

**GOVERNMENT OF MEGHALAYA
HEALTH & FAMILY WELFARE DEPARTMENT**

No.Health.118/2020/15,

Dated Shillong, the 2nd June, 2020.

ORDER

In view of the pandemic situation arising out of the COVID-19 and in easing the lockdown, the following protocols/guidelines for Community Quarantine facilities : COVID-19 are being issued as follows:-

Guidelines for Community Quarantine facilities: COVID-19

Quarantine is the separation and restriction of movement or activities of persons who are apparently healthy but who are likely to have been exposed to infection, for preventing transmission of diseases.

Persons are usually quarantined at institute or at their homes, but they may also be quarantined in community-based facilities. Quarantine can be applied to:

- An individual or to a group of persons who are exposed at a large public gatherings or to persons believed to be exposed on a conveyance during international/ national travel/affected areas (Containment zone)

Recommended duration of quarantine for Covid-19 is minimum 14 days from the date of exposure.

The purpose of quarantine during the current outbreak is to reduce transmission by:

- Separating the contacts of COVID-19 patients from other community members.
- Monitoring contacts for development of signs and symptoms of COVID-19, and
- Segregation of COVID-19 suspects, as early as possible from amongst other quarantined persons.

Requirements for Quarantine facility in a community-based facility is as under

1.Location:

- Preferably located in the outskirts of the village/ urban area (can be a community hall/ school/ hostel/ unused health facility/ other safe buildings, etc.)
- Preferably located away from the people's reach, avoiding crowded/ populated areas.
- Well-protected and secured (preferably under watch by local security).

Access considerations:

- Accessible by road with some parking space nearby.
- Ease of access for delivery of food/ medicines/ other essentials and supplies.
- Differently-abled friendly facility (preferable)

Ventilation capacity: Well ventilated premises, preferably by natural means.

2. Basic infrastructure/ functional requirements:

- Separate accommodation is preferred for women and men. If not possible, at least separate rooms need to be provided.
- Accommodation should preferably have separate entry and exit doors.
- Rooms/ Dormitory separated from each other are preferable with in-house capacity of 5-10 beds/ rooms.
- Each bed to be separated by 2 meters (minimum 1 metre) apart from all sides.

- Lighting, well-ventilated, heating, having continuous electric supply.
- Drinking water facility to be available, as also continuous water supply at all times.
- Functional telephone system/ mobile network available for providing communication. If it is not available, the contact details of a dedicated person (assigned by the community) can be provided.
- Support services- meals, snacks, recreation areas
- Adequate hand washing facility should be made available.
- Sanitation services having individual/ separate toilet for women and men and also adequate bathing/ washing facility. Toilets should not be used for at least 30 minutes after it has been used by any occupant. Separate mugs and buckets should be provided for all occupants.

3. Lodging, Catering, Laundry and other related activities–

- Freshly prepared hygienic and nutritious food needs to be served to quarantined people. Community leader can also allow the family members to provide the food at specific timings assigned by them.
- All the quarantined people to be kept on separate beds with distance of 2 meters with no bed facing opposite to each other.
- All beds should have bed sheets that can be changed regularly by the assigned person/cleaning staff.
- Personal toiletries/ towel/ blanket/ pillow with covers/ electric kettle, room heater and water dispensers may be provided to each person by their family members of the inmate.
- Avoid sharing the items of personal use by the occupants.
- A separate room/ covered space may be assigned to perform laundry services for cleaning of all the clothes and other washing related activities. If it is not feasible then family members, can collect the laundry & they will ensure that clothes are soaked in detergent or soap water for 30 minutes before washing them.

4. Infection Prevention Control Practices –

- Quarantine centre needs to be cleaned thoroughly with disinfectants (Bleaching powder/Lysol/Phenyl etc.) on daily basis.
- Spraying or wiping with 0.5% sodium hypochlorite solution can be done on all the surfaces (taking precautions to protect the electrical points/ appliances).
- Toilets/bathroom needs to be properly cleaned with disinfectants after every use by the inmates.
- All inmates are to use cloth mask at all times.
- Importance of frequent hand washing specially after touching surfaces like door handles, railings, bed railings, etc. to be instructed for strict compliance. Ensure proper handwashing is practised at most times especially before eating, after using the toilets, and wherever required.
- Inmates are to be educated on respiratory etiquette and to avoid spitting at random places.
- Quarantined people needs to be explained on Universal infection control measures, personal protective measures to avoid spread of the infection.
- All the generated waste from Quarantine facility to be segregated & disposed properly by the community.

5. Medical & Psychosocial support-

- Frequent interaction by the community volunteers/leaders has to be made on a daily basis for any kind of support required.
- Proper social distancing norms has to be followed during the interaction/meeting.
- If they require any medical or psychosocial support or any emergency, community leaders can contact the nearest public health facilities or call the district helpline number/ 108.

6. Preparing Sodium Hypochlorite solution:

- Three (3) teaspoons, about 15 grams of bleaching powder dissolved in one litre of water makes 0.5% strength and six (6) teaspoons.
- The solution must be prepared fresh daily and should be mixed outdoors using plastic containers (avoid metal containers as it may react).
- The person making the solution should take care and protect the hand by wearing gloves if available or use a stick to stir the solution also avoiding the fumes from entering into eyes and nose, as it would release chlorine gas, which is noxious and toxic.
- This is to be followed by cleaning with enough water and a neutral detergent that is used for removing the traces formed by hypochlorite solution.
- While cleaning of the rooms with hypochlorite solution, windows need to be kept open in order to protect the health of cleaning personnel.

