

**GOVERNMENT OF ASSAM
HEALTH & FAMILY WELFARE (A) DEPARTMENT
DISPUR ::: GUWAHATI**

HLA.270/2020/116

Dated Dispur the 8th April, 2020

**STANDARD OPERATING PROCEDURE (SOP) FOR RELEASE FROM
QUARANTINE**

In view of outbreak of COVID-19 in the country, a number of persons who returned from other parts of the country / abroad to Assam are either under home or institutional quarantine. These persons will start completing mandatory period of quarantine shortly.

Further, even in future, more such persons are likely to come back to the state, who will also have to be put under home/institutional quarantine. They will also have to be released or put under Isolation depending upon their condition during the quarantine period.

It is, therefore, felt necessary that an SoP is put in place to take action on the expiry of the mandatory quarantine period of such persons.

PROCESS TO BE FOLLOWED

A. For persons under Institutional Quarantine:

1. In an Institutional Quarantine facility, a Medical team is already deputed with a Medical Officer and other paramedics to monitor the health of the people under quarantine.
2. In case a person completes mandatory Quarantine period without any symptoms, then the Medical Team will examine such persons at the end of the Quarantine period and take steps to release him/her from Institutional Quarantine and advise him/her to remain in Passive Surveillance at his home for another 14 days with a direction to self-report for onset of any symptoms to FLWs or to #104 for further necessary action.
3. For people without symptoms, the release from Quarantine shall be done only with the prior approval of the Assam COVID-19 Discharge Board constituted vide order No. HLA 270/2020/102 dated 05/04/2020. The eligible person(s) will be given a release certificate along with leaflet stating all necessary guidelines for Passive Surveillance from the respective in-charge of the facility centre. Copy of the release certificate along with guidelines are enclosed as Annexure.

[Signature]
8/4/20

4. If the Medical Team discovers any symptoms amongst the Quarantined persons, then steps need to be taken for their immediate testing and subsequent action as per the outcome of the test results, as per standard protocol.

B. For persons under Home Quarantine:

1. Those persons, who have been put under Home Quarantine by the Surveillance teams, shall be periodically examined by Front Line Workers (FLWs) of the Health & Family Welfare Department like ANM/ASHA/MPW/SW etc.
2. When such persons under Home Quarantine complete mandatory period of such Quarantine, the FLWs have to visit their homes as per the schedule available with them and if found without symptoms, the FLWs shall release them from Home Quarantine.
They shall further advice such persons to remain in Passive Surveillance for another 14 days with a direction to self-report onset of any symptoms to FLWs or to #104 for further necessary action.
3. If the FLWs detect any onset of symptoms like cough, fever, breathlessness or any other respiratory symptoms etc. they should immediately report such cases to the Medical Officer of their respective BPHCs.
4. On receipt of such information, such person shall be examined at his home by the Surveillance Medical Team and appropriate action is to be taken for testing of such persons and subsequent actions are to be taken based on the outcome of the test results as per standard protocol.


