

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

No.Health.140/2020/4

Dated Shillong, the 2<sup>nd</sup> June,2020.

**ORDER**

In view of the gradual easing of the lockdown that was imposed to tackle the COVID-19 Situation in the State, the following health protocol is notified based on the inputs from the State Response Team meeting held on 29.5.2020:-

**HEALTH PROTOCOL POST RELAXATION OF THE LOCKDOWN FOR ENTRY INTO MEGHALAYA**

As the State is slowly easing the lockdown and essential economic activities are being opened in a phased manner and with people returning to the State from different zones, the State needs to gear up and prepare itself for the increased risk of transmission. It is to be noted that *community transmission* has begun in almost all countries that took the major hit from this pandemic. Therefore to prevent the threat of community transmission, the State should take a proactive approach of preparing itself by *acting as though community transmission is happening* and thus take necessary precautions and preventive measures for containment and reducing the adverse impact on the lives of people. Furthermore, it has been observed that 80% of the positive cases of Covid-19 are asymptomatic and cannot be ascertained without testing. Therefore, as a proactive approach, it would be apt to assume that everybody by default is an asymptomatic person. This will make people exercise adaptive leadership to be more cautious and responsible for their actions and also reduce stigmatization.

**The Four Cardinal Principles**

- 1. Behavioural Change:** Everyone in the State shall be treated as Category 'A' patients unless they are tested on a continuous basis. This implies living with the assumption that every person could be an asymptomatic, mobile carrier of the Covid-19 virus, with a probability of transmitting the virus to others unknowingly. By assuming that everybody is an asymptomatic person, people will be more cautious and responsible for their actions and thus help in reducing the risk of community transmission. This will also mean that everyone shall follow the three commandments (non-negotiables) of health protocol for prevention of Covid-19: (i) compulsorily wearing a mask, (ii) practicing hand-hygiene (frequently washing hands with soap and water and/or using hand sanitizer) and (iii) maintaining physical social distancing at all times *both in their personal space and work environment*. A gradual but mandatory change in behaviour is required in this regard. The aim is for every person in the State to be able to combat the virus effectively.
- 2. Testing:** Everyone coming from outside the State shall be tested at the entry points/designated facilities with gold standard RT-PCR test. Those who are symptomatic will be tested by both RTK and RT-PCR at the entry point.
- 3. Isolation:** Everyone coming from outside the State shall undergo quarantine for 14 days. Quarantine can be at home, at community quarantine centres, institutional quarantine centre of the Government or paid quarantine facilities in identified hotels. Quarantine is the only way to reduce the spread of the disease and to make the virus less virulent.

4. **Training:** All communities and mobile workforce shall be trained on measures to reduce the risk of transmission of Covid-19. This implies following a Covid-19 Self Help Principle where Individualized training shall be provided to the high-risk group (the elderly and people with co-morbid conditions) and all mobile workforce through Village Dorbars and Associations. Training shall be organized by the Health Department with the help of identified Master Trainers. A certificate will be provided to all those who have successfully completed training.

#### **Exceptions to manage essential services and to allow movement of skilled and technical manpower and professionals**

While following the above cardinal principles, exceptions may be made for the **skilled workforce and the professionals** coming from outside the State as well as for those who go outside the State for a brief period of time and return. Keeping in mind that their stay in the State can vary from a few days to several weeks, the following guidelines have been devised:

1. All the Departments and the respective Agencies shall identify skilled, highly skilled workforce and professionals from their respective sectors and devise mechanisms suitable for their sectors based on the above cardinal principles.
2. The skilled workforce and professionals, who will be allowed to come and reside in the State for relatively long duration, will be tested with RT-PCR and quarantined on entering the State as per the existing protocols. The respective Agencies should also take responsibility for arranging paid quarantine upon their entry. If they have already been tested at the place of origin, they will need to produce a certificate to prove that they have been tested negative for Covid-19.
3. Persons who come for a short visit of upto 3 days for important Government related works and any other emergency works as approved by the Government will be tested with RTK test upon entering the State. Their movement will be restricted to their work space and living space during the period of stay by strictly following the health protocols.
4. Persons working for Covid-19 Management and other urgent Government duties visiting other States on duty would also be tested with RT-PCR and if tested negative, they will be allowed to proceed to work, while taking all due necessary precautions.
5. Drivers of vehicles carrying essential goods and other economic goods with inter-State/country movement will have to be tested once in every 10 days. It will be ensured that their movement is restricted from place of stay to their work place and vice-versa.

**Note: Advisory for the persons travelling into Meghalaya State for official purposes is annexed.**

**Sd/-**

(Sampath Kumar, IAS)

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

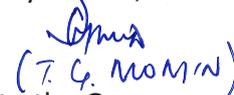
**Memo No.Health.140/2020/4-A,**

**Dated Shillong, the 2<sup>nd</sup> June ,2020.**

**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 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. 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. The Director General of Police, Meghalaya, Shillong
11. 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.
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.
14. All Administrative Department/Heads of Department.

By Orders, etc.

  
(T. G. Momin)

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

**Advisory for the persons travelling into Meghalaya State for official purposes:**

- Get yourself registered with the competent authority/ Department before your entry into the state.
- Report any symptoms/ disease you are suffering from at the entry point. Any false information provided by you will lead to penalty/ legal action(s).
- Avoid going to crowded areas, gatherings where large number of people are congested together as far as possible.
- Person must avoid direct physical contact with any other person (like handshake/ hug) and try to maintain at least 2 metres physical distance from other people.
- If you are to stand in a line/ queue, stand in a single file (straight line) pattern, keeping at least 2 metres distance from each other.
- Person should use triple layer (3-ply) medical mask in place of work or in public places at all times. Discard the mask after 6 hours of continuous use or earlier if it becomes moist/ wet or gets visibly soiled. Never re-use the disposable masks. Cloth masks can be re-used after washing with soap and warm water and drying in the sun.
- Masks should be discarded only after cutting and disinfecting it. Masks should be stored in a zip lock plastic pouch till it can be safely disposed.
- Hands must be washed often with soap and water for at least 40 seconds or cleaned with alcohol based sanitizer (containing  $\geq 70\%$  absolute alcohol content). This is mandatory before/ after eating, use of washrooms, use of elevators, touching of railings, visiting public places, etc.
- Avoid touching your eyes, nose or mouth as much as possible. If needed, ensure proper hand hygiene before touching your face.
- Follow respiratory etiquettes all the time. This includes covering your mouth with tissue/ handkerchief/ covered part of the crook of your elbow when coughing/sneezing. Disposal of the used tissues must be done in a covered bin only. Avoid coughing/ sneezing at or being coughed/ sneezed at by any person near or around you.
- Don't share your personal items with other people like clothes, towels, mobile phone, pen, etc.
- Don't borrow/ share bidis/cigarettes, betel nut/ leaf, chewing tobacco, etc. with others.
- In the place of stay, ensure that you are staying in single room with separate toilet facility. If sharing the room, there should be at least 2 metres distance from your bed with other beds.
- If sharing the same toilet facility, keep your own bucket and mug. Avoid using the toilet for 30 minutes after it has been used by other person. Clean toilet with bleaching solution (30 grams dissolved in a litre of water, prepared freshly and daily).
- The person will self-monitor his/her health with daily temperature monitoring and report to the nearest health facility promptly if they develop any symptoms like fever, uneasiness, weakness, sore throat, cough, or difficulty in breathing, etc.