on all such persons.

Advisory on Home quarantine is attached herewith.

Anurag Agarwal

Dated: 31/3/2020

Principal Secretary to Govt. of Punjab
Department of Health & Family Welfare

Endst.No.14/7/2020-4HB4/1015

Dated, Chandigarh: 31/3/2020

1. Chief Secretary to Govt of Punjab.
2. Additional Chief secretary to Government of Punjab, Department of Home affairs and Justice.
3. Director General of Police Punjab.
4. Managing Director NHM.
5. Managing Director PHSC
6. All Deputy Commissioners in the State of Punjab.
7. All SSPs in the State of Punjab.
8. Director Health services Punjab
9. All Civil Surgeons in the State of Punjab.
10. All SSPs in the State of Punjab.

Secretary Health & Family Welfare

Government of India
Ministry of Health & Family Welfare
Directorate General of Health Services
(EMR Division)

Guidelines for home quarantine

Scope

Detection of a travel related/unrelated suspect case of novel Coronavirus Disease (COVID-19) will be followed by rapid isolation of such cases in designated health facilities and line listing of all contacts of such cases. Home quarantine is applicable to all such contacts of a suspect or confirmed case of COVID-19.

This intervention will be limited to the initial phase of India reporting only (i) travel related cases and (ii) focal clusters arising from a travel related/unrelated case where cluster containment strategy is adopted (iii) Persons coming from COVID-19 affected areas where local and community transmission is evident.

Definition of contact

A contact is defined as a healthy person that has been in such association with an infected person or a contaminated environment as to have exposed and is therefore at a higher risk of developing disease.

A contact in the context of COVID-19 is:

- A person living in the same household as a COVID-19 case;
- A person having had direct physical contact with a COVID-19 case or his/her infectious secretions without recommended personal protective equipment (PPE) or with a possible breach of PPE
- A person who was in a closed environment or had face to face contact with a COVID-19 case at a distance of within 1 metre including air travel;

The epidemiological link may have occurred within a 14-day period before the onset of illness in the case under consideration.

Instructions for contacts being home quarantined

The home quarantined person should:

Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.

- Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.

- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

He should also follow the under mentioned public health measures at all times:

- Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
- Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.
- Masks used by patients / care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
- Used mask should be considered as potentially infected.
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call 011-23978046.

Instructions for the family members of persons being home quarantined

- Only an assigned family member should be tasked with taking care of the such person
- Avoid shaking the soiled linen or direct contact with skin
- Use disposable gloves when cleaning the surfaces or handling soiled linen
- Wash hands after removing gloves
- Visitors should not be allowed
- In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14days or till the report of such case turns out negative on lab testing

Environmental sanitation

- a) Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
- b) Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
- c) Clean the clothes and other linen used by the person separately using common household detergent and dry.

Duration of home quarantine

- a) The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing