

From

Additional Chief Secretary,
Health Department, Govt of Haryana,
Chandigarh

To

1. All the Deputy Commissioners in the Haryana State
2. All Deputy Commissioner of Police/Senior Superintendent of Police/
Superintendent of Police.
3. All Civil Surgeons, Haryana

No. 32/3-IDSP/020/2504-07

Dated: 06/05/20

Subject: Regarding Guidelines for Home Isolation for very Mild/Pre-symptomatic Covid-19 Cases

With reference to the subject cited above.

2. As the situation of Covid-19 is evolving and number of cases of Covid-19 is increasing in the State, hence to prioritize the resources, MoHFW on dated 27.4.2020, has issued **Guidelines for Home Isolation for very Mild/ Pre-symptomatic Covid-19 Cases.**
3. According to these Guidelines, if Mild/Pre-symptomatic patient intends to have home isolation, He/She may be allowed to do so, provided He/She is having the requisite facility at His/Her residence for Self-Isolation. These prerequisite for home isolation shall be ensured by the treating Physicians and if found suitable, the consent of the patients will be taken prior to advice for Home Isolation of the patient.
4. **Eligibility for home isolation**
 - a. The person should be clinically assigned as a very mild case/ pre-symptomatic case by the treating medical officer.
 - b. Such cases should have the requisite facility at their residence for self-isolation and also for quarantining the family contacts.
 - c. A care giver should be available to provide care on 24X7 basis. A communication link between the caregiver and hospital is a prerequisite for the entire duration of home isolation.

- d. The care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per protocol and as prescribed by the treating medical officer.
- e. Download Arogya Setu App on mobile (available at: <https://www.mygov.in/aarogya-setuapp/>).
- f. The patient shall agree to monitor his health and regularly inform his health status to the District Surveillance Officer for further follow up by the surveillance teams. In addition to this Health Authorities will monitor the health of the home isolated patients regularly.
- g. The patient will fill in an undertaking on self-isolation (Annexure I) and shall follow home quarantine guidelines. **Such individual shall be eligible for home isolation.**
- h. In addition to the guidelines on home-quarantine available at: <https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf>, the required instructions for the care giver and the patient as in Annexure II shall be also followed.

5. When to seek medical attention

- a. Difficulty in breathing,
- b. Persistent pain/pressure in the chest,
- c. Mental confusion or inability to arouse,
- d. Developing bluish discolorations of lips/face and
- e. As advised by treating medical officer

6. When to discontinue home isolation

Patients under home isolation will end home isolation if symptoms are clinically resolved the surveillance medical officer certifies him to be free of infection after laboratory testing.

7. Instructions for care-givers

- **Mask:** The caregiver should wear a triple layer medical mask appropriately when in the same room with the ill person. Front portion of the mask should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. Discard the mask after use and perform hand hygiene after disposal of the mask. He/she should avoid touching own face, nose or mouth.
- **Hand hygiene** must be ensured following contact with ill person or his immediate environment.
- Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. Use soap and water for hand washing at least for 40 seconds. Alcohol-based hand rub can be used, if hands are not visibly soiled.
- After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.
- **Exposure to patient:** Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient. Perform hand hygiene before and after removing gloves.
- **Avoid exposure to potentially** contaminated items in his immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen).
- Food must be provided to the patient in his room.
- Utensils and dishes used by the patient should be cleaned with soap/detergent and water wearing gloves. The utensils and dishes may be re-used. Clean hands after taking off gloves or handling used items.
- **Use triple layer medical mask and disposable gloves** while cleaning or handling surfaces, clothing or linen used by the patient. Perform hand hygiene before and after removing gloves.
- The care giver will make sure that the patient follows the prescribed treatment.

- The care giver and all close contact will self-monitor their health with daily temperature monitoring and report promptly if they develop any symptom suggestive of COVID-19 (fever/cough/difficulty in breathing).

