

**Directorate of Health & Family Welfare
Government of Punjab
Parivar Kalyan Bhawan, Sector-34A, Chandigarh.**

No. COVID-19/NHM/Pb/20/5866-597

Dated: 22.09.2020

To .

1. All the Deputy Commissioners of Punjab.
2. All the Civil Surgeons of Punjab.

Subject: Revised instructions for International and domestic travelers coming into Punjab by all means of Transport i.e. Air, Rail and by Road.

I. Guidelines for International Travelers:

1. All international travelers arriving in Punjab through Air/Road travel will submit self declaration with personal and health details at www.newdelhiairport.in and hand over a copy of the same to State officers. They would be screened as per the health protocol at the port of entry. All foreign travelers entering state shall fill in Annexure-I and submit to District Health/Administration Authorities.

2. Travelers who will submit a negative RT-PCR test report (conducted within 96 hrs prior to undertaking the journey) before arrival on the portal and produce a copy of same on arrival will be allowed home quarantine. They will also be asked to submit a written undertaking to health officials/district administration for self-monitoring of their health status and would download COVA app and keep it active. In case, any symptoms develop they shall inform the district surveillance officer or district administration. They will get tested for COVID-19 on 5th day of arrival by RTPCR as per protocol. When reports come and if they test negative, home quarantine ends. They will self monitor their health for next 7 days and report if any symptoms develop.

3. Travelers who do not submit a negative RT-PCR test report on arrival shall be tested by Rapid Antigen Testing (RAT) Kits.

a) If Rapid Antigen Testing (RAT) comes positive for Covid-19 she/he may opt for Home isolation /Government Isolation Facility or Private Facility on payment basis and will be treated as per COVID-19 management protocol. Person opting for home isolation will submit a consent form stating that he/she has a facility for home isolation at his/her residence, is asymptomatic/mild-symptomatic and not have any co morbidity or the comorbid condition is under control. Person will strictly follow home isolation protocol.

b) If Rapid Antigen Testing (RAT) comes negative for Covid-19 he/she will be allowed home quarantine. The person will get tested for COVID-19 by RT-PCR on the 5th day after arrival. When RT-PCR for COVID -19 is found to be negative,

home quarantine ends. They will self monitor their health for next 7 days and report if any symptoms develop.

- c) If RT-PCR for COVID -19 is found to be positive, they shall be assessed clinically and follow the Punjab COVID -19 management protocol.

4. They will follow all precautionary measures issued by Govt. of Punjab for prevention of COVID -19 spread such as hand hygiene, wearing mask, and maintain social distancing etc.

II. Guidelines for domestic travel (air/train/inter-state travel by road):

1. All persons arriving through air, rail, and road will be screened for symptoms of COVID-19.
2. Symptomatic persons will be tested and as per their test reports, protocols of Health Department will be followed
3. Asymptomatic will be home quarantined and if they remain asymptomatic for 5 days, home quarantine ends.
4. They will self monitor their health and if any symptoms appear, report immediately
5. If they develop any symptoms, shall be tested and as per their test report, protocol of Health Department shall be followed.
6. The passengers entering and leaving the state within 72 hours of entry into the state shall be exempted from above protocol.
7. Frequent travelers entering and leaving state for professional or commercial requirements would be exempted from above protocol.
8. All persons entering state will download COVA app and keep it active. In case, any symptoms develop they shall inform the district surveillance officer or district administration

Director Health Services (Punjab)

TR

Endst. No. COVID-19/NHM/Pb/20/5908-14
Copy forwarded to:-

Dated: 22.09.2020

1. The Chief Secretary to Govt. of Punjab.
2. Special Chief Secretary, Home Affairs & Justice, Punjab.
3. Principal Secretary to Hon'ble Chief Minister, Punjab.
4. Principal Secretary to Govt. Punjab (MER Department).
5. Principal Secretary Health and Family Welfare Punjab
6. Mission Director, National Health Mission, Punjab.
7. Managing Director, PHSC, Punjab.

Director Health Services (Punjab)

TR

Annexure I: Consent for home quarantine

1. I S/D/W of resident of(complete address) contact number:
2. That I have travelled from.....on date.....
3. I undertake to strictly follow the home quarantine for the period as per protocol.
4. I undertake that I will get myself tested on day 5 of home quarantine and submit my report to district authorities.
5. During this period I shall monitor my health and those around me and interact with the assigned surveillance teams. In case I develop symptoms or any Medical condition consistent with COVID-19, I will immediately inform 104/district control room.
6. That presently I am asymptomatic/mildly symptomatic.
7. I don't have any co morbid conditions/have co morbidity-Hypertension/Diabetes/Kidney disease/lung disease/heart disease/any other and the co morbid condition is under control.
8. I have facilities for home quarantine as per the guidelines and the same can be verified by the officials for confirmation.
9. I have been explained in detail about the precautions that I need to follow while I am under home quarantine.
10. I have active COVA app (https://play.google.com/store/apps/details?id=in.gov.punjab.cova&hl=en_IN) on my phone and I assure that it will remain active throughout the period of isolation (through Bluetooth and WiFi).
11. I am liable to be acted on under section 188 of IPC as per provision of "The Epidemic Diseases Act 1897" for any non-adherence to self-isolation protocol.

Signature:

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Date:

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