

From Director General Health Services
Haryana, Panchkula

To All Civil Surgeons of the State

No. 32/3/IDSP/20/2326-48
Dated: 24/04/2020

Subject: Regarding Screening of Students coming from Kota (Rajasthan)

With reference to the subject cited above. State is doing many efforts. Major steps/activities have been undertaken in the State for prevention & control of COVID-19. In this regard, State is keeping a close eye on all persons coming from other Nations and States.

However it has come to light, that students who are resident of Haryana are coming back from Kota (Rajasthan) to their hometowns.

In order to be extra observant and to prevent the spread to COVID 19 ,

1. It is instructed to screen each and every student coming from above mentioned place and quarantine them as per protocol.
2. If any symptoms found among the students, same should be managed as per COVID 19 protocol and be reported on online portal.
3. They should be advised that in case they develop any symptoms of Flu ,he/she immediately report at the State helpline no. 8558893911/ District Helpline no. 1075, 108 and any other if available (List attached)
4. Each student may be shared all Do's and Don'ts regarding quarantine

Hence necessary arrangements should be made in the district keeping the above context in view.

24.4.2020
Director General Health Services
Haryana, Panchkula

Endst No. 32/3-IDSP/020- 2349-71

Dated: 24/04/2020

A copy is forwarded to all DSO's in the State for information and with a direction to ensure compliance of above said activities in coordination with Dy. Commissioner.

24.4.2020
Director General Health Services
Haryana, Panchkula

Endst No. 32/3-IDSP/020- 2372

Dated: 24/04/2020

A copy is forwarded to the following for kind information please:

1. Worthy Additional Chief Secretary Health, Haryana.

24.4.2020
Director General Health Services
Haryana, Panchkula

Do's and Don'ts for the Travellers/Visitor in the Quarantine Facility:

1. While travelling back home:

- Provide details of your stay for next 14 days including the contact numbers.
- Obtain list of District Officers for follow up and reporting in case of any issue.
- Use triple layer surgical masks or homemade Masks (follow correct use and disposal of mask as briefed during the stay in quarantine centre)
- Follow frequent hand-wash with soap and water or use alcohol based hand sanitizer.
- Use respiratory etiquettes (use tissue paper/ hand-kerchief to cover your nose and mouth, turn head away from the person facing of you, while coughing/ sneezing).
- Monitor your temperature twice daily.
- Retain the rail ticket/ details of Journey by taxi (including contact number of drivers etc)

2. After reaching home

- Avoid crowded places.
- Monitor your health for a period of next 14 days (after leaving the quarantine centre).
- Monitor body temperature twice daily.
- At all times:
 - Maintain personal hygiene
 - Wash hands with soap and water frequently or use alcohol based hand sanitizer.
 - Use respiratory etiquettes (use tissue paper/ hand-kerchief to cover your nose and mouth, turn head away from the person facing of you, while coughing/ sneezing).
- Report to nearest health facility if you develop fever, cough or difficulty in breathing besides reporting it to the District Surveillance Officer.
- Allow attendance by health workers / respond to call received from Health functionaries. Keep their contact numbers handy.
- Inform about your health at the end of 14 days period to the Healthcare worker and District Surveillance Officer.

3. In case you develop fever, cough or difficulty in breathing any time after leaving the quarantine Centre (within next 14 days):

- Call the nearest health facility or health worker visiting you/ talking to you besides informing the District Surveillance Officer.
- An identified care giver (among family members) will only attend to you. He / she will wear mask and wash hands, every time he/ she comes in contact with you.
- Use surgical triple layer mask immediately on realization of symptoms.
- Get admitted to the identified health facility as advised.
- Follow infection prevention and control practices at all times and places.
- If further assistance is required, call Ministry of Health, Government of India's Control Room No. +91-11-23978046, State Helpline- 85588-93911, District Surveillance Officer- 1075.

4. Advice to other family members at home:

- Wash your hands with soap and water frequently.
- If the person (discharged from the quarantine centre) develops symptoms inform the health worker and also the District Surveillance Officer.
- In case advised to shift the patient to a health facility:
 - Share list of all contacts till date with the treating doctor/ health care worker and the District Surveillance Officer.
 - Family members to be in home quarantine till either medical examination rules out novel coronavirus infection or the result of sample is negative.
 - Proper disinfection of bedding/ clothing/ room/ all personal belongings should be followed with 1% Sodium hypochlorite solution



Helpline Numbers for COVID-19 of Haryana

State has started 24 X7 Helpline Numbers/ Control room at the State 8558893911 and 108 in all the districts. In addition to above district specific helpline numbers are as under:

