

# COVID-19 Essentials During New Normal



Compilation By

**Maharashtra State Pharmacy**

**Council's Drug Information Center**



On the occasion of 25<sup>th</sup> September World Pharmacist Day to celebrate the theme Pharmacist: Transforming Global Health MSPC's Drug information centre would like to release Educational material compilation "COVID-19 Essentials During New Normal" which is need of the hour in present situation

Compilation comprises of:

- 1) Pictorial Presentation of behavioural protocol during COVID-19
- 2) Guidelines for Workplace of COVID-19 case
- 3) Advisory on Strategy for COVID-19 Testing in India (Version VI, dated 4th September 2020)
- 4) Revised guidelines for Home Isolation of very mild/pre-symptomatic COVID-19 cases
- 5) Guidelines for home quarantine
- 6) Post COVID management protocol

COVID-19 Essentials During New Normal is compiled from following sources:

- 1) <https://www.mohfw.gov.in/> - Ministry of Health and Family Welfare Government of India
- 2) <https://arogya.maharashtra.gov.in/1175/Novel--Corona-Virus> - Public Health Department Government of Maharashtra
- 3) <https://www.icmr.gov.in/> - Indian Council of Medical Research

We take this opportunity to appeal everyone to use this information material during executing your duties as registered pharmacist and at the same time kindly adhere to safety precautions during working and otherwise. We all are confident that all registered pharmacist will continue doing their best at their work front and help and support our nation in this calamity

Wishing You All A Very Happy World Pharmacist Day!!!

Best Regards,

President and All members of Maharashtra State Pharmacy Council along with Registrar and all employees MSPC



Ministry of Health and Family Welfare  
Government of India



Help us to  
help you



कोविडनुसार वर्तणुकीसाठी  
सचित्र मार्गदर्शक सूचना

तुम्हाला माहीत असेलच की कोविड-१९ च्या उद्रेकामुळे सर्वांना अभूतपूर्व आणि अनपेक्षित आव्हानांना सामोरे जावे लागत आहे. त्यांचा मुकाबला करण्यासाठी एकत्रित कृती आणि सर्वांनी हातभार लावणे आवश्यक आहे.

नोवेल कोरोना व्हायरसचा (कोविड-१९) मुकाबला करण्यासाठी केंद्र सरकार आणि राज्य सरकारने सर्व आवश्यक उपाययोजनांची प्रभावी अंमलबजावणी केली असली तरी या रोगाची दीर्घकाळ हाताळणी करायची असेल तर प्रतिबंधात्मक उपाययोजना आणि योग्य सवयींचे महत्त्व अविरतपणे अधोरेखित करणे गरजेचे आहे.

या मार्गदर्शक पुस्तिकेमध्ये १५ प्रतिबंधात्मक सवयींची व्यापक सूची देण्यात आली आहे जी या प्राणघातक विषाणूवर यशस्वीपणे मात करण्यासाठी अत्यंत महत्त्वाची आहे.

जर प्रत्येकाला आपापले उद्दिष्ट आणि आपापली जबाबदारी यांची जाणीव असेल तरच विषाणूबरोबरची ही लढाई जिंकता येईल.

# कोविडचा फैलाव होऊ नये म्हणून आपण पालन करण्यासाठी आवश्यक असलेल्या १५ सवयी.

1. लोकांना शारीरिक  
अंतर राखून भेटा



2. शारीरिक  
अंतर राखा  
2 Gaj ki Door  
(6 feet)



3. पुनर्वापर करण्याजोगे  
मुखाच्छादन किंवा  
मुखपट्टी वापरा



4. डोळे, नाक आणि  
तोंडाला स्पर्श  
करणे टाळा



5. श्वसनसंस्थेच्या  
स्वच्छतेचे पालन  
करा



6. हात वारंवार आणि  
व्यवस्थित धुवा



7. तंबाखू, गुटखा,  
वगैरे खाऊ नका  
तसेच सार्वजनिक  
ठिकाणी थुक् नका



8. वारंवार हाताळणे  
जाणारे पृष्ठभाग  
नियमितपणे स्वच्छ  
व निर्जंतुक करा



9. अनावश्यक प्रवास  
टाळा



10. भेदभाव करू नका -  
कोणत्याही  
व्यक्तीविरुद्ध!



11. गर्दी करू नका -  
सुरक्षिततेचे  
पालन करा



12. छाननी न केलेली किंवा  
नकारात्मक माहिती  
समाजमाध्यमांवर प्रसृत  
करू नका



13. कोविड-१९ संबंधित  
माहिती विश्वसनीय  
स्रोतांकडून मिळवा



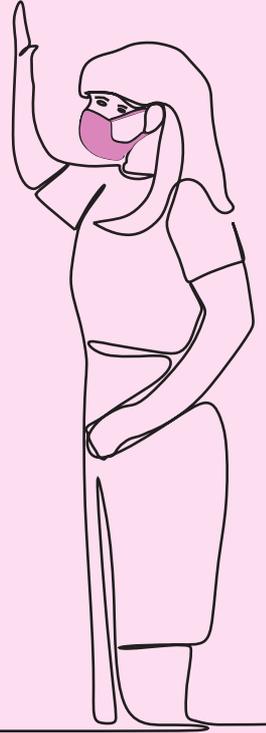
14. कोणतेही प्रश्न  
किंवा शंका असल्यास  
१०७५ या राष्ट्रीय  
हेल्पलाईन क्रमांकावर  
किंवा राज्य नियंत्रण  
कक्षाशी संपर्क साधा



15. ताण किंवा चिंता  
असल्यास मनोसामाजिक  
मदत घ्या



# 1. लोकांना शारीरिक अंतर राखून भेटा

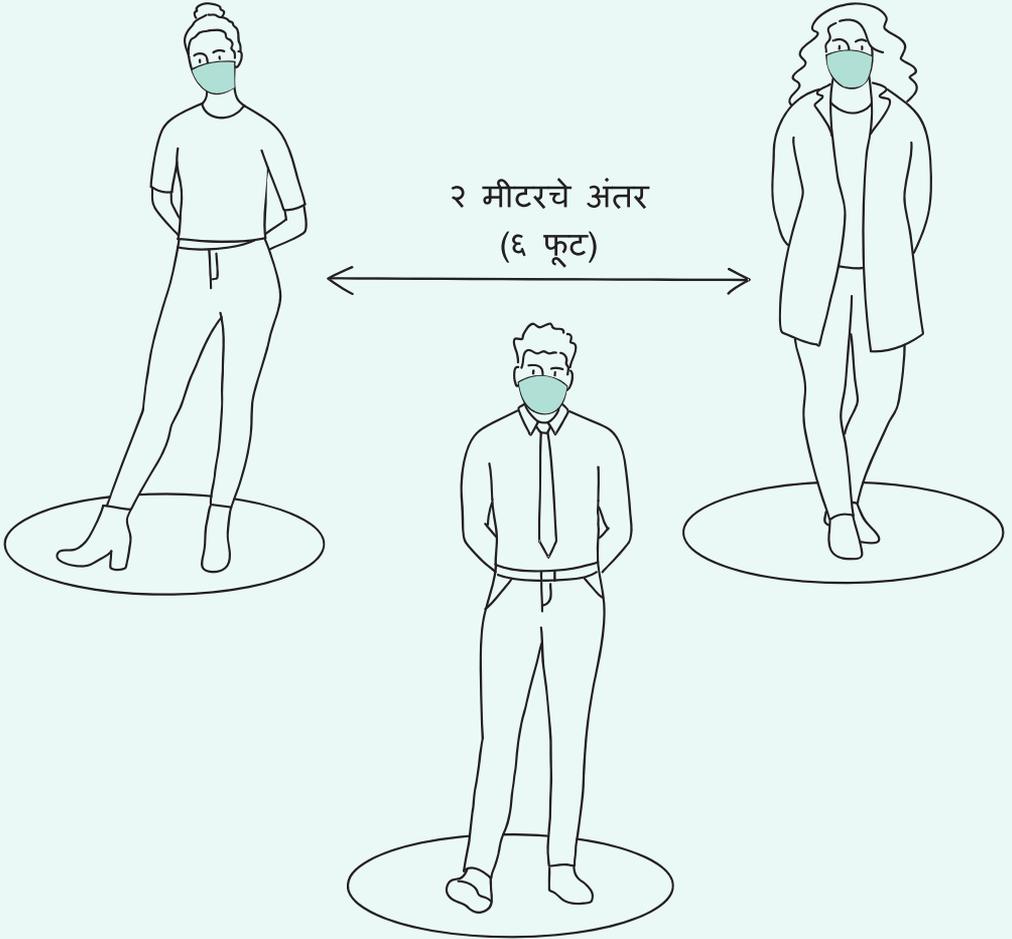


शारीरिक संपर्क टाळणे ही जबाबदार वर्तणूक आहे  
कारण त्यामुळे कोविड-१९ आजाराचा  
तसेच इतर विषाणूंची प्रसार थोपवता येतो.

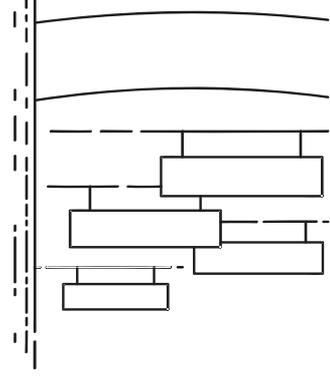
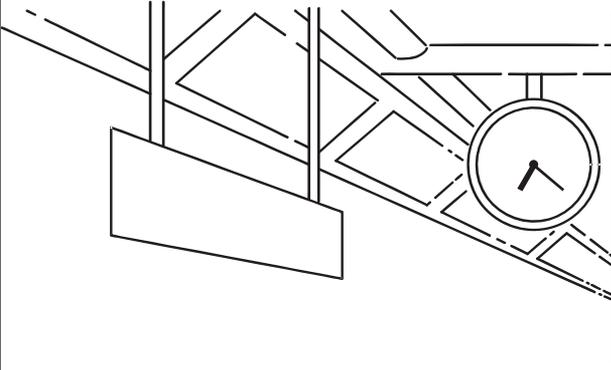
जबाबदारीने वागा! कोणत्याही  
प्रकारचा शारीरिक संपर्क न  
होऊ देता एकमेकांना भेटा.



## २. शारीरिक अंतर राखा



सर्व सार्वजनिक ठिकाणी  
शारीरिक अंतर राखण्याच्या  
नियमांचे पालन करा  
किमान २ मीटर (६ फूट)  
शारीरिक अंतर राखा



२ मीटरचे अंतर  
(६ फूट)



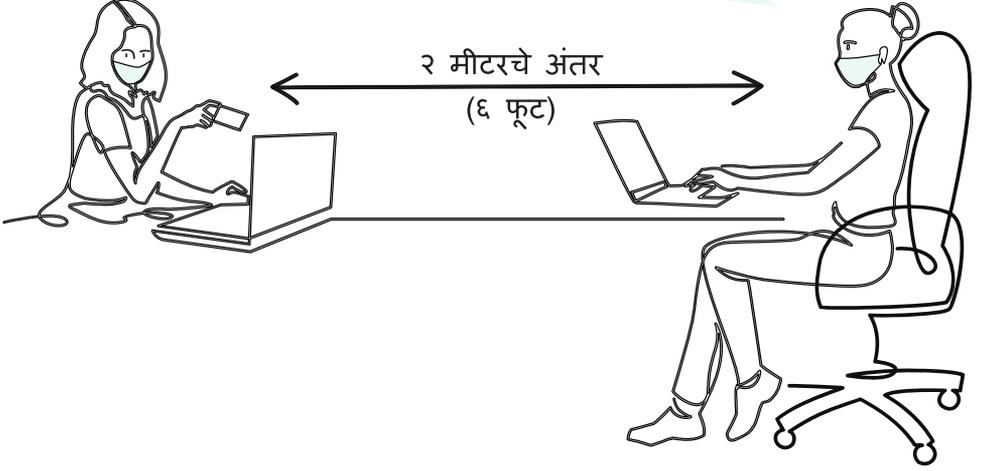
२ मीटरचे अंतर  
(६ फूट)



विशेषतः जेव्हा तुम्ही जीवनावश्यक वस्तू खरेदी करण्यासाठी तसेच भाजी किंवा फळबाजार, दुग्धालय, औषधालय, रुग्णालय इत्यादी ठिकाणी जाल.



जेव्हा तुम्ही एका खोलीत / कार्यालयात  
इतर लोकांबरोबर असाल तेव्हा देखील  
शारीरिक अंतर राखा.



जर एखाद्या व्यक्तीला संसर्ग  
झाला तर त्या व्यक्तीच्या  
सान्निध्यात आल्यास संसर्ग  
पसरण्याचा धोका असतो.

### 3. पुनर्वापर करण्याजोगे घरगुती मुखाच्छादन किंवा मुखपट्टी सदैव वापरा



घरगुती मुखाच्छादन किंवा मुखपट्टी  
वापरणे गरजेचे का आहे?



घरगुती मुखाच्छादन किंवा मुखपट्टीमुळे श्वसनसंस्थेच्या कोणत्याही प्रकारच्या संसर्गाचा प्रसार थोपवता येतो आणि सामान्यतः समुदायाचे रक्षण होते.



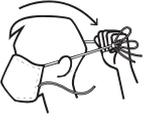
## मुखपट्टी कशी बांधावी



1. नासिकेचा फासा नाकावर घट्ट बसेल अशारीतीने मुखपट्टी बांधा. बाहेरच्या बाजूच्या चुण्या खालच्या दिशेने असाव्यात.



2. चुण्या उलगडा जेणेकरून तोंड आणि नाक पूर्णपणे झाकेल जाईल.



3. मुखपट्टीच्या वरच्या दोऱ्या आधी बांधा आणि नंतर खालच्या दोऱ्या बांधा. चेहरा आणि मुखपट्टी यामध्ये फट राहता कामा नये.



4. मुखपट्टीच्या बाहेरच्या बाजूस स्पर्श करू नका.



5. मुखपट्टी काढताना आधी खालच्या दोऱ्या सोडवा आणि नंतर वरच्या दोऱ्या सोडवा.



6. दर ८ तासांनी किंवा ओला /दमट झाल्या मुखपट्टी बदला.



7. शिफारस केलेल्या पद्धतीने मुखपट्टीची योग्य विल्हेवाट लावा.



8. मुखपट्टी काढल्यावर हात स्वच्छ धुवा

9. एकदा वापरण्याजोग्या मुखपट्टीचा पुनर्वापर करू नका.

मी मुखपट्टी सतत वापरणे  
गरजेचे आहे का?

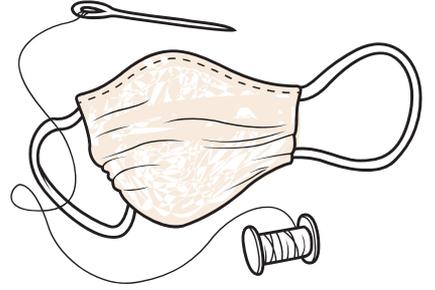
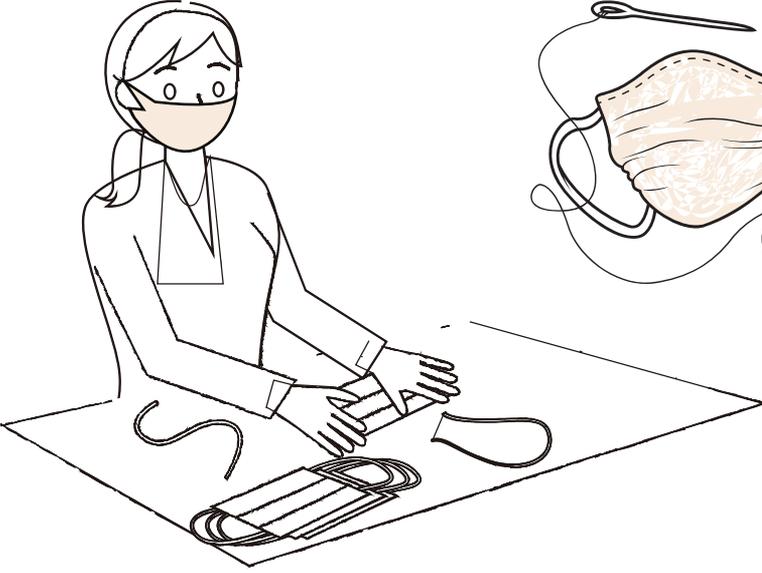


मुखाच्छादन किंवा मुखपट्टी वापरण्याचे  
तीन महत्त्वाचे प्रसंग लक्षात ठेवा



१. अत्यावश्यक प्रवासाला किंवा सार्वजनिक ठिकाणी जाताना
२. एकाच खोलीत इतरांबरोबर असताना
३. जर खोकला, सर्दी किंवा ताप ही लक्षणे दिसून आली तर

स्व-संरक्षणासाठी तुम्ही घरच्या घरी  
मुखाच्छादन सहजरीत्या बनवू शकता



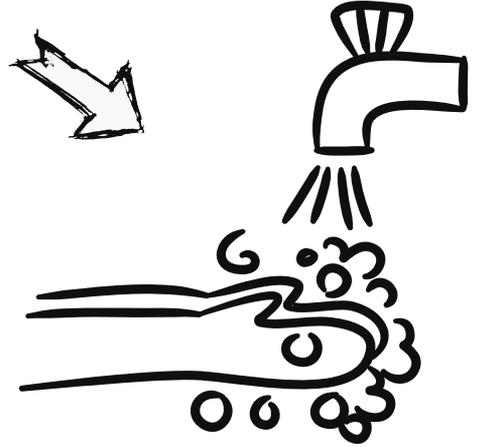
खरंच?



होय, [www.mohfw.gov.in](http://www.mohfw.gov.in) या संकेतस्थळावर  
जा आणि 'मुखाच्छादन कसे बनवायचे'  
ही माहितीपुस्तिका वाचा.



मुखपट्टी बांधण्यापूर्वी साबण आणि पाण्याने  
हात धुणे किंवा अल्कोहोलयुक्त  
सॅनिटायझरने स्वच्छ करणे नेहमी लक्षात ठेवा.



## 4. डोळे, नाक आणि तोंडाला स्पर्श करणे टाळा



आपल्याला नकळतपणे चेहऱ्याला स्पर्श करण्याची सवय असते...  
आता अधिक काळजी घेऊया!



पण का?

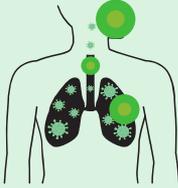




आपण अनेक पृष्ठभागांना स्पर्श करतो.  
त्यामुळे जंतू व विषाणू सहजपणे  
आपल्या हाताला चिकटू शकतात.



दूषित हातांमुळे विषाणू आपले  
डोळे, नाक व तोंडामध्ये जातात.

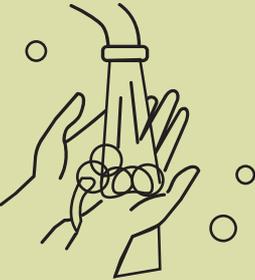


तिथून विषाणू आपल्या  
शरीरात प्रवेश करतात आणि  
आपण आजारी पडतो.



खरोखरच, तुमची सुरक्षितता केवळ  
तुमच्याच हाती आहे!

## 5. श्वसनसंस्थेच्या स्वच्छतेचे पालन करा



खोकताना किंवा शिंकताना तुमचे  
नाक आणि तोंड टिशू कागदाना  
किंवा हातरुमालाने झाका.





तुमच्यापाशी टिशू पेपर  
किंवा हातरुमाल नाही का?  
तुमच्या बाहीमध्ये खोका  
किंवा शिंका.

खोकल्यावर किंवा शिंकल्यावर  
ताबडतोब हात धुवा...  
अजिबात विसरू नका.



6. हात वारंवार आणि  
व्यवस्थित धुवा!

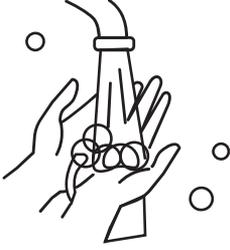


तुमची सुरक्षितता तुमच्याच  
हाती आहे - अक्षरशः!



साबण आणि पाण्याने तुमचे  
हात वारंवार आणि व्यवस्थित धुवा.

आपल्या हातांच्या  
स्वच्छतेच्या  
महानायकांना भेटा!



मला वापरून पाण्याने वारंवार धुवा.  
कोविड-१९ सह कोणत्याही विषाणूपासून  
तुमचे रक्षण करण्यासाठी मी सज्ज आहे.



अल्कोहोलयुक्त हँड सॅनिटायझर  
जर साबण आणि पाण्याची सुविधा उपलब्ध  
नसेल तर तुम्ही माझा वापर करू शकता.

7. वारंवार हाताळणे जाणारे  
पृष्ठभाग नियमितपणे स्वच्छ  
व निर्जंतुक करा



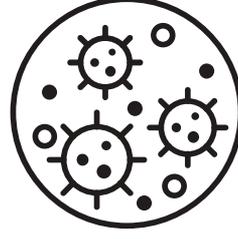
पर्यावरणीय स्वच्छतेचे यथायोग्य पालन  
केल्यामुळे तुमचा परिसर सुरक्षित होतो.



हे कसे शक्य आहे?



कारण संसर्गजन्य शिंतोडे आसपासच्या पृष्ठभागांवर चिकटण्याची शक्यता असते.

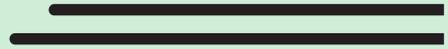


तुम्ही रासायनिक जंतुनाशके वापरून पृष्ठभाग स्वच्छ करू शकता.

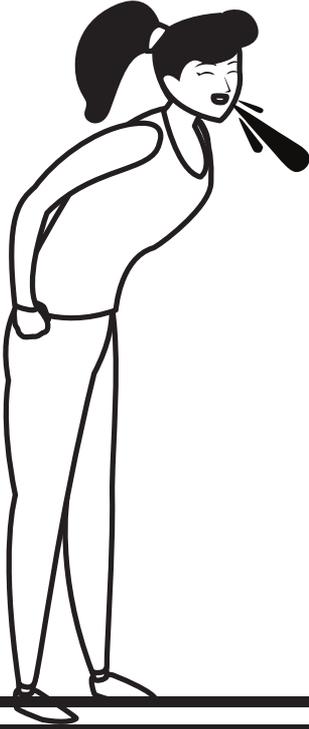
परंतु थांबा... निर्जंतुक करताना हातमोजे घालण्यास विसरू नका.



