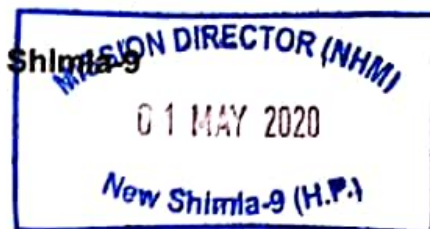




National Health Mission
SDA Complex, Kasumpti, Shimla-9
Himachal Pradesh
Dated: Shimla-171009, the



ORDER

Himachal Pradesh has taken numerous steps to contain the transmission of COVID-19 and all these efforts of the State Government have been by and large successful so far. The Ministry of Home affairs vide order bearing No. 40-3/2020-DM-I(A) dated 29 April, 2020 has allowed the movement of migrant workers, pilgrims, tourists, students and other persons who are stranded at different places. This is expected to increase the inflow of people into the State of Himachal Pradesh from other States and has the potential to import the virus into the State. These inter-state returnees need to be aggressively tracked and it needs to be ensured that they complete the mandatory period of home quarantine. Therefore, in exercise of the powers conferred by the 'Himachal Pradesh Epidemic Disease (COVID-19) Regulations, 2020' vide notification no. HFW-A-A (3)1/2020 dated 14-03-2020 under the Epidemic Disease Act, 1897, the following health related instructions are being issued:

1. Every district authority from where the returnees are entering the state shall on a daily basis transmit the details of such inter-state returnees to the concerned districts where such persons are destined to go. The State level nodal authority shall also transmit the available information and details to such districts. To ensure that all the inter-state returnees have been registered, action shall also be taken by the Gram Panchayat/Urban Local Body as provided for in the order of Disaster Management Cell, Department of Revenue bearing No. Rev (DMC)(F)4-2/2000/SEC dated 29th April, 2020.
2. For setting up of panchayat level quarantine facilities as provided for in the order of DMC mentioned ibid, guidelines notified by the National Health Mission Himachal Pradesh vide letter bearing No. NHMHP-IDSP/1/2020-IDSP-Section-NATIONAL HEALTH MISSION-HP-Part(2)- 2949 dated 06.04.2020 shall be adhered to.
3. For the guidelines regarding home quarantine, the guidelines notified by the National Health Mission Himachal Pradesh vide letter bearing No. NHMHP-

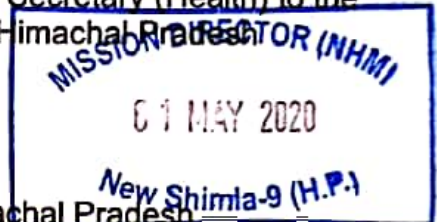
IDSP/1/2020-IDSP-Section-NATIONAL HEALTH MISSION-HP-Part (1)-2526 dated 14.03.2020 may be adhered to. The guidelines are being reiterated and are annexed with this Order.

4. The Gram Panchayats shall share the details of all such individuals with the Local Health Workers and the ASHA of the concerned area. The district surveillance units and the Block Medical Officers must ensure that all these individuals are quarantined for a period of 14 days in their homes and put on an extended period of further active surveillance for 14 days. The details of such persons must be reflected in the covid19.nhp.gov.in portal.
5. All such inter-state returnees shall download the 'Arogya Setu' application on their smart phones. The concerned Block Medical Officer shall ensure that a health surveillance personnel is assigned to the quarantined person for health check-up on www.covid19.hp.gov.in and the geo-location of the home quarantined is frozen on the Corona Mukht Himachal application downloaded in the mobile phone of the concerned person. The violations, if any, done by the quarantined person and reflecting on the application shall be duly informed to the concerned SDM or BDO for necessary action under the Himachal Pradesh Epidemic Disease (COVID-19) Regulations, 2020 and as per the Order of DMC mentioned *ibid*.
6. Since, the persons residing with the inter-state returnees in the same house may also pose a risk to the community at large, their movement shall also be restricted outside their homes. The panchayat / urban local body shall endeavour to supply the daily items on the door steps of such homes as far as possible. The outside movement of the assigned family member who is taking care of the quarantined person shall also be curtailed to the extent possible.
7. The health surveillance personnel shall affix a reasonably sized home quarantine boards (format of which stands already circulated vide letter No. NHMHP-RNTC0TRN./1/2019-Section-NATIONAL HEALTH MISSION-HP-2724 dated 21.03.2020) on a prominent location outside the home of such inter-state returnees. If the board is removed during the period of home quarantine, it shall be presumed that the same has been done with the collusion of the quarantined person and he/she shall be proceeded against under the Himachal Pradesh Epidemic Disease (COVID-19) Regulations, 2020 and any other applicable laws/acts.