8. Instructions for the patient

- Patient should at all times use triple layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled.
- Mask should be discarded only after disinfecting it with 1% Sodium Hypochlorite.
- Patient must stay in the identified room and away from other people in home, especially elderly and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.
- Patient must take rest and drink lot of fluids to maintain adequate hydration.
- Follow respiratory etiquettes all the time.
- Hands must be washed often with soap and water for at least 40 seconds or clean with alcohol based sanitizer.
- Don't share personal items with other people.
- Clean surfaces in the room that are touched often (tabletops, door knobs, handles, etc) with 1% hypochlorite solution.
- The patient must strictly follow the physician's instructions and medication advice.
- The patient will self-monitor his/her health with daily temperature monitoring and report promptly if develops any deterioration of symptom as detailed below.

9. A district level an **"Oversight Committee"** consisting of Deputy Commissioners, Superintendent of Police (SP) and Civil Surgeon will regularly review the status of positive patients kept under Home Isolation in their districts.

10. Algorithm for mild cases is given below for reference:

Screening and Sample Collection
(Govt. & Pvt. Hospital / Dispensaries / Flu Clinic / ILI Survey)

COVID-19 PATIENT

On the basis of
Clinical Symptoms by
Clinician

Mild / Pre Symptomatic
(Clinician will take undertaking
for self isolation, provide
prescription and will intimate DSO)

Moderate / Sever Patient

Home Isolation

If Symptom deteriorates

Facility Isolation

Medical Officer/
Clinician should
intimate DSO
for further
surveillance
activity as per
protocol

Mild patient will
have the option
for Home
Isolation.
Subject to
eligibility (As per
GOI guidelines)

Patients at
these facilities
should be
treated as per
GOI guidelines.

A committee consisting of one Dy. CS, concerned MO & BEE will supervise all home isolation patients.

Care giver should be available for 24*7 basis and should follow these points.

1. Drug prophylaxis.
2. Use of Mask.
3. Hand Hygiene.
4. Disposal of Bio Medical Waste as per attached Guidelines.

On first day of isolation Health workers like ASHA & MPHW will visit the house of patient and carryout following:

1. Display of Red Poster at the outside of Patient's House.
2. Pamphlets distribution.
3. Stamping on the Patient's Hand.
4. Provide logistics for infection prevention e.g. masks etc
5. Health Workers should share their contact numbers with Patients / contacts.

On every third day these Health Workers will visit the Patient's House for any deterioration of symptoms and will ensure Home Isolation protocol being followed. These workers should share their contact.

Stamp :

COVID POSITIVE
HOME
ISOLATION
Till
(14 days from day of sample collection)
❖ Re-stamping if two samples are not
Reported negative

11. Instructions for home isolation:

Do's	Dont's
<ul style="list-style-type: none">• Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean.• Cover your nose and mouth with mask and dispose of as per BMW guidelines.• Contact doctor/ Health Care Worker if symptoms worsen.• For any help contact State helpline number 24X7 helpline at 8558893911.	<ul style="list-style-type: none">• Have a close contact with anyone, if you're experiencing cough and fever.• Touch your eyes, nose and mouth.• Spit in house.• Close contact with family members.

Therefore, all districts are directed to follow these guidelines and strict compliance of the same be ensured.

25/6
Director Health Services (IDSP)
For Additional Chief Secretary to Govt. of Haryana
Health Department

No. 32/3-IDSP/020/2504-07

Dated: 06/05/20

A copy is forwarded to the following for information please:

1. PA to Hon'ble HM, Haryana for information of Hon'ble Health Minister, Haryana
2. The Chief Secretary to Govt. of Haryana.
3. All the Divisional Commissioners in the State of Haryana.

25/6
Director Health Services (IDSP)
For Additional Chief Secretary to Govt. of Haryana
Health Department

No. 32/3-IDSP/020/2512-14

Dated: 06/05/20

A copy is forwarded to the following for information please:

1. Mission Director, National Health Mission, Haryana.
2. Director General Health Services, Haryana.

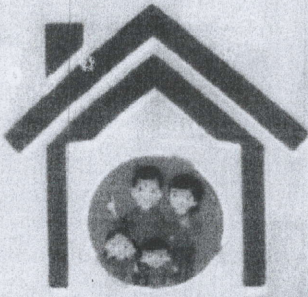
25/6
Director Health Services (IDSP)
For Additional Chief Secretary to Govt. of Haryana
Health Department

No. 32/3-IDSP/020/2515

Dated: 06/05/20

A copy is forwarded to all District Surveillance Officers of the State for necessary.