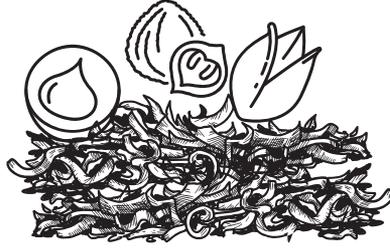
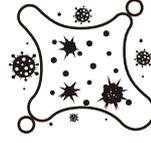
## 8. उघड्यावर थुंकू नका



जेव्हा प्रत्येकवेळी तुम्ही सार्वजनिक ठिकाणी थुंकता तेव्हा तुम्ही स्वतःचा आणि इतरांचा जीव धोक्यात घालता.



सार्वजनिक ठिकाणी थुंकल्यामुळे  
कोविड-१९ पसरण्याचा  
धोका वाढू शकतो.

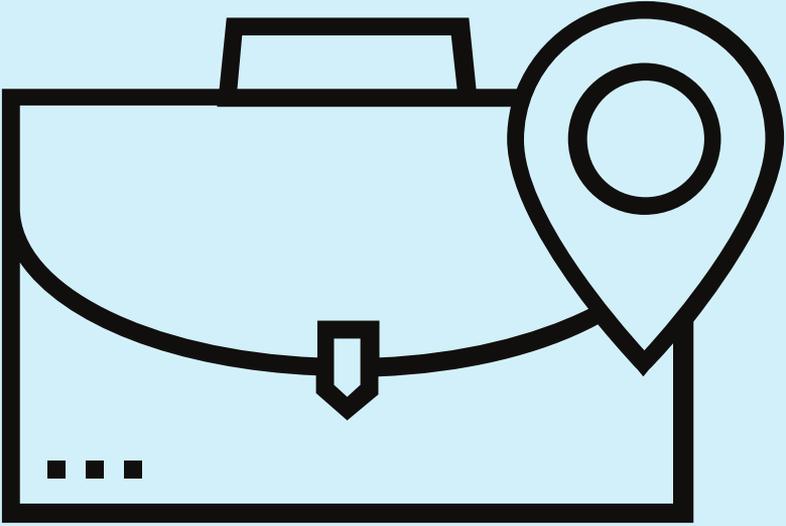


यामध्ये तंबाखूच्या धूर-विरहित  
उत्पादनांचे सेवन केल्यावर  
थुंकण्याचाही समावेश आहे.

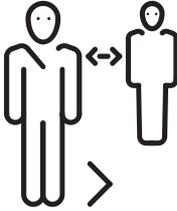


लक्षात ठेवा - सार्वजनिक ठिकाणी थुंकणे  
हा कायद्याने गुन्हादेखील आहे.

## 9. अनावश्यक प्रवास टाळा



अत्यावश्यक असेल  
तरच प्रवास करा.



२ मीटरचे अंतर  
(६ फूट)

आणि जर तुम्ही घराबाहेर पडलात तर...  
मुखाच्छादन वापरा आणि शारीरिक  
अंतर राखण्याचे पालन करा.

## 10. भेदभाव करू नका - कोणत्याही व्यक्तीविरुद्ध!





कोविड-१९ बाधित व्यक्ती व त्यांच्या कुटुंबियांबद्दल  
करुणा बाळगा तसेच त्यांना मदत करा.

लक्षात ठेवा - जेव्हा लोक कोविड-१९  
च्या कोणत्याही लक्षणांवर लक्ष ठेवतात  
आणि त्यांची तपासणी करण्यासाठी  
पुढे येतात तेव्हा ते या रोगाला  
हरवण्याची संधी देत असतात.



तुमच्या आरोग्याची देखरेख करण्यासाठी  
आरोग्य सेतू ॲप डाऊनलोड करा.

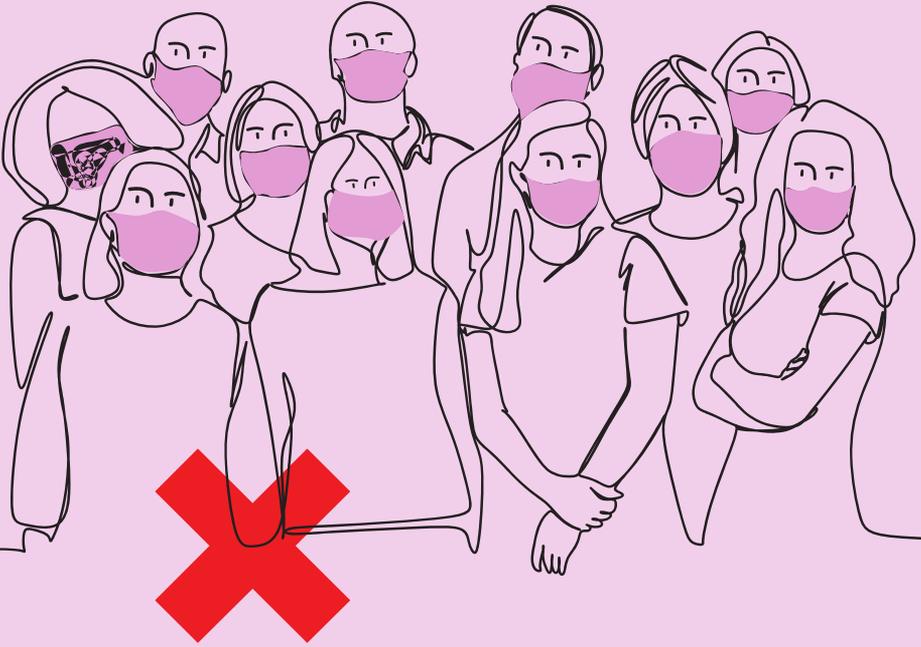


आपले रक्षण करण्यासाठी चोवीस कार्यरत असलेले डॉक्टर्स, परिचारिका, पोलीस, सफाई कामगार यांचे मनोबल वाढवा.

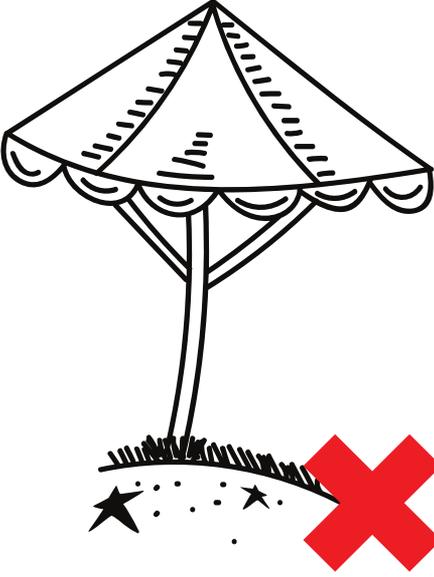
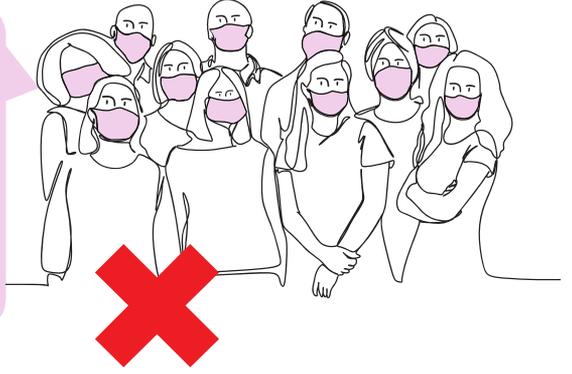


