

Directorate of Health & Family Welfare
Government of Punjab
Integrated Disease Surveillance Programme (IDSP)
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No. IDSP/NHM/Pb/20/ 6482-6525

Dated, Chandigarh: 12/6/2020

To


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

Subject: Regarding Home Isolation for COVID-19 patients who are tested positive with mild symptoms or asymptomatic.

With reference to the subject mentioned above, it is stated that mild symptomatic/asymptomatic persons testing positive for COVID-19 shall be offered home isolation provided they meet the eligibility criteria and district administration verifies availability of space and other requirements for home isolation as per guidelines. All asymptomatic or mild symptomatic COVID-19 positive patients should submit an undertaking for home isolation as per guidelines. Patient should seek immediate medical attention if serious signs or symptoms develop. The isolation shall be considered complete after 17 days provided no fever for 10 days, and there will be no need for testing after home isolation period over.

Those asymptomatic or mild symptoms COVID-19 positive patients, who do not have adequate facilities for home isolation as per guidelines, shall be isolated at COVID Care Centers

The SOPs, Medical Certificate for home isolation, Undertaking by patients on home-isolation and Advisory for the home isolation of COVID-19 patients are attached at annexure-A.


Director Health Services, Punjab

Endst. No. IDSP/NHM/Pb/20/ 6526-32.

Dated, Chandigarh: 12/6/2020

Copy is forwarded to:-

1. PS to Chief Secretary to Govt. of Punjab.
2. PS to Additional Chief Secretary Home, Punjab.
3. PS to Additional Chief Secretary, Health and Family Welfare, Punjab.
4. PSto Secretary Medical Education & Research, Punjab.
5. PA to Secretary, Health and Family Welfare cum Mission Director NHM, Punjab.
6. PA to Executive Director, SHSRC, Punjab
7. PA to Director Medical Education & Research, Punjab.


Director Health Services, Punjab

Standard Operating Procedure for home isolation of asymptomatic or mild symptomatic COVID-19 patients

1. Only asymptomatic or mild symptomatic COVID-19 positive patient as assessed by the concerned medical official will be eligible for home isolation.
2. The treating medical officer will certify that the patient is asymptomatic or mild symptomatic and free from any co-morbidity (Annexure-1).
3. The patient should carefully monitor his/her health for the following signs and symptoms:
 - Temperature
 - Cough
 - Difficulty in breathing
4. The patient should seek immediate medical attention in case any of the above mentioned symptoms worsens.
5. The patient has the requisite facility (separate well-ventilated rooms with attached washrooms) at their residence for self-isolation.
6. The patient will give the undertaking (Annexure-II) for self-isolation to ensure the availability of adequate facilities for isolation which will be further verified by a representative of district administration.
7. A care giver is available to provide care on 24×7 basis. A communication link between caregiver and hospital is established for the entire duration of home isolation.
8. The care giver and all close contacts of such patient should take Hydroxychloroquine prophylaxis as per the protocol and as prescribed by the treating Medical Officer.
9. The patient should download COVA App (https://play.google.com/store/apps/details?id=in.gov.punjab.cova&en_IN) on his/her mobile and the COVA App should remain active at all times (through Bluetooth and Wi-Fi).
10. The patient should be instructed to follow strict social distancing measure and respiratory etiquette.
11. The advisory for the home isolation of the asymptomatic or mild symptomatic positive patients (as attached) is strictly followed.



Annexure I: Certificate for home isolation of COVID-19 patients

Mr./Mrs. have been found to be COVID-19 positive (RTPCR) on

1. Dr. have examined the patient on (DD/MM/YYYY) with the diagnosis.....

The patient is asymptomatic/ mild symptomatic now and does not have any comorbidities. The patient can be allowed for home isolation.

Name of the physician:

Signature of physician

Dated:

Annexure II: Undertaking on home-isolation

1. I..... S/W of, resident of contact number: being diagnosed as a confirmed 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 centre (1075), in case I suffer from any deteriorating symptoms or any of my close family contacts develops any symptoms consistent with COVID-19.
2. I have facilities for home isolation as per the guidelines and the same can be verified by the officials for confirmation.
3. I have been explained in detail about the precautions that I need to follow while I am under self-isolation.
4. I have active COVA app (https://play.google.com/store/apps/details?id=in.gov.punjab.cova&en_IN) on my phone and I assure that it will remain active throughout the period of isolation (through Bluetooth and WiFi).
5. I am liable to be acted on under section 188 of IPC as per provision of “The Epidemic diseases Act 1897” for nay non-adherence to self-isolation protocol.
6. I have submitted a copy of my..... as ID proof and my care taker’sas ID proof.

Signature of Patient:

Signature of Care Taker:

Date:

Date:

Place:

Place:

7. Verified that the facility for home isolation is available. (This should be signed by Deputy Commissioner or an Official not below the rank of an Executive Magistrate).

Name of the Official:

Designation of the official:

Signature of the official.....

Advisory regarding the home isolation

All those who report to be mild symptomatic/ asymptomatic persons testing positive for COVID-19 shall be offered home isolation provided they meet the eligibility criteria and district administration verifies availability of space and other requirements for home isolation as per guidelines. All asymptomatic or mild symptomatic COVID-19 positive patients should submit an undertaking for home isolation as per guidelines. Patient should seek immediate medical attention if serious signs or symptoms develop. The isolation shall be considered complete after 17 days provided no fever for 10 days, and there will be no need for testing after home isolation period over.

Those asymptomatic or mild symptoms COVID-19 positive patients, who do not have adequate facilities for home isolation as per guidelines, shall be isolated at COVID Care Centers

The guidelines below explain in detail the protocol to be followed in mild symptomatic/ asymptomatic patients where Home Isolation is to be undertaken:

I. Eligibility for home isolation

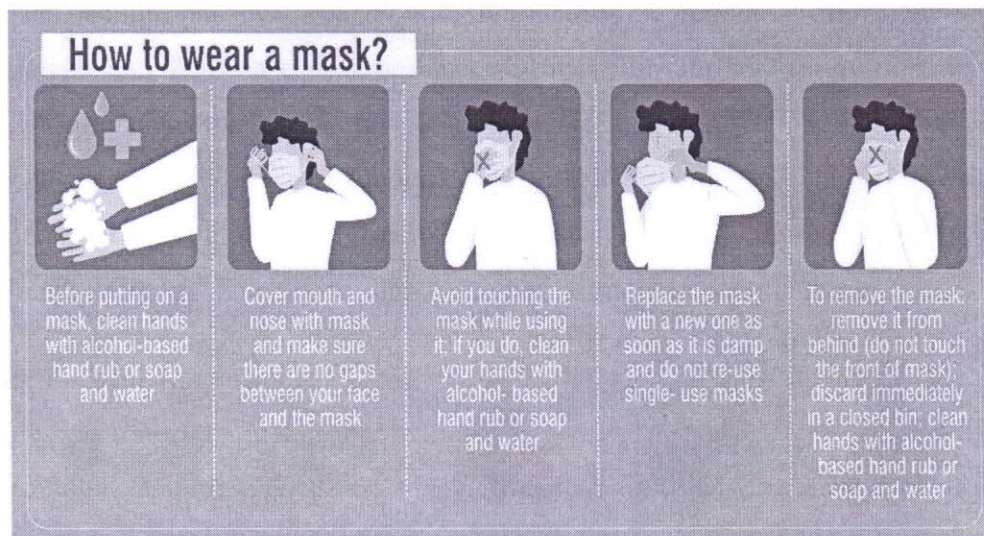
1. Patients who are asymptomatic or mild symptomatic at the time of admission at isolation facility would be considered for discharge from facility and advised home isolation.
2. The patient should be clinically assessed for the resolution of symptoms by the treating Medical Officer.
3. The treating medical officer will certify that the patient is symptom-free as per guidelines and fit for home isolation.
4. The patient should be carefully monitored by the treating medical officer for the following signs and symptoms and record will be kept in patient monitoring chart :
 1. Temperature
 2. Oxygenation level (with Pulse Oxymeter)
 3. Any other relevant signs/symptoms
5. Such patient should have the requisite facility at their residence for self-isolation and also for quarantining the family contacts, i.e. clean, well-ventilated rooms with attached washrooms for the patient/home contacts.
6. 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.

7. The care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per the protocol and as prescribed by the treating Medical Officer.
8. The patient should be advised to download COVA App (https://play.google.com/store/apps/details?id=in.gov.punjab.cova&hl=en_IN) on his/her mobile and the COVA App should remain active at all times (through Bluetooth and Wi-Fi).
9. 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.
10. The patient will fill in an undertaking on self-isolation and shall follow home quarantine guidelines. Only such individuals shall be eligible for home isolation.
11. In addition, the advisory for home quarantine should be meticulously followed.

II. Instructions for the patient

- Follow respiratory etiquettes all the time.
- 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 for 30 minutes.
- Patient must stay in the identified room and away from other people in home, especially senior citizen/elderlies/pregnant ladies 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

- Hands must be washed often with soap and water for at least 40 seconds by applying the soap gently on the palm and back of the hand including web spaces between the fingers and space as well as between the finger and the thumb and the wrist 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 and let the solution stay for 30 minutes.
- 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 symptoms.

III. 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

1. Difficulty inbreathing
2. Persistent pain/pressure in the chest
3. Mental confusion
4. Developing bluish discolorations of lips/face
5. As advised by the treating Medical Officer

IV. When to discontinue home isolation

Patient under home isolation will end home isolation after 17 days of date of sampling for mild symptomatic/ asymptomatic persons and no fever for 10 days. There is no need for testing after the home isolation period is over.

V. Instructions for care-giver

- **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. 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.
- He/she should avoid touching his/her 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 (70% v/v) hand rub can be used, if hands are not visibly soiled.
- After hand-wash with 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. Eating utensils, dishes, drinks, used towels or bed linen).
- Food must be provided to the patient in his/her 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 caregiver should ensure the availability of masks for the patient as well as himself.
- 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 inbreathing).
- The mobile should be cleaned thoroughly and regularly (as per the advisory released separately).

Disinfection of the Home Isolation facility

1. **Indoor Areas:** Indoor areas except the room where the patient is staying should be cleaned every evening and early in the morning. If the contact surface is visibly dirty, it should be cleaned with soap and water prior to disinfection. Prior to cleaning, the cleaner should wear disposable rubber boots, gloves (heavy duty), and a cloth mask.

- Start cleaning from cleaner areas and proceed towards dirtier areas.
 - All indoor areas such as entrance lobbies, corridors and staircases, elevators etc. should be mopped with 1% sodium hypochlorite disinfectant or equivalent disinfectants commercially available in the market and let the solution stay for 30 minutes.
 - High contact surfaces such as table tops, chair handles etc. should be cleaned twice daily by mopping with a linen/absorbable cloth soaked in 1% sodium hypochlorite and let the solution stay for 30 minutes.
 - For metallic surfaces like door handles, security locks, keys etc. 70% alcohol can be used to wipe down surfaces where the use of bleach is not suitable.
 - Carefully clean the equipment used in cleaning at the end of the cleaning process.
 - Protective gear used during sanitation process should be discarded as per the requirements.
2. **Isolation Room:** The room occupied by the case should be cleaned by the caretaker only after wearing appropriate protective gear (rubber gloves, masks, rubber boots, apron etc.).
- Person under isolation should be instructed to bag his/her trash and place the closed bag outside their door for daily pick up.
 - Similarly, person under isolation should also be instructed to bag his/her soiled linens and place the closed bag outside their door for pick up.
 - Caretaker should remove gloves after cleaning the room or area occupied by person under isolation.
 - After delivering bags to their final destination, caretaker should clean and disinfect any hard, cleanable surfaces where bags have been stored (such as the floor).
 - Any time the caretaker removes gloves, he/she should wash the hands with soap for at least 40 seconds by applying the soap gently on the palm and back of the hand including web spaces between the fingers and space as well as between the finger and the thumb and the wrist.
 - Also, the caretaker can use alcohol-based sanitizer (minimum 70% ethyl alcohol v/v) which can be mounted at the entrance of the rooms. The sanitizers are to be refilled/replaced frequently. Use a minimum of 3ml of the sanitizer (approximately 2 pushes of sanitizer dispenser) on DRY HANDS for at least 30 seconds for good hygienic hand disinfection.
 - If possible, for fabrics or other materials that can be laundered, use the warm water setting and dry items completely on high heat.

- If a person under isolation has a special need for assisted cleaning (e.g., an elderly person who is unable to clean a spill such as vomiting in their quarters), appointed health personnel will oversee the cleaning process as part of their evaluation of the individual.