25/6
Director Health Services (IDSP)
For Additional Chief Secretary to Govt. of Haryana
Health Department



कोरोना वायरस से बचाएँ होम क्वारंटाइन

क्या है होम क्वारंटाइन?

होम क्वारंटाइन का मतलब घर पर अपने आप को दूसरे लोगों से अलग कर लेना है। अगर आपको कोरोना वायरस से संक्रमित होने का संदेह है या फिर सर्दी जुकाम लगा हुआ है तो आप एक कमरे अपने आप को अलग कर लें। इससे आपके परिवार में किसी को वायरस नहीं फैलेगा।

घर पर कैसे कर सकते हैं अपने आप को क्वारंटाइन ?

- होम क्वारंटाइन के लिए एक हवादार कमरा हो, जिसमें टॉयलेट भी हो।
- अगर उस कमरे में अन्य परिजन हो, तो दोनों में एक मीटर की दूरी हो।
- दोनों शख्स घर के अन्य बुजुर्गों, गर्भवतियों और बच्चों से दूर रहें।
- सदिग्ध समारोह में 14 दिन या जब तक स्वस्थ न हो जाएं, हिस्सा न लें।
- साबुन से हाथ धोएं और एलकोहल बेस्ड हैंड सेनेटाइजर का इस्तेमाल करें।
- घर में खुद से पानी, बरतन, तौलिया या अन्य किसी चीज को न छुएं?

खुद रहें सुरक्षित
दूसरों को रखें सुरक्षित

होम क्वारंटाइन व्यक्ति के परिजनों के लिए गाइडलाइंस

- घर का कोई एक सदस्य ही ऐसे व्यक्ति की देखभाल करे।
- ऐसे व्यक्ति की त्वचा के सीधे संपर्क में आने से बचें।
- घर को साफ करने के लिए दस्ताने पहनें। उन्हें उतारने के बाद हाथों को अच्छे से धोएं।
- घर में किसी बाहरी व्यक्ति को न आने दें।
- होम क्वारंटाइन व्यक्ति के कमरे के फर्श और हर चीज को एक फीसदी सोडियम हाइपोक्लोराइट सॉल्यूशन से साफ करें।
- इसके अलावा टॉयलेट को भी रोज रेंगुलर हाउसहोल्ड ब्लीच से साफ करें।
- होम क्वारंटाइन व्यक्ति में लक्षण नजर आए तो 14 दिनों तक सभी नजदीकी संपर्क बंद कर दें। ऐसा तब तक करें जब तक रिपोर्ट नेगेटिव न आ जाए।

किसको अपने आप को अलग कर लेना चाहिए?

हर एक शख्स जो मरीज के कॉन्टैक्ट में आया हो या फिर जिन्हें लक्षण दिखने पर शक हो रहा हो वे अपने आप को घर पर अलग कर सकते हैं। अभी तक देखा गया है कि वायरस के लक्षण सामने आने में 14 दिनों का अवकलन लग रहा है, ऐसे में आप लापरवाही करेंगे तो इससे सैकड़ों लोग बीमार हो सकते हैं।

अधिक जानकारी के लिए

राष्ट्रीय हेल्पलाइन नं.

24x7 +91-11-23978046

या 1075

राज्य का हेल्पलाइन नं.

