

GOVERNMENT OF MEGHALAYA
HEALTH & FAMILY WELFARE DEPARTMENT

No. Health. 73/2020/6

Dated, Shillong the 20th March, 2020

From : A. P Nongbri,
Deputy Secretary to the Govt. of Meghalaya,
Health & Family Welfare Department.

To Director of Health Services (MI)/(MCH &FW),
Meghalaya, Shillong.

Joint Director of Health Services (MCH &FW)
Cum- State Surveillance Officer, IDSP,
Meghalaya, Shillong.

Sub : Home Quarantine Advisory in case of travel related

Sir,

I am directed to refer to subject cited above and to forward herewith a copy of Instruction of Home Quarantine Advisory in cases of travel related/ unrelated suspect case of COVID-19 for medical personnel for information and necessary action.

Yours faithfully,



Deputy Secretary to the Govt. of Meghalaya,
Health & Family Welfare Department.

Home Quarantine Advisory in case of travel related/ unrelated suspect case of novel Coronavirus Disease (COVID19) for medical personnel

Home Quarantine is applicable to all such contacts of a suspect or confirmed case of the disease and the intervention is mandatory to citizens who have travelled to any of the coronavirus disease affected states or countries. The intervention also applies to contacts with focal clusters arising from travel related/ unrelated case where cluster containment strategy is adopted.

What is the duration of Home Quarantine?

Home Quarantine is for a period of 14 days from time of contact with a confirmed or suspected case.

What is a contact?

A contact is a healthy person that has been in close contact with an infected person/ contaminated environment.

Definitions of a contact in the context of Coronavirus disease:

- 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 person under Home Quarantine

The home quarantined person should preferably stay in a well-ventilated single-room 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.

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

The person should restrict his/her movement within the house and under no circumstances is to attend any social/religious/ mass gathering e.g. wedding, condolences, etc.

The person should frequently wash hands with soap and water or with alcohol-based hand sanitizer

The person is to not share household items such as dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people.

The person should wear a surgical mask at all the time and the mask should be changed every 6-8 hours and disposed of in a proper manner. Disposable masks are never to be reused.

The proper manner to dispose of the masks used by patients / care givers/ close contacts during home quarantine should be disinfected by using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.

All used mask are to be treated as potentially infected.

If the home quarantine person develops any symptoms (cough/fever/difficulty in breathing), he/she should immediately **CALL 108**.

Instructions for the family members of person under Home Quarantine

It is important that only an **ASSIGNED FAMILY MEMBER** should be tasked with taking care of the home quarantined person.

The family member should avoid shaking the soiled linen or have any direct contact with skin

The family member is to preferably use disposable gloves when cleaning the surfaces or handling soiled linen

Irrespectively of whether the family member is using gloves or not, he/ she should thoroughly wash hands with soap and water.

Visitors should not be allowed in any case to visit the person under home quarantine.

In case the person being quarantined develops symptoms, all his close contacts will be placed under home quarantine for 14 days and their status will be followed up for an additional 14 days or until the report of such case turns out to be negative on lab testing.

How to sanitize the environment

To disinfect the environment, clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables, door knobs, taps etc.) daily with 1% Sodium Hypochlorite Solution.

Toilet surfaces must be disinfected daily with regular household bleach solution/phenolic disinfectants.

Clothes and linen used by person under Home Quarantine needs to be washed separately using common household detergent and dried completely.