7. Discharge of quarantine people from Quarantine Facility-

- The quarantined person needs to be discharged at the end of 14 days of quarantine by DSU or assigned Medical officer of nearest PHC.
- Instructions should be provided to self-monitor their health at their home (home quarantine) for next 14 days and immediately report to their District Surveillance officer (DSO), in case of development of symptoms suggestive of COVID-19.
- Written instructions in the form of Self-reporting diary to be handed over to the nearest health care facility after the completion of 28 days.

Advice to be given at time of discharge from quarantine facility:

Instructions for the Quarantined person

- Person should use masks at all times. Change the mask if it becomes wet or visibly soiled and wash it with detergent or soaps.
- Person must maintain 2 metres distance from other people at home, especially elderly and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease, etc.
- Person must take rest and drink lot of fluids to maintain adequate hydration.
- Follow respiratory etiquettes all the time.
- Hands must be washed often with soap and water for at least 40 seconds or cleaned with alcohol based sanitizer, particularly before and after eating, after touching any surface and after using the toilet.
- Don't share items of personal use with any other people.
- The person will self-monitor his/ her health & report promptly if they develop any symptoms like (fever/ cough/ difficulty in breathing, etc.).

Instructions for caregivers

- Only one member should be assigned for taking care & He/ she should avoid touching own face, nose or mouth.
- **Hand hygiene** must be ensured following contact with the person or their immediate environment.
- Take special care of elderly.
- Pet should be kept away from the patient
- Do not share the dishes with other household members
- Wash your hands before & after eating and after using the washrooms
- Food must be provided using separate utensils.
- If any family member/care giver develops any symptoms like (fever/ cough/ difficulty in breathing, etc.). they should report nearest health care facility or 108

Undertaking on Home Quarantine

I,, years old Son/ Daughter of
....., resident of Locality:Town/ Village:
....., Block:, District:
..... I do hereby voluntarily undertake to maintain strict
self-isolation at home for all times for the prescribed period of 14 days. During this period, I shall
monitor my health and those around me and regularly interact with the assigned District
Surveillance Team/ Helpline Numbers given below, in case I suffer from any deteriorating
symptoms or any of my close family contacts develop any symptoms consistent with COVID-19.
I have read the guidelines as per Self-Reporting Diary and fully agree to strictly abide by them.
I have been explained in detail about the precautions that I need to follow while I am under self-
isolation.
I am liable to be acted on under the prescribed law for any non-adherence to self-isolation protocol.

Signature _____

Date _____

Contact Number _____

Alternate Number _____

DISTRICT HELPLINE NUMBERS		
Sl. No.	District	Number(s)
1	East Garo Hills	9485113132
2	East Jaintia Hills	3655230605
3	East Khasi Hills	7085281316
4	North Garo Hills	6009907768
5	Ri-Bhoi	8787520449
6	South Garo Hills	7085100406
7	South West Garo Hills	6009944841/ 6009919788
8	South West Khasi Hills	9485395373
9	West Garo Hills	9864939334
10	West Jaintia Hills	6009693315
11	West Khasi Hills	9485395373

(Sd/-Sampath Kumar, IAS)
Commissioner & Secretary to the Government of Meghalaya,
Health & Family welfare Department

Copy to:-

1. The Secretary to the Governor of Meghalaya, Shillong for kind information of Governor.
2. The Private Secretary to Chief Minister, Meghalaya, Shillong for kind information of Chief Minister.
3. The Private Secretary to Deputy Chief Minister, Meghalaya, Shillong for kind information of Deputy Chief Minister.
4. The Private Secretary to Health Minister, Meghalaya, Shillong for kind information of Health Minister.
5. Private Secretaries to all Ministers, Meghalaya, Shillong for kind of Minister.
6. Private Secretary to Chief Secretary for kind information of the Chief Secretary.
7. The Additional Chief Secretaries/Principal Secretaries/Commissioners & Secretaries/ Secretaries of all the Department, Government of Meghalaya.
8. Mission Director, National Health Mission, Meghalaya, Shillong.
9. Director of Health Services (MI)/(MCH & FW)/(Research), Meghalaya, Shillong.
10. Director of Information & Public Relation for wide circulation in the Print/Electronic media of the State.
11. The Director General of Police, Meghalaya, Shillong.
12. Deputy Commissioners,
East Khasi Hills, Shillong/West Khasi Hills, Nongstoin/Ri-Bhoi District, Nongpoh/ West Jaintia Hills District, Jowai/ West Garo Hills District, Tura/ East Garo Hills District, Williamnagar/ South Garo Hills District, Baghmara / North Garo Hills District, Resubelpara/ South West Garo Hills District, Ampati/ East Jaintia Hills District, Khliehriat/South West Khasi Hills District, Mawkyrwat.
13. The Joint Director of Health Services (MCH & FW) I/c IDSP, Meghalaya, Shillong.
14. District Medical & Health Officer,
East Khasi Hills, Shillong/West Khasi Hills, Nongstoin/Ri-Bhoi District, Nongpoh/ West Jaintia Hills District, Jowai/ West Garo Hills District, Tura/ East Garo Hills District, Williamnagar/ South Garo Hills District, Baghmara / North Garo Hills District, Resubelpara/ South West Garo Hills District, Ampati/ East Jaintia Hills District, Khliehriat/South West Khasi Hills District, Mawkyrwat

By Orders, etc.


(T.C. M.M.N.)

Joint Secretary to the Government of Meghalaya
Health & Family Welfare Department.