85588-93911

ई-मेल करें

ncov2019@gov.in

ncov2019@gmail.com

पर सम्पर्क करें



COVID- 19

Home Isolation

From

To

Name and Phone No:-

Office Address & Phone No:-

Permanent Address:-

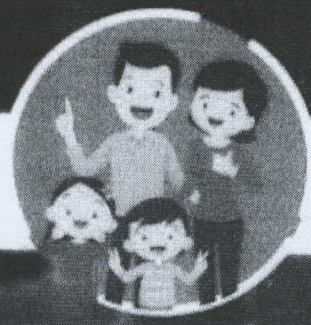
District Administration

Helpline No:



Help us to help you

नोवल कोरोनावायरस (COVID-19)



Pamphlet

— खुद रहें सुरक्षित, दूसरों को रखें सुरक्षित —

क्या करें ☺ क्या करें और क्या ना करें



बार-बार सफा सोंपे। जब आपने हाथ सफा करा है तब न हों, तब ही अपने हाथों को अलकोहल - आधारित हैंड सैंटाइजर या साबुन और पानी से सफा करें



छींकते और खांसे समय, अपना मुँह या नाक टिड्डू/कपड़ा से ढकें



बसों के दुरंत बस टिड्डू को किसी बंद हिस्से में रोक दें



अगर आपको बुखार, सांसी और खांसे लेने में कठिनाई है तो डॉक्टर से संपर्क करें। डॉक्टर से मिलने के दौरान अपने मुँह और नाक को ढकने के लिए भस्म/कपड़े का प्रयोग करें



अगर आप में कोरोना वायरस के लक्षण हैं, तो कृपया संपर्क केंद्र/सहायक नंबर या स्वास्थ्य मंत्रालय की 24x7 हेल्पलाइन नंबर 011-23978046 पर कॉल करें



घोड़-साह वाली जगहों पर जाने से बचें



✗ यदि आपको किसी और बुखार का अनुभव हो रहा हो, तो किसी के साथ संपर्क में न आएं



✗ अपनी आंख, नाक या मुँह को छूने से बचें



✗ सार्वजनिक स्थानों पर न जाएं

क्या न करें ☹

हम सब साथ मिलकर कोरोनावायरस से लड़ सकते हैं

अधिक जानकारी के लिए स्वास्थ्य एवं परिवार कल्याण मंत्रालय भारत सरकार को 24x7 हेल्पलाइन नं. +91-11-2397 8046 पर कॉल करें या ई-मेल करें ncov2019@gmail.com

CHECKLIST FOR HOME ISOLATION

Govt. of India, Ministry of Health and Family Welfare had issued guidelines for Home Isolation of very mild/pre symptomatic COVID-19 case on dated 07-04-2020. Only those patients who have the availability of following instructions and agrees to follow the conditions should be allowed:-

S.No	Points to be checked/verified	No	Yes	
1.	One assigned Health worker for monitoring vitals and to provide preventive measure training to the family in taking vitals like temperature, oxygen saturation.			
2.	COVID-19 sticker pasted outside the home isolation.			
3.	Hand washing with:			
	a. soap and water for at least 20 second			
	b. clean with alcohol based sanitizer			
4.	Proper rest and drink lot of fluids to maintain adequate hydration			
5.	Use of:			
	a. face mask			
	b. discarded only after disinfecting it with 1% sodium hypochlorite	-		
	c. maintain social distance.			
6.	Counseling sessions online / telephonically.			
7.	Awareness about State Helpline no. 8558893911 available 24x7.			
8.	Stamps on the hands of patients as per protocol.			
9.	Update the status on Arogya Setu App on daily basis.			
10.	Instruction- separate facilities mandatory for home isolation:	No	Yes, Separate	Yes, Common
	a. room			
	b. bathroom			
	c. washroom			
11.	(Instruction- separate items mandatory for home isolation),			
	a. clothes			
	b. bed sheets/ linen (to be disinfected with sodium hypochlorite solution before washing)			
12.	Availability of daily use items like:			
	a. toothpaste			
	b. footwear			
	c. comb			
	d. mirror			
	e. utensils (disposables/ washed)			
13.	Personal items (should not be shared with other people) like:			
	a. smart phone			
	b. thermometer			
	c. medicine			
	d. pulse oximeter.			

Note: Patients above 60 years of age and co morbidities, breathlessness and neuro psychotic ailments are not allowed to isolate at home.

घर में अलग रहने के लिए चेकलिस्ट

स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार ने दिनांक 7/4/2020 को बहुत ही हल्के / पूर्व रोगसूचक कोविड-19 के मामले में घर पर अलग रहने के लिए दिशानिर्देश जारी किए थे।

जिनके पास निम्नलिखित बुनियादी सुविधाएं हैं और शर्तों का पालन करने के लिए सहमत हैं, केवल उन रोगियों को अनुमति दी जानी चाहिए। 60 वर्ष से अधिक आयु के रोगियों और सह रुग्णता, सांस लेने में तकलीफ और न्यूरो साइकोटिक बीमारियों वाले रोगियों को घर पर अलग करने की अनुमति नहीं है।

1. महत्वपूर्ण लक्षणों की निगरानी करने और परिवार को तापमान, ऑक्सीजन संतृप्ति जैसी महत्वपूर्ण लक्षणों की देखरेख के लिए प्रशिक्षण प्रदान करने के लिए एक स्वास्थ्य कार्यकर्ता दिया जाएगा।
2. जिस घर में व्यक्ति अलग रह रहा हो उसके बाहर कोविड-19 का स्टीकर चिपकाया जाएगा।
3. एक अलग कमरा / बाथरूम और शौचालय की व्यवस्था होनी चाहिए।
4. रोगी के कपड़े, बेडशीट / तौलिया (धोने से पहले सोडियम हाइपोक्लोराइट से संक्रमणमुक्त) अलग होने चाहिए।
5. टूथपेस्ट, चप्पल, कंघी, दर्पण, बर्तन (डिस्पोजेबल / धुला हुआ) जैसी दैनिक उपयोग की वस्तुएं अलग होनी चाहिए।
6. स्मार्ट फोन, थर्मामीटर, दवाई, पल्स ऑक्सीमीटर जैसी व्यक्तिगत वस्तुओं को दूसरे के साथ साझा नहीं किया जाना चाहिए।
7. नियमित अंतराल पर 20 सेकेंड तक साबुन और पानी से या अल्कोहल आधारित सैनिटाइजर से हाथ साफ करते रहना चाहिए।
8. शरीर में जल की पर्याप्त मात्रा बनाए रखने के लिए रोगियों को आराम करना चाहिए और ज्यादा मात्रा में तरल पदार्थ पीने चाहिए।
9. रोगी को चेहरे पर मास्क लगाना चाहिए और उसे फेंकने से पहले 1% सोडियम हाइपोक्लोराइट से संक्रमण मुक्त करना चाहिए और सामाजिक दूरी का पालन करना चाहिए।
10. ऑनलाइन / टेलीफोन के माध्यम से काउंसिलिंग सत्र प्रदान किए जाएंगे।
11. हेल्पलाइन नंबर 1075 / 0172 2583305/108 हर समय (24 x 7) उपलब्ध रहेगा।
12. प्रोटोकॉल के अनुसार रोगियों के हाथ पर मुहर लगाना अनिवार्य है।
13. आरोग्य सेतु ऐप पर स्थिति की जानकारी को दैनिक आधार पर अपडेट करते रहें।

Guidelines for Home Isolation of very mild/pre-symptomatic COVID-19 cases

1. Scope

The present guidelines are in addition to guidelines on appropriate management of suspect/confirmed case of COVID-19 issued by MoHFW on 7th April, 2020. All suspected (awaiting test results) and confirmed cases of COVID-19 disease are currently being isolated and managed in a hospital setting with the intent to break the chain of transmission.

As per existing guidelines, during the containment phase the patients should be clinically assigned as very mild/mild, moderate or severe and accordingly admitted to (i) COVID Care Center, (ii) Dedicated COVID Health Center or (iii) Dedicated COVID Hospital respectively. However, very mild/pre-symptomatic patients having the requisite facility at his/her residence for self-isolation will have the option for home isolation.

2. Eligibility for home isolation

- i. The person should be clinically assigned as a very mild case/ pre-symptomatic case by the treating medical officer.
- ii. Such cases should have the requisite facility at their residence for self-isolation and also for quarantining the family contacts.
- iii. A care giver should be available to provide care on 24 x7 basis. A communication link between the caregiver and hospital is a prerequisite for the entire duration of home isolation.
- iv. The care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per protocol and as prescribed by the treating medical officer.
- v. Download Arogya Setu App on mobile (available at: <https://www.mygov.in/aarogya-setu-app/>) and it should remain active at all times (through Bluetooth and Wi-Fi)
- vi. The patient shall agree to monitor his health and regularly inform his health status to the District Surveillance Officer for further follow up by the surveillance teams.
- vii. The patient will fill in an undertaking on self-isolation (**Annexure I**) and shall follow home quarantine guidelines. Such individual shall be eligible for home isolation.
- viii. In addition to the guidelines on home-quarantine available at: <https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf>, the required instructions for the care giver and the patient as in Annexure II shall be also followed.

3. When to seek medical attention

Patient / Care giver will keep monitoring their health. Immediate medical attention must be sought if serious signs or symptoms develop. These could include

- (i) Difficulty in breathing,
- (ii) Persistent pain/pressure in the chest,
- (iii) Mental confusion or inability to arouse,
- (iv) Developing bluish discolorations of lips/face and
- (v) As advised by treating medical officer

4. When to discontinue home isolation

Patients under home isolation will end home isolation if symptoms are clinically resolved and the surveillance medical officer certifies him to be free of infection after laboratory testing

Undertaking on self-isolation

I S/W of, resident of being diagnosed as a confirmed/suspect case of COVID-19, do hereby voluntarily undertake to maintain strict self-isolation at all times for the prescribed period. During this period I shall monitor my health and those around me and interact with the assigned surveillance team/with the call center (1075), in case I suffer from any deteriorating symptoms or any of my close family contacts develops any symptoms consistent with COVID-19.

I have been explained in detail about the precautions that I need to follow while I am under self-isolation.

I am liable to be acted on under the prescribed law for any non-adherence to self-isolation protocol.

Signature _____

Date _____

Contact Number _____

Instructions for care-givers

- **Mask:** The caregiver should wear a triple layer medical mask appropriately when in the same room with the ill person. Front portion of the mask should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. Discard the mask after use and perform hand hygiene after disposal of the mask.
- He/she should avoid touching own face, nose or mouth.
- **Hand hygiene** must be ensured following contact with ill person or his immediate environment.
- Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. Use soap and water for hand washing at least for 40 seconds. Alcohol-based hand rub can be used, if hands are not visibly soiled.
- After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.
- **Exposure to patient:** Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient. Perform hand hygiene before and after removing gloves.
- Avoid exposure to potentially contaminated items in his immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen).
- Food must be provided to the patient in his room
- Utensils and dishes used by the patient should be cleaned with soap/detergent and water wearing gloves. The utensils and dishes may be re-used. Clean hands after taking off gloves or handling used items.
- **Use triple layer medical mask and disposable gloves** while cleaning or handling surfaces, clothing or linen used by the patient. Perform hand hygiene before and after removing gloves.
- The care giver will make sure that the patient follows the prescribed treatment.
- The care giver and all close contact will self-monitor their health with daily temperature monitoring and report promptly if they develop any symptom suggestive of COVID-19 (fever/cough/difficulty in breathing)

Instructions for the patient

- Patient should at all times use triple layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled.
- Mask should be discarded only after disinfecting it with 1% Sodium Hypo-chlorite.
- Patient must stay in the identified room and away from other people in home, especially elderlies and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.
- Patient must take rest and drink lot of fluids to maintain adequate hydration
- Follow respiratory etiquettes all the time.
- Hands must be washed often with soap and water for at least 40 seconds or clean with alcohol based sanitizer.
- Don't share personal items with other people.
- Clean surfaces in the room that are touched often (tabletops, door knobs, handles, etc) with 1% hypochlorite solution.
- The patient must strictly follow the physician's instructions and medication advice.
- The patient will self-monitor his/her health with daily temperature monitoring and report promptly if develops any deterioration of symptom as detailed below.