आता वेळ आली आहे...  
करुणा बाळगण्याची  
आश्वस्त करण्याची  
आदर दाखवण्याची  
प्रोत्साहन देण्याची

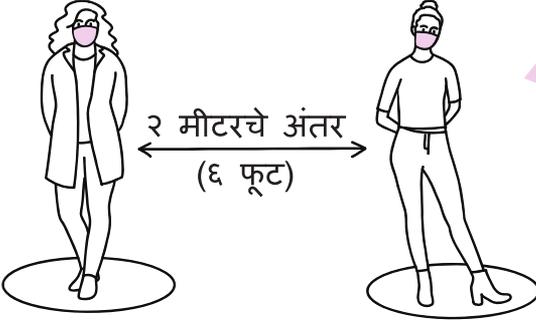
## 11. गर्दी करू नका - सुरक्षिततेचे पालन करा



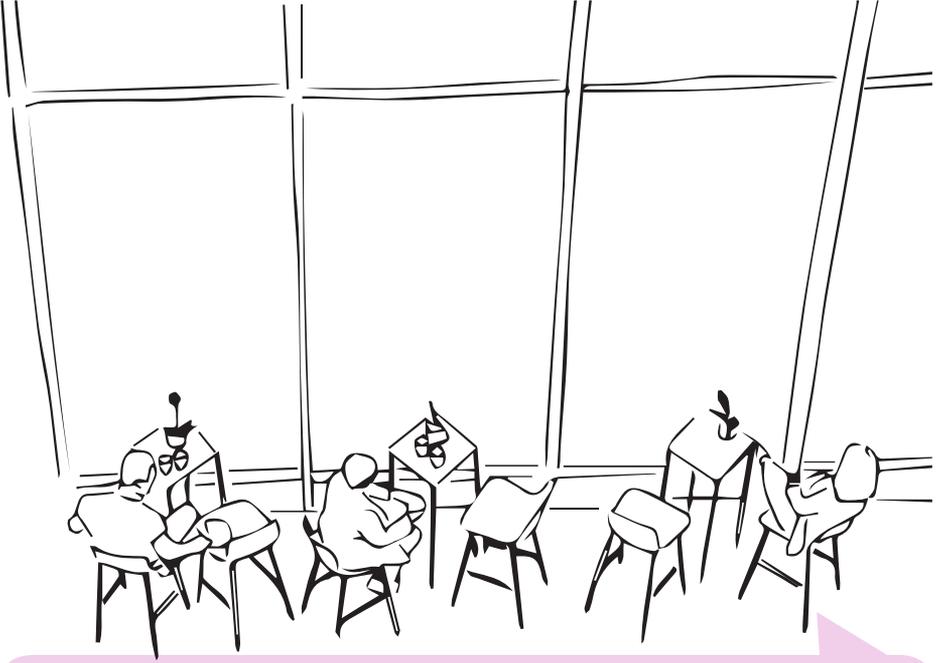
कार्यक्रमांना व समारंभांना  
मर्यादित प्रमाणात जा  
आणि गर्दीच्या ठिकाणी  
अजिबात जाऊ नका.



गर्दीच्या ठिकाणी किंवा मोठ्या कार्यक्रमांना  
व समारंभांना गेल्यामुळे कोविड-१९ चा  
संसर्ग होण्याचा धोका वाढतो.



एकमेकांपासून किमान  
२ मीटर (६ फूट)  
अंतर राखणे उचित आहे.



लांबणीवर टाकता न येणाऱ्या महत्त्वाच्या कार्यक्रमांसाठी  
उपस्थितांची संख्या कमीत कमी ठेवा.

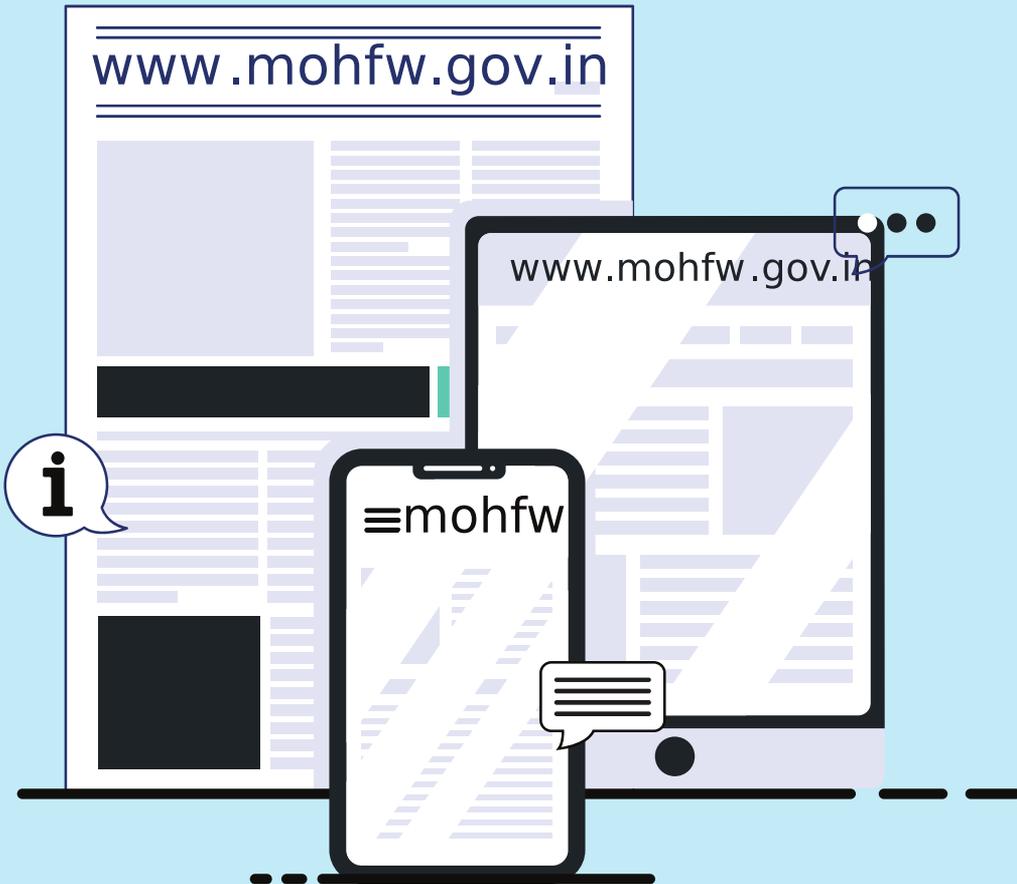


ओह, तुम्ही तुमच्या सुहदांना आणि सहकाऱ्यांना  
व्हर्च्युअली संपर्क करण्याचा प्रयत्न केला का?  
प्रयत्न करा, असे करणे अधिक सुरक्षित आहे!

## 12. छाननी न केलेली किंवा नकारात्मक माहिती समाजमाध्यमांवर प्रसृत करू नका



### 13. कोविड-१९ संबंधित माहिती विश्वसनीय स्रोतांकडून मिळवा





अनेक स्रोतांद्वारे कोविड-१९ संदर्भातील माहिती मिळत आहे. त्यापैकी मी कोणत्या माहितीवर विश्वास ठेवू?

आरोग्य आणि कुटुंब कल्याण मंत्रालयाचे संकेतस्थळ ([www.mohfw.com](http://www.mohfw.com)) हे कोविड-१९ ची माहिती मिळवण्याचा सर्वात विश्वसनीय स्रोत आहे. या संकेतस्थळावर तुम्हाला कोविड-१९ संबंधी सर्व अद्ययावत माहिती आणि वस्तुस्थिती मिळेल.



14. कोणतेही प्रश्न किंवा शंका असल्यास १०७५  
या राष्ट्रीय हेल्पलाईन क्रमांकावर किंवा राज्य  
नियंत्रण कक्षाशी संपर्क साधा





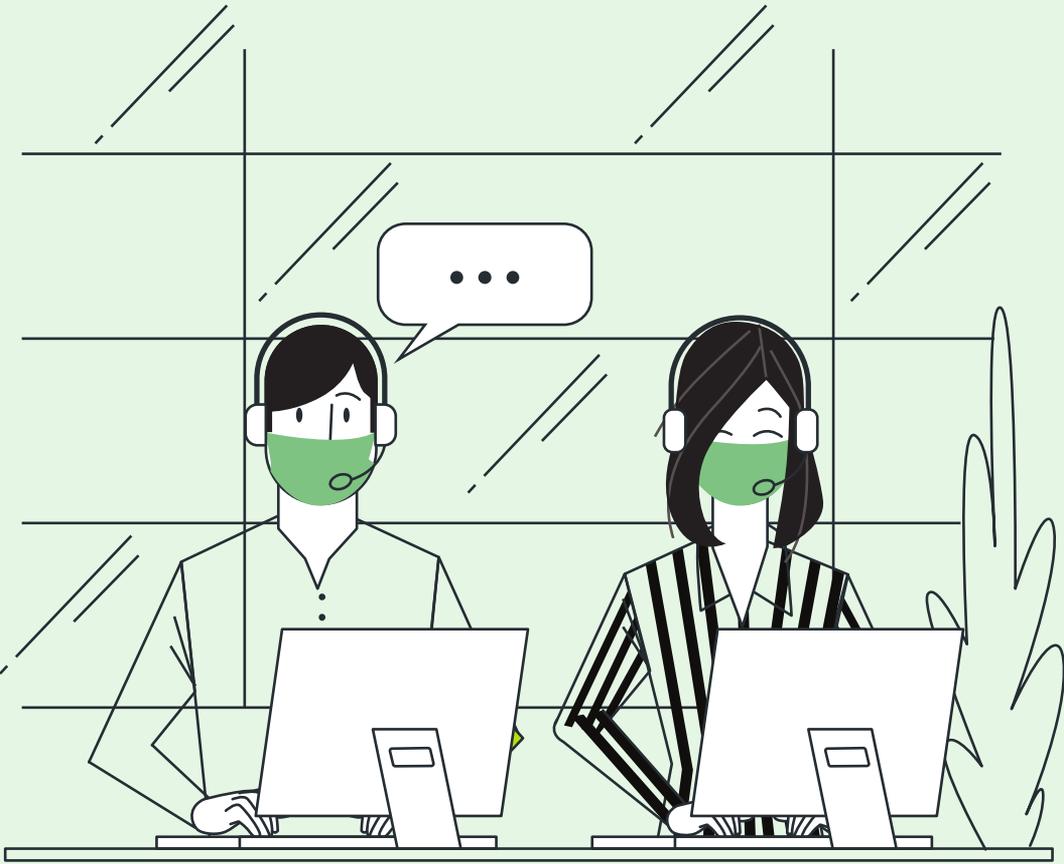
जर तुम्हाला कोविड-१९ संबंधी काही प्रश्न असले किंवा ताप, खोकला वा श्वासोच्छ्वास करताना त्रास यासारखी लक्षणे दिसून आली तर १०७५ (टोल फ्री) या राष्ट्रीय हेल्पलाईन क्रमांकावर संपर्क साधा.



तुमची लक्षणे सांगण्यास संकोच करू नका.

जेवढ्या लवकर वैद्यकीय मदत घ्याल तेवढ्या लवकर तुम्ही  
या आजारातून बरे व्हाल!

## 15. ताण किंवा चिंता असल्यास मनोसामाजिक मदत घ्या





सार्वजनिक आपत्कालीन परिस्थितीशी किंवा रोगाच्या उद्रेकाशी सामना करणे हा प्रभावित झालेल्या किंवा न झालेल्या लोकांसाठी आणि त्यांच्या कुटुंबियांसाठी कसोटीचा काळ आहे.



चिंतेच्या किंवा तणावाच्या भावनांकडे दुर्लक्ष करू नका किंवा त्या दाबून ठेवू नका.



कोणत्याही प्रकारचा ताण किंवा त्रास यांच्याशी संबंधित प्रश्न व समस्या हाताळण्यासाठी तुमच्याकरीता मनोसामाजिक मदतसेवा सदैव उपलब्ध आहे.

०८०४६११०००७ या राष्ट्रीय मनोसामाजिक टोल-फ्री हेल्पलाईन क्रमांकावर संपर्क साधा.





**चला, एकत्र येऊया  
आणि कोविड-१९ चा मुकाबला करूया!**

### Guidelines for Workplace of COVID-19 case

When someone who has COVID-19 coughs or exhales they release droplets of infected fluid. Most of these droplets fall on nearby surfaces and objects - such as desks, tables or telephones. People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth.

If they are standing within one meter of a person with COVID-19 they can catch it by breathing in droplets coughed out or exhaled by them. In other words, COVID-19 spreads in a similar way to flu.

### Simple ways to prevent the spread of COVID-19 in your workplace

- Make sure your workplaces are clean and hygienic
  - Surfaces (e.g. desks and tables) and objects (e.g. telephones, keyboards) need to be wiped with disinfectant regularly
- Promote regular and thorough hand-washing by employees, employers and customers.
- Put sanitizing hand rub dispensers in prominent places around the workplace. Make sure these dispensers are regularly refilled
- Promote good respiratory hygiene in the workplace
- Ensure that face masks(surgical mask) and / or paper tissues are available at your workplaces, for those who develop a runny nose or cough at work, along with closed bins for hygienically disposing of them
- Refrain from unnecessary travel both local and international.
- In case of unavoidable travel to locations reporting COVID-19,
  - Make sure your organization and its employees have the latest information on areas reporting COVID-19 available at <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>.
  - Regularly check travel advisories of MoHFW and accordingly share it with employees.
  - Make sure all persons travelling are briefed by a qualified professional (e.g. staff health services, health care provider or local public health partner) and know what to do and who to contact if they feel ill while traveling.
  - Avoid sending employees at higher risk of serious illness (e.g. older employees and those with medical conditions such as diabetes, heart and lung disease)
  - Encourage employees to wash their hands regularly and stay at least one meter away from people who are coughing or sneezing
  - Ensure that your employees comply with instructions from local authorities where they are traveling.
  - Employees who have returned should monitor themselves for symptoms for 14 days and take their temperature twice a day.
  - If they develop even a mild cough or low grade fever (i.e. a temperature of 37.3 C or more) they should **stay at home and self-isolate and report to the nearest designated health facility (information can be taken from 01123978046) and inform workplace**. This means avoiding close contact (one meter or nearer) with other people, including family members.



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MEDICAL RESEARCH  
Serving the nation since 1911

भारतीय आयुर्विज्ञान अनुसंधान परिषद  
स्वास्थ्य अनुसंधान विभाग, स्वास्थ्य और परिवार  
कल्याण मंत्रालय, भारत सरकार

Indian Council of Medical Research  
Department of Health Research, Ministry of Health  
and Family Welfare, Government of India

## Advisory on Strategy for COVID-19 Testing in India

(Version VI, dated 4<sup>th</sup> September 2020)

**Recommended by the National Task Force on COVID-19**

*ICMR's advisory is generic in nature and may be modified as per discretion of the state health authorities.*

### A. Routine surveillance in containment zones and screening at points of entry:

#### Choice of Test (in order of priority):

- i. Rapid Antigen Test (RAT) [as per attached algorithm]
- ii. RT-PCR or TrueNat or CBNAAT

1. All symptomatic (ILI symptoms) cases including health care workers and frontline workers.
2. All asymptomatic direct and high-risk contacts (in family and workplace, elderly  $\geq 65$  years of age, immunocompromised, those with co-morbidities etc.) of a laboratory confirmed case to be tested once between day 5 and day 10 of coming into contact.
3. All asymptomatic high-risk individuals (elderly  $\geq 65$  years of age, those with co-morbidities etc.) in containment zones.

*\*RAT for containment zone: Ideally, it is suggested that 100% people living in containment zones should be tested by RAT particularly in cities where there has been widespread transmission of infection.*

### B. Routine surveillance in non-containment areas:

#### Choice of Test (in order of priority):

- i. RT-PCR or TrueNat or CBNAAT
- ii. Rapid Antigen Test (RAT)\*

4. All symptomatic (ILI symptoms) individuals with history of international travel in the last 14 days.
5. All symptomatic (ILI symptoms) contacts of a laboratory confirmed case.
6. All symptomatic (ILI symptoms) health care workers / frontline workers involved in containment and mitigation activities.

7. All symptomatic ILI cases among returnees and migrants within 7 days of illness.
8. \*All asymptomatic high-risk contacts (contacts in family and workplace, elderly  $\geq 65$  years of age, those with co-morbidities etc. [*RAT is recommended as the first choice of test in order of priority*])

### C. In Hospital Settings:

#### Choice of Test (in order of priority):

- i. RT-PCR or TrueNat or CBNAAT
- ii. Rapid Antigen Test (RAT)

9. All patients of Severe Acute Respiratory Infection (SARI).
10. All symptomatic (ILI symptoms) patients presenting in a healthcare setting.
11. Asymptomatic high-risk patients who are hospitalized or seeking immediate hospitalization such as immunocompromised individuals, patients diagnosed with malignant disease, transplant patients, patients with chronic co-morbidities, elderly  $\geq 65$  years.
12. Asymptomatic patients undergoing surgical / non-surgical invasive procedures (not to be tested more than once a week during hospital stay).
13. All pregnant women in/near labor who are hospitalized for delivery.

#### Points to be noted:

- *No emergency procedure (including deliveries) should be delayed for lack of test. However, sample can be sent for testing if indicated as above (1-13), simultaneously.*
  - *Pregnant women should not be referred for a lack of testing facility. All arrangements should be made to collect and transfer samples to testing facilities.*
  - *Mothers who test positive for COVID-19 should be advised to wear a mask and undertake frequent handwashing while handling their baby for 14 days. They should also be advised on breast cleaning before feeding the neonate. These measures are likely to reduce transmission of COVID-19 to their babies.*
14. All symptomatic neonates presenting with acute respiratory / sepsis like illness.  
(Features suggestive of acute respiratory illness in a neonate are respiratory distress or apnea with or without cough, with or without fever. Neonates may also manifest with only non-respiratory symptoms like fever, lethargy, poor feeding, seizures or diarrhea).
  15. Patients presenting with atypical manifestations [stroke, encephalitis, hemoptysis, pulmonary embolism, acute coronary symptoms, Guillain Barre syndrome, Multiple Organ

Dysfunction Syndrome, progressive gastrointestinal symptoms, Kawasaki Disease (in pediatric age group)] based on the discretion of the treating physician.

#### **D. Testing on demand (State Governments to decide simplified modalities):**

16. All individuals undertaking travel to countries/Indian states mandating a negative COVID-19 test at point of entry.
17. All individuals who wish to get themselves tested.

*Tracking and contact tracing mechanisms should be ensured by the testing laboratories by notifying the public health authorities.*

#### **Frequency of testing :**

- A single RT-PCR/TrueNat/CBNAAT/RAT positive test is to be considered confirmatory, without any repeat testing.
- No re-testing is recommended prior to discharge from a COVID-19 facility after clinical recovery (please refer to MoHFW guidelines), including for transfer from a COVID area/ facility to a non-COVID area/ facility.
- If symptoms develop following a negative RAT test, a repeat RAT or RT-PCR should be done (Algorithm for interpreting RAT is placed at Annexure 1).

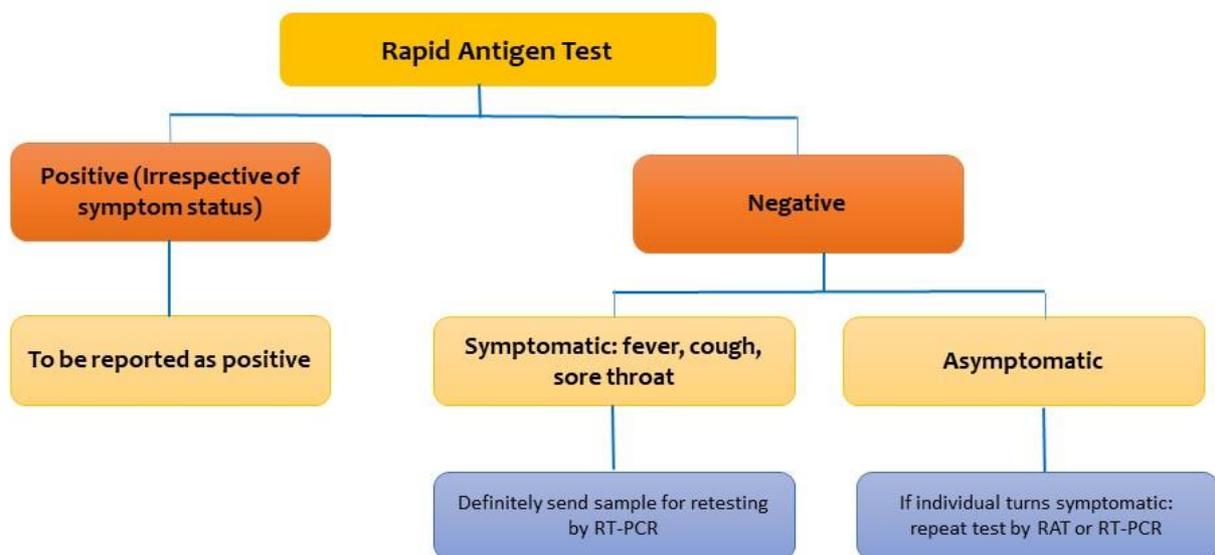
#### **Points to be noted:**

- *WHO case definition for ILI:* Individual presenting with acute respiratory infection with fever  $\geq 38^{\circ}\text{C}$  AND cough with onset within the last 10 days.
- *WHO case definition for SARI:* Individual presenting with acute respiratory infection with history of fever  $\geq 38^{\circ}\text{C}$  AND cough with onset within the last 10 days AND requires hospitalization.
- All healthcare workers and frontline workers coming in contact with suspect/confirmed COVID-19 patients should ensure use of appropriate PPE.
- Home quarantine for 14 days is recommended for all individuals before undergoing elective surgery to minimise chances of infection before the procedure.



## Annexure 1:

### Algorithm for COVID-19 test interpretation using rapid antigen point-of-care test



- All positive and negative result should be entered into the ICMR portal on a real time basis after performing the antigen test
- Result of samples subjected to RT-PCR should be entered after the RT-PCR results are available

**Government of India  
Ministry of Health & Family Welfare**

**Revised guidelines for Home Isolation of very mild/pre-symptomatic COVID-19 cases**

**1. Scope**

The guidelines are in addition to the guidelines on appropriate management of suspect/confirmed case of COVID-19 issued by MoHFW on 7<sup>th</sup> April, 2020.

As per existing guidelines, during the containment phase the patients should be clinically assigned as very mild/mild, moderate or severe and accordingly admitted to (i) COVID Care Center, (ii) Dedicated COVID Health Center or (iii) Dedicated COVID Hospital respectively. Guidelines for home isolation of very mild/pre-symptomatic patients were issued on 27<sup>th</sup> April 2020. The present guidelines are in supersession of the guidelines issued on 27<sup>th</sup> April 2020.

However, very mild/pre-symptomatic patients having the requisite facility at his/her residence for self-isolation will have the option for home isolation.

**2. Eligibility for home isolation**

- i. The person should be clinically assigned as a very mild case/ pre-symptomatic case by the treating medical officer.
- ii. Such cases should have the requisite facility at their residence for self-isolation and also for quarantining the family contacts.
- iii. A care giver should be available to provide care on 24 x7 basis. A communication link between the caregiver and hospital is a prerequisite for the entire duration of home isolation.
- iv. The care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per protocol and as prescribed by the treating medical officer.
- v. Download Arogya Setu 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)
- vi. The patient shall agree to monitor his health and regularly inform his health status to the District Surveillance Officer for further follow up by the surveillance teams.
- vii. The patient will fill in an undertaking on self-isolation (**Annexure I**) and shall follow home quarantine guidelines. Such individual shall be eligible for home isolation.
- 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 patient as in **Annexure II** shall be also followed.

**3. When to seek medical attention**

Patient / Care giver will keep monitoring their health. 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 discolorations of lips/face and
- v. As advised by treating medical officer

**4. When to discontinue home isolation**

Patient under home isolation will end home isolation after 17 days of onset of symptoms (or date of sampling, for pre-symptomatic cases) and no fever for 10 days. **There is no need for testing after the home isolation period is over.**

---

**Undertaking on self-isolation**

I ..... S/W of ....., resident of ..... being diagnosed as a confirmed/suspect case of COVID-19, do hereby voluntarily undertake to maintain strict self-isolation at all times for the prescribed period. During this period I shall monitor my health and those around me and interact with the assigned surveillance team/with the call center (1075), in case I suffer from any deteriorating symptoms or any of my close family contacts develops any symptoms consistent with COVID-19.

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 \_\_\_\_\_

### 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 own face, nose or mouth.
- **Hand hygiene** must be ensured following contact with ill person or his 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 patient:** Avoid direct contact with body fluids of the patient, 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 patient in his room
- Utensils and dishes used by the patient 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 patient. Perform hand hygiene before and after removing gloves.
- The care giver will make sure that the patient 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 patient

- Patient 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.
- Patient must stay in the identified room and away from other people in home, especially elderlies and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.
- Patient 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 clean with alcohol based sanitizer.
- 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 patient must strictly follow the physician's instructions and medication advice.
- The patient will self-monitor his/her health with daily temperature monitoring and report promptly if develops any deterioration of symptom as detailed below.

**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 14days 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

13<sup>th</sup> September, 2020

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

### **Post COVID management protocol**

#### **Background**

COVID – 19 disease caused by SARS-CoV-2 Coronavirus is relatively a new disease, with fresh information being known on a dynamic basis about the natural history of the disease, especially in terms of post-recovery events.

After acute COVID-19 illness, recovered patients may continue to report wide variety of signs and symptoms including fatigue, body ache, cough, sore throat, difficulty in breathing, etc. As of now there is limited evidence of post-COVID sequelae and further research is required and is being actively pursued. A holistic approach is required for follow up care and well-being of all post-COVID recovering patients.

#### **Scope**

This document provides an integrated holistic approach for managing patients who have recovered enough from COVID for care at home. It is not meant to be used as preventive / curative therapy. The recovery period is likely to be longer for patients who suffered from more severe form of the disease and those with pre-existing illness.

#### **Post-COVID Follow Up Protocol**

(i) At individual level

- Continue COVID appropriate behaviour (use of mask, hand & respiratory hygiene, physical distancing).
- Drink adequate amount of warm water (if not contra-indicated).
- Take immunity promoting AYUSH medicine (details of medicines and their dosage is at **Annexure I**) – To be practiced and prescribed by a qualified practitioner of AYUSH.
- If health permits, regular household work to be done. Professional work to be resumed in graded manner.

- Mild/ moderate exercise
  - Daily practice of Yogasana, Pranayama and Meditation, as much as health permits or as prescribed.
  - Breathing exercises as prescribed by treating physician.
  - Daily morning or evening walk at a comfortable pace as tolerated.
- Balanced nutritious diet, preferably easy to digest freshly cooked soft diet.
- Have adequate sleep and rest.
- Avoid smoking and consumption of alcohol.
- Take regular medications as advised for COVID and also for managing comorbidities, if any. Doctor to be always informed about all medicines that the individual is taking (allopathic/AYUSH) so as to avoid prescription interaction.
- Self-health monitoring at home - temperature, blood pressure, blood sugar (especially, if diabetic), pulse oximetry etc. (if medically advised)
- If there is persistent dry cough / sore throat, do saline gargles and take steam inhalation. The addition of herbs/spices for gargling/steam inhalation (refer to Annexure I). Cough medications, should be taken on advice of medical doctor or qualified practitioner of Ayush.
- Look for early warning signs like high grade fever, breathlessness, SpO<sub>2</sub> < 95%, unexplained chest pain, new onset of confusion, focal weakness.

(ii) At the level of community

- Recovered individuals to share their positive experiences with their friends and relatives using social media, community leaders, opinion leaders, religious leaders for creating awareness, dispelling myths and stigma.
- Take support of community based self-help groups, civil society organizations, and qualified professionals for recovery and rehabilitation process (medical, social, occupational, livelihood).
- Seek psycho-social support from peers, community health workers, counsellor. If required seek mental health support service.
- Participate in group sessions of Yoga, Meditation etc. while taking all due precautions like physical distancing.

(iii) In healthcare facility setting

- The first follow-up visit (physical/telephonic) should be within 7 days after discharge, preferably at the hospital where he/she underwent treatment.
- Subsequent treatment/follow up visits may be with the nearest qualified allopathic/AYUSH practitioner/medical facility of other systems of medicine. Poly-therapy is to be avoided due to potential for unknown drug-drug interaction, which may lead to Serious Adverse Events (SAE) or Adverse Effects (AE).
- The patients who had undergone home isolation, if they complain of persisting symptoms, will visit the nearest health facility.
- Severe cases requiring critical care support will require more stringent follow up.

**Immunity promoting AYUSH medicine (to be prescribed only by practioners permitted under law for prescribing the medicine/therapy under specific stream)**

Ayush Kwath (150 ml; 1 cup) daily, Samshamani vati twice a day 500 mg (1 gm per day) or Giloy powder 1 -3 grams with luke warm water for 15 days, Ashwagandha 500 mg twice a day (1 gm per day) or Ashwagandha powder 1-3 grams twice daily for 15 days and Amla fruit one daily/Amla powder 1-3 grams once daily.

- Mulethi powder (in case of dry cough) 1- 3 gram with luke warm water twice daily
- Warm Milk with ½ teaspoonful Haldi in (morning/evening)
- Gargling with turmeric and salt
- Chyawanprash 1 teaspoonful (5 mg) once daily in morning (as per directions from Vaidya)

**It is also suggested by the Ministry of AYUSH that the use of **Chyawanprash** in the morning (1 teaspoonful) with luke warm water/milk is highly recommended (under the direction of Registered Ayurveda physician) as in the clinical practice Chyawanprash is believed to be effective in post-recovery period.**