L. G. G. 21/4/20

Principal Secretary to the Govt. of Assam
Health & Family Welfare Department

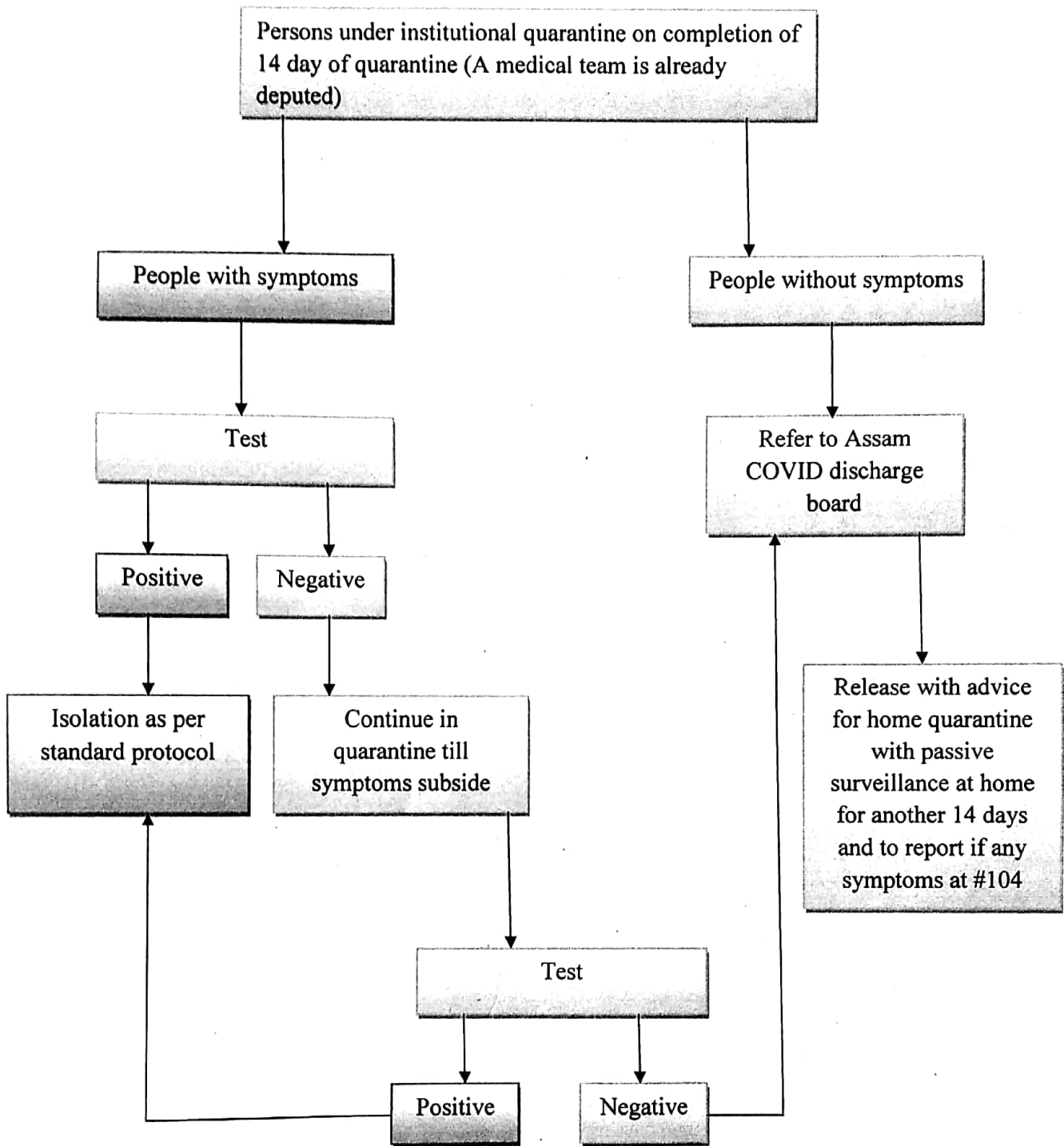
Copy to :

1. The Chairman, Assam Administrative Tribunal.
2. The Chairman, Assam Board of Revenue.
3. The Chief Secretary, Govt. of Assam.
4. The DGP, Assam.
5. The Principal Secretary to Hon'ble Chief Minister, Assam.
6. The Special Secretary to the Govt. of Assam, Health & FW (B) Department.
7. All Deputy Commissioners / Sub-Divisional Officers for information.
8. The Mission Director, National Health Mission, Assam.
9. The DME/DHS Assam for necessary action.
10. All Principal/Superintendents, Medical Colleges of Assam.
11. The SSO, IDSP, Assam, O/o National Health Mission, Assam.
12. All Joint Director of Health Services, Assam for necessary action.
13. The DSOs, IDSP, all districts for information and necessary action.
14. All Superintendents of District Hospitals.
15. P.S. to Hon'ble Minister, Health & Family Welfare Department, Govt. of Assam.
16. P.S. to Hon'ble Minister of State, Health & Family Welfare Department, Govt. of Assam.
17. Office Copy.

By order etc.

