

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

No.Health.140/2020/11,

Dated Shillong, the 30<sup>th</sup> June, 2020.

**ORDER**

In view of the pandemic situation arising out of the COVID-19 and the need to ensure that High Risk Covid -19 cases are being properly taken care of, the following protocols/guidelines for Home Isolation of High Risk Covid -19 cases is issued for necessary guidance :-

**Guidelines for Home Isolation of High Risk COVID-19 cases**

**1. Scope:**

These guidelines are only for the following high riskcases of COVID-19

- 1) All those elderly people and people with comorbid conditions returning from affected places.
- 2) Pregnant Women in their third trimester.
- 3) Children below 10 years of age accompanied by the Parent/Guardian.
- 4) This protocol is applicable to confirmed case of Covid-19 who fall in the above three categories and who are asymptomatic or mildly symptomatic and not require any hospitalisation.

As per existing guidelines, the COVID patients are clinically assigned as very mild/mild, moderate or severe and accordingly admitted to a) COVID Care Center, b) Dedicated COVID Health Centre or c) Dedicated COVID Hospital respectively. However, high riskcases with mild/very mild symptoms having the requisite facility at his/her residence for self-isolation will be given the option for home isolation.

**2. Eligibility for home isolation:**

- i. The high risk person should not have any symptoms or only mild symptoms and not require any immediate specialized medical care.
- ii. Such people should have the requisite facility at their residence for self-isolation and also for quarantining of the family contacts.
- iii. A care-giver should be available to provide care on 24x7 basis. A communication link between the caregiver and health worker is a prerequisite for the entire duration of home isolation.
- iv. Download ArogyaSetu App on mobile (available at: <https://www.mygov.in/aarogya-setu-app/>) and it should remain active at all times (through Bluetooth and Wi-Fi)
- v. The care-giver shall agree to monitor the health of the high risk person and regularly inform their health status to the Helpline/ District Surveillance Officer for further follow up by the surveillance teams.
- vi. The person/ guardian will fill in an undertaking on self-isolation (**Annexure I**) and shall follow home quarantine guidelines. Only such individuals shall be eligible for home isolation.
- vii. Strictly no visitors would be allowed into such houses.
- viii. In addition to the guidelines on home quarantine available at: <https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf>, the required instructions for the care giver and the high risk person in **Annexure II** shall be also followed.

**3. When to seek medical attention:**

The quarantined person/Care-giver will keep monitoring their health on a daily basis. Immediate medical attention must be sought if serious signs or symptoms develop. These could include:

- (i) Difficulty in breathing,
- (ii) Persistent pain/pressure in the chest,
- (iii) Mental confusion or inability to arouse,
- (iv) Developing bluish discoloration of lips/face and
- (v) Loss of sense of taste/smell
- (vi) any other symptoms as advised by treating medical officer

**4. When to discontinue home isolation:**

Persons under home isolation can discontinue home isolation if symptoms are clinically resolved and the surveillance medical officer certifies them to be free of infection after laboratory testing.

Sd/-

(SamPATH Kumar, IAS)

Commissioner & Secretary to the Government of Meghalaya,  
Health & Family Welfare Department

**Memo No.Health.140/2020/11-A,**

**Dated Shillong,the 30<sup>th</sup>June,2020.**

**Copy to :-**

- 1.The Private Secretary to Chief Minister,Meghalaya,Shillong for kind information of Chief Minister.
- 2.The Private Secretary to Deputy Chief Minister,Meghalaya,Shillong for kind information of Deputy Chief Minister.
- 3.The Private Secretary to Health Minister, Meghalaya, Shillong for kind information of Minister.
4. Private Secretary to Chief Secretary for kind information of the Chief Secretary.
- 5.The Commissioner &Secretary,Health& Family Welfare Department.
6. Secretary,Health & Family Welfare Department.
- 7.Mission Director,National Health Mission,Meghalaya,Shillong.
- 8.Director of Health Services (MI)/(MCH &FW)/(Research),Meghalaya,Shillong.
9. Director of Information & Public Relation for wide circulation in the Print/Electronic media of the State.
- 10.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, Resubelpara/South West Garo Hills, Ampati/East Jaintia Hills, Khliehriat/ South West Khasi Hills, Mawkyrwat.
- 11.Dr (Maj) NeelanjanRoy,State Surveillance Officer, WHO-NPSP,Shillong,Meghalaya.
- 12.Joint Director of Health Services (MCH & FW) I/c IDSP,Meghalaya,Shillong.
- 13.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, Resubelpara/South West Garo Hills, Ampati/East Jaintia Hills, Khliehriat/ South West Khasi Hills, Mawkyrwat.

By Orders, etc.

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



**Undertaking by Care-giver/ Guardian for High Risk Home Quarantine**

I, ....., \_\_\_ years old Son/ Daughter of ....., resident of ....., do voluntarily declare and confirm that I would be the sole Care-giver for ....., \_\_\_ years old Son/ Daughter of ....., who has been diagnosed as a confirmed/suspect / probable case of COVID-19, and ensure to maintain their strict home quarantine at all times for the prescribed period. During this period, I shall monitor their health and also of those around me and regularly interact with the assigned District Surveillance Team/ Helpline Number in case I notice any deteriorating symptoms of the person or if any of the close family contacts develop any symptoms consistent with COVID-19.

I have read the guidelines as per Annexure-II 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 the care-giver.

I am liable to be acted on under the prescribed law for any non-adherence to the protocol.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Contact Number \_\_\_\_\_

Alternate Number \_\_\_\_\_

**Helpline Numbers**

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

Instructions for care-givers

- **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. Discard the mask after use and perform hand hygiene after disposal of the mask.
- He/she should avoid touching their own face, nose or mouth.
- **Hand hygiene** must be ensured following contact with ill person or their 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 hand rub can be used, if hands are not visibly soiled.
- After using 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 high risk person:** Avoid direct contact with body fluids of the person, 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. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen).
- Food must be provided to the person in his room.
- Utensils and dishes used by the person 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 person. Perform hand hygiene before and after removing gloves.
- The care-giver will make sure that the person 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 in breathing)

Instructions for the high risk home quarantined person

- Person should always maintain minimum 6 feet physical distance from other family members.
- Person 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.
- Person must stay in the identified room and at least 2 metres away from other people in home, especially elderly and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.
- Person must take adequate 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 clean with alcohol based sanitizer, particularly before and after eating, and after using the toilet.
- 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.
- The person must strictly follow the physician's instructions and medication advice.
- The person or care-giver will monitor the health with daily temperature monitoring and report promptly if person develops any symptoms like (fever/cough/ difficulty in breathing).