8. The health surveillance personnel shall visit the house of quarantined person at least once daily and observe diligently for the appearance of symptoms. The person shall be observed further for development of symptoms during the period of extended active surveillance of 14 days.
9. In case, an inter-state returnee on surveillance develops symptoms, the Block Medical Officer and the District Surveillance Officer shall get the sampling done promptly through the mobile sampling vans or otherwise.
10. In case, a symptomatic person is tested positive, he/she will be shifted promptly to the designated facility for treatment/isolation.

Dev
Additional Chief Secretary (Health) to the
Government of Himachal Pradesh

Endst. No. As above dated: Shimla-9, the
Copy for information and necessary action to:



1. Sr. PS to the Chief Secretary, Government of Himachal Pradesh
2. Principal Secretary (Revenue) to the Government of Himachal Pradesh cum Chairman of Nodal Authority to coordinate the movement of migrant workers, pilgrims, tourists, students and other persons stranded at different places.
3. All Deputy Commissioners, Himachal Pradesh
4. The Director Health Services, Himachal Pradesh
5. The Director Medical Education, Himachal Pradesh
6. All the Chief Medical Officers, Himachal Pradesh
7. All the District Surveillance Officers, in Himachal Pradesh
8. State Surveillance Officer, NHM, Himachal Pradesh

Dev
Additional Chief Secretary (Health) to the
Government of Himachal Pradesh

Government of India
Ministry of Health & Family Welfare
Directorate General of Health Services
(EMR Division)

Guidelines for home quarantine

Scope

Detection of a travel related/unrelated suspect case of novel Coronavirus Disease (COVID-19) will be followed by rapid isolation of such cases in designated health facilities and line listing of all contacts of such cases. Home quarantine is applicable to all such contacts of a suspect or confirmed case of COVID-19.

This intervention will be limited to the initial phase of India reporting only (i) travel related cases and (ii) focal clusters arising from a travel related/unrelated case where cluster containment strategy is adopted (iii) Persons coming from COVID-19 affected areas where local and community transmission is evident.

Definition of contact

A contact is defined as a healthy person that has been in such association with an infected person or a contaminated environment as to have exposed and is therefore at a higher risk of developing disease.

A contact in the context of COVID-19 is:

- A person living in the same household as a COVID-19 case;
- A person having had direct physical contact with a COVID-19 case or his/her infectious secretions without recommended personal protective equipment (PPE) or with a possible breach of PPE
- A person who was in a closed environment or had face to face contact with a COVID-19 case at a distance of within 1 metre including air travel;

The epidemiological link may have occurred within a 14-day period before the onset of illness in the case under consideration.

Instructions for contacts being home quarantined

The home quarantined person should:

Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.

- Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.

- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

He should also follow the under mentioned public health measures at all times:

- Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
- Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.
- 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.
- Used mask should be considered as potentially infected.
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call 011-23978046.

Instructions for the family members of persons being home quarantined

- Only an assigned family member should be tasked with taking care of the such person
- Avoid shaking the soiled linen or direct contact with skin
- Use disposable gloves when cleaning the surfaces or handling soiled linen
- Wash hands after removing gloves
- Visitors should not be allowed
- In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14 days or till the report of such case turns out negative on lab testing

Environmental sanitation

- a) Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
- b) Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
- c) Clean the clothes and other linen used by the person separately using common household detergent and dry.

Duration of home quarantine

- a) The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing

105379/2020/RNTCP

COVID - 19

**DO NOT VISIT
HOME UNDER QUARANTINE**

From

To

Name

Address

No. of Persons



**राष्ट्रीय स्वास्थ्य मिशन
स्वास्थ्य एवं परिवार कल्याण विभाग
हिमाचल प्रदेश**