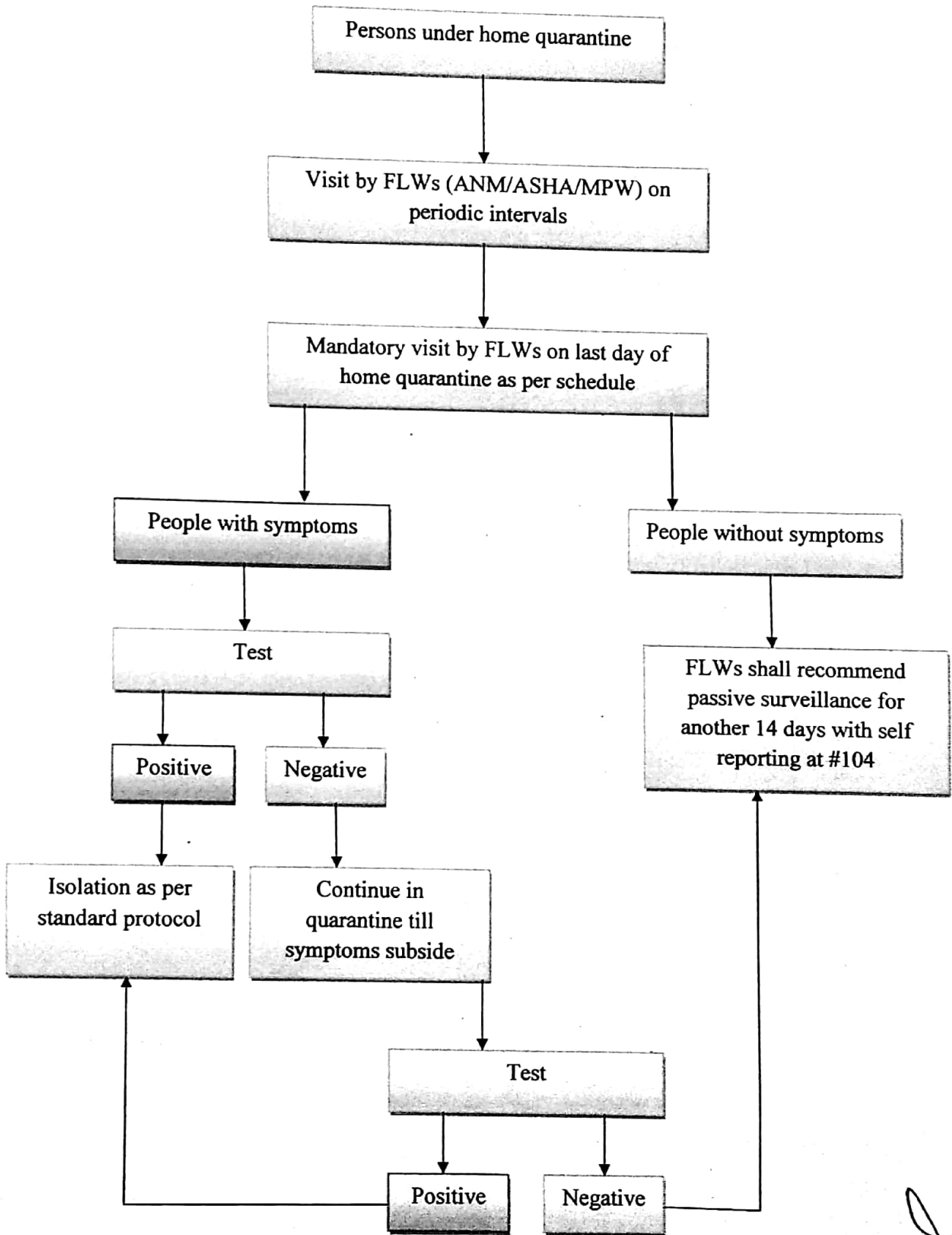

Commissioner & Secretary to Govt. of Assam
Health & Family Welfare Department

Release of persons under Institutional Quarantine



Note: People who have come in contact with confirmed positive case shall continue to be in facility quarantine for at least 14 days from the day he was brought to the quarantine facility.

Release of persons under Home Quarantine





Release Certificate - for Institutional Quarantined person

Identification Number CIF number.....

Name of the Facility

Name of the Person..... C/O.....

Date of entry in the quarantine facility

Age..... Sex..... Religion..... Contact No.

Name of the Block PHC / PHC

Address with landmark.....

Date of Admission to the Quarantine Facility:..... Release Date:.....

On release – Advise for Home Quarantine including self-monitoring and reporting:--

- Starting date.....Ending date.....

The release has been done as per approval of the Assam Covid-19 Discharge Board subject to availability of proper facility of home quarantine and with a undertaking that the person follows all the instructions for Home Quarantine given by the quarantine facility, falling of which the person will be liable to be booked under appropriate sections of law.

In-charge (Signature)

Office Seal

Name:--

Designation:--

Date:--

NB: For home quarantine, the person should report to the nearest PHC / BPHC / Hospital or call "104" if he /she develops any fever / cough / breathing difficulty

Enclosure: Instructions for Home Quarantine.



Guidelines for Quarantine people and their family members with respect to the discharge from Quarantine facility and follow up action in the community

The Concerned Quarantine Person should:

- