



GOVERNMENT OF MEGHALAYA
DEPARTMENT OF HEALTH & FAMILY WELFARE

SPECIAL ADVISORY FOR ALL THE STUDENTS AND OTHERS WHO ARE RETURNING FROM CORONAVIRUS DISEASE AFFECTED COUNTRIES AND STATES IN OUR COUNTRY

THIS IS AN IMPORTANT AWARENESS MESSAGE FOR ALL RESIDENTS OF MEGHALAYA.

During this global pandemic of COVID-19, we need the cooperation of every citizen to fight Coronavirus disease. Therefore, a special appeal and advisory is made to every citizen of the State to adhere to all the guidelines and advisories issued by the State Government.

Under Section 5 (i) and (ii) of the Meghalaya Epidemic Diseases COVID-19 Regulations, 2020 (notified on 19th March 2020) it is mandatory for all the persons who have travelled to Coronavirus disease affected countries and other places in the last 14 days to undergo Home Isolation (Home Quarantine) for a period of 14 days.

All such persons with the travel history in the last 14 days, like students, working professionals and any other travelers entering Meghalaya should use any of the three ways to inform the Government.

- 1. BY CALLING 108 Helpline number**
- 2. BY REGISTERING ON THE ONLINE REGISTRATION SYSTEM
meghalayaonline.gov.in/covid**
- 3. BY CALLING respective DC (Deputy Commissioner/District Magistrate)
OFFICE CONTROL ROOM**

Sl No.	Districts	Control Room Number
1.	West Garo Hills	6009926806/ 8258991324
2.	East Garo Hills	9485113132
3.	North Garo Hills	9485113132
4.	East Khasi Hills	0364-2502094/2225289
5.	Ri Bhoi	03638-233028/1077
6.	South West Khasi Hills	6909904336/6033162971
7.	West Jaintia Hills	6009693315

8.	West Khasi Hills	8974579811
9.	East Jaintia Hills	7628079707/7628078735
10.	South Garo Hills	7085100406
11	South West Garo Hills	6009913082/6009919788

The Headmen are also urged to take proactive steps to identify and inform the Deputy Commissioners.

Students and others coming from the affected States are urged to follow social distancing norms including self-isolation, maintain personal hygiene like hand wash protocol and observe respiratory etiquette. Medical Volunteers and District Surveillance Team members will reach out to these persons/ households through phone or make visits if necessary, to provide necessary guidance and care to those persons/families for the next 14 days.

Commissioner & Secretary
Health & Family Welfare
Government of Meghalaya

COVID 19 (CORONA VIRUS) ADVISORY

HOW TO HOME QUARANTINE

(STAY AT HOME WITH SOCIAL DISTANCING)

If you have just returned from any of the COVID 19 affected countries or states, or have come into contact with confirmed COVID 19 cases, here is what you can do to prevent the transmission of Covid 19.

- ✓ **Call Toll Free number 108** to notify of your arrival
- ✓ Stay at home in well ventilated, preferably single-room with an attached or separate toilet. If other family members need to stay in the same room then a distance of more than 1 metre is to be maintained between the two.
- ✓ Stay away from elderly people, pregnant women, children, or people with pre-existing medical conditions.
- ✓ Restrict your movement within the household and avoid unnecessary contact with others. Remain indoors and do not leave the house.
- ✓ **DO NOT ATTEND** any social or religious gatherings (weddings, parties, festivals, churches, temple, mosques etc.)



What is Home Quarantine?

Home Quarantine means to isolate yourself and to avoid contact with others to prevent the transmission of COVID 19. This can be done by staying at home for a period of 14 days or as instructed by a medical professional or authorities of the government.

What should you do during Home Quarantine?

1. Wash your hands frequently with soap and water or with alcohol based sanitizers.
2. Avoid sharing household items with other members in the house – plates, spoons, cups, glasses, towels, bedsheets etc.
3. It is preferable that a surgical mask is worn at all times and that it is changed every 6 to 7 hours. Before disposing the mask, disinfect it by soaking in bleach solution prepared using household bleaching powder. Dispose the mask by burning it or burying it deep in the ground.
4. Do not reuse the mask under any circumstances. Remember, used masks are potentially infected.
5. **If symptoms such as cough and fever appear, immediately inform on the TOLL FREE NUMBER 108.**

Instructions to caretakers

1. Only **ONE ASSIGNED FAMILY MEMBER** should take care of the needs of the person.
2. Avoid shaking the bed sheets or linens and avoid direct contact with skin.
3. Preferably use disposable gloves when handling used bed sheets and linens.
4. Wash your hands with soap irrespective of having used gloves or not.
5. **VISITORS SHOULD NOT BE ALLOWED** during the quarantine period.
6. Should the person under quarantine start showing symptoms, all his/her close contacts would be quarantined for 14 days after which follow up would be conducted for an additional 14 days or till lab reports indicate negative result.
7. For any doubts or query, **call toll free number 108.**