



# COMMISSIONERATE

## Health & Family Welfare Services

No: SSU/COVID-19/07/2020-21,

Date:08.05.2020

### OFFICIAL MEMORANDUM

**Sub:** Revised Quarantine Protocol for Primary and Secondary Contacts.  
**Ref:** SOP for implementation and management of contact tracing for Covid-19, dated: 14.04.2020.

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The aspect of facility quarantine of Primary Contacts was put before the expert committee of Dr. M.K. Sudarshan, Public Health Expert in its meeting on 23<sup>rd</sup> April 2020. At present the Primary Contacts are being quarantined in facilities like hotels, hostels, etc. However, number of COVID 19 Positive cases are increasing and so are increase in the number of contacts. The Quarantine procedure is modified to improve the efficacy of monitoring of contacts, in view of better placed system to monitor home quarantine

#### **Primary Contacts:**

- Once the Primary contact is identified, the details are entered in the mobile Contact Tracing Application.  
(<https://play.google.com/store/apps/details?id=com.bmc.contacttracing>).
- During verification of the Primary contact details in the Contact tracing app, the team which does the verification, checks the health status of the person.
- If contact is Symptomatic he/she is– Referred to designated hospital for triage & testing. If tested positive, then referred to the dedicated COVID Hospital & if negative Home/Facility Quarantine is continued.
- If Asymptomatic, the house is inspected for feasibility of Home Quarantine i.e. if there is a separate room with attached toilet. If feasible, the Deputy Commissioner may take a decision to Home Quarantine.
- If it is decided not to Home Quarantine, then the contact is shifted to a designated institution & facility quarantined for 14 days.
- Those Primary contacts living in Vulnerable areas – like Slums, small one room houses, overcrowded areas, migrants will also be shifted to Institutional quarantine for 14 days.



- The Home Quarantined Primary Contact will be stamped on the back of the palm & poster of Home quarantine affixed outside the house.
- The Contact, Family members, Resident Welfare Associations & neighbors should be educated on the Quarantine protocols to be followed
- Contact number of neighbor is collected. IVRS calls will be made on alternate days to the neighbor to ensure the person is following home quarantine protocols.
- The quarantined Contact is followed up on daily basis through the Quarantine Watch App & COVID 19 Quarantine Alert System (CQAS).
  - If the Contact is found symptomatic during follow-up, immediately referred to nearest Fever clinic for triage & testing.
  - If tested Positive, then referred to the designated COVID hospital, if negative Home Quarantine is continued.
- If the contact develops any symptoms in the intervening period, he/she can call Apathmitra helpline – 14410 or inform district health authorities immediately for further action.
- If Asymptomatic, testing is done between 5-7 days & second test on the 14<sup>th</sup> day.
- The testing can be done through mobile swab collection units (detailed protocol for mobile collection centers will be issued separately)

#### **Primary Contacts with Special consideration:**

- The Primary contacts categorised as persons with special considerations i.e. Age above 60 years , any age with co-morbidities (like hypertension, diabetes, asthma, HIV, Tuberculosis, malignancies, immunodeficiency conditions, Stroke, dialysis patients etc),
- These Contacts are advised to procure portable Pulse Oxymeters, to effectively monitor their health status.
  - For BPL/PHH families the District Administration will provide the Pulse oxymeters.
  - The detailed specifications & method of use of Pulse oximeter will be shared separately.
- The Contact will enter the details of the pulse oximeter readings in Annexure 1, which will be verified by the official visiting the house every day to check the health status.
- If the Spo2 level is less than 94%, then the person is advised to call the Apathmitra Helpline immediately for further action.
- Testing of Asymptomatic primary contacts with special consideration is done between 5-7 days & second test on the 14<sup>th</sup> day. The testing can be done through mobile swab collection units.
- Health care providers – Doctors, Staff Nurses, Support staff, etc as a special group are encouraged for home quarantine, close monitoring and self-reporting.

All such Primary Contacts will be home Quarantined for 14 days followed by self-reporting for the next 14 days .



## Secondary Contacts:

- Once the Secondary contact is identified, the details are entered in the mobile Contact Tracing Application.
- All Secondary Contacts will be Home Quarantined and tested for COVID 19 immediately.
- Those Secondary contacts living in Vulnerable areas – like Slums, small one room houses, overcrowded areas, migrants will be shifted to Institutional quarantine for 14 days
- The Home Quarantined Secondary Contacts will be stamped on the back of the palm & poster of Home quarantine affixed outside the house.
- The Contacts, Family members, Resident Welfare associations (RWAs) & neighbors should be educated on the Home Quarantine protocols to be followed.
- The quarantined Contact is followed up on daily basis through the Quarantine Watch App & COVID 19 Quarantine Alert System (CQAS).
- If the Contact is found symptomatic during follow-up, immediately referred to nearest designated hospital for triage & testing.
- If the contact develops any symptoms in the intervening period, he/she can call Apathmitra helpline – 14410 or inform district health authorities immediately for further action.
- If tested Positive, then referred to the designated COVID hospital, if negative Home Quarantine is continued.
- Testing of Secondary contacts is done on the 12<sup>th</sup> day. The testing can be done through mobile swab collection units.
- All Secondary Contacts will be home Quarantined for 14 days followed by self-reporting for the next 14 days .

**This will supersede all earlier circulars/ orders in this regard.**



**Commissioner,  
H&FWS, Bengaluru**

### **Copy for necessary action:**

1. DC/CEO/SP's of all districts.
2. DS/DHO/RCHO/DSO's of all districts.

### **Copy for information:**

1. Additional Chief Secretary, GoK, H&FW, Bengaluru.
2. OSD, SSU Covid-19.
3. Mission Director, NHM, Bengaluru.
4. Director, H&FWS, Bengaluru.
5. Project Director, RCH, Bengaluru.
6. Project Director, IDSP, Bengaluru.
7. Joint Director, CMD, Bengaluru.

## ANNEXURE-I

[illegible]

Name of the District: \_\_\_\_\_

Primary Contact of \_\_\_\_\_

Name: \_\_\_\_\_

Age: \_\_\_\_\_

[illegible]