Name of the district	Helpline No.
State Head Quarter, Panchkula	8558893911, 1075, 0172-4032100
Ambala	01712550580, 9813059474, 9355555693
Bhiwani	7027847102
Charkhi Dadari	01250222200, 7015058611
Faridabad	01292415623, 8882916056
Fatehabad	01667226024, 9466671529
Gurugram	01242322412, 9953618102, 1950
Hisar	7027830252, 01662-278113
Jhajjar	01251297221, 7027813976
Jind	01681248666, 9416317978, 9017608612, 9466750317
Kaithal	9896317010
Karnal	01844076099, 9466124730
Kurukshetra	01744259285, 7027854102
Nuh	9416012195, 7027855102, 9728473773
Narnaul	9416903132
Panchkula	9779494643, 8054007102
Palwal	01275240022, 7018294171, 7027840481
Panipat	7027858102
Rewari	01274250764, 9466777510
Rohtak	01262281031, 7027816559
Sirsa	01666241155, 9468447897
Sonepat	01302231932
Yamunanagar	01732223102, 223108, 7027863102, 7027972089

*108 for all the districts



Help us to
help you

नोवल कोरोनावायरस (COVID-19)

होम क्वारंटाइन कब आवश्यक है?



अगर आप सामान्य हैं, लेकिन आप इनमें से किसी के सम्पर्क में रहे हैं:

आपने पिछले 14 दिनों में COVID-19 से प्रभावित देशों की यात्रा की हो

COVID-19 प्रभावित रोगी या उसके शरीर के तरल पदार्थ, लार या गंदी वस्तुओं के संपर्क में रहे हों

COVID-19 से प्रभावित व्यक्ति, जिसकी रिपोर्ट पॉजिटिव आई हो, के साथ एक ही घर में रह रहे हों

14 दिनों के लिए होम क्वारंटाइन का पालन करें



हवादार कमरे में अकेले रहें



स्वच्छता का पालन करें और बार-बार हाथ धोएं



साथ रहने वाले सदस्यों से 1 मीटर की दूरी बनाए रखें और बुजुर्गों, गर्भवती महिलाओं, बच्चों से दूर रहें



फेस मास्क पहनें, अगर आप में इसके लक्षण हैं या आप किसी COVID-19 के संदिग्ध/संक्रमित व्यक्ति की देखभाल कर रहे हैं



घरेलू सामान साझा न करें



घर में मेहमान नवाजी बिल्कुल न करें

होम क्वारंटाइन के दौरान हम क्या करें या न करें, जानने के लिए हमारी वेबसाइट देखें: <http://www.mohfw.gov.in>

हम सब साथ मिलकर COVID-19 से लड़ सकते हैं!

यदि आप होम क्वारंटाइन के दौरान अस्वस्थ (खांसी, बुखार या सांस लेने में कठिनाई) महसूस कर रहे हैं, तो तुरंत हेल्पलाइन नम्बरों पर कॉल करें

राष्ट्रीय हेल्पलाइन नं.
24x7 +91-11-23978046
या 1075

अधिक जानकारी के लिए

राज्य का हेल्पलाइन नं.
85588-93911

ई-मेल करें
ncov2019@gov.in
ncov2019@gmail.com

पर सम्पर्क करें

राष्ट्रीय स्वास्थ्य मिशन, स्वास्थ्य विभाग, हरियाणा



आप इसे काटकर अपने कार्यालय / सार्वजनिक स्थान / घर में चिपका सकते हैं



Help us to help you



NOVEL CORONAVIRUS (COVID-19)

When to Practise Home Quarantine?

IF YOU ARE ASYMPTOMATIC but have ONE OF THE FOLLOWING:

Travel history to COVID-19 affected countries in last 14 days

Physical exposure to COVID-19 case or body fluids or secretions or soiled items

Living in the same household with a COVID-19 suspect who turned positive

Do Follow Home Quarantine for 14 days



STAY in a well-ventilated single-room



FOLLOW respiratory and hand hygiene



MAINTAIN 1 meter distance from co-inhabitants and stay away from elderly people, pregnant women and children



WEAR face mask, if you develop symptoms or you are caring for a suspect/confirmed COVID-19 case



AVOID sharing household items



STRICTLY AVOID visitors at home

Know the **Do's** and **Don'ts** of Home Quarantine for yourself and your family at www.mohfw.gov.in

Together we can fight COVID-19!

If you feel unwell (Cough, fever or difficulty in breathing) during home quarantine, immediately call the helpline numbers.

For Further Information:

National Helpline

+91-11-23978046 & 1075

State Helpline

85588-93911

e-Mail

**ncov2019@gov.in
ncov2019@gmail.com**

National Health Mission, Health Department, Haryana



You may cut this out and paste in your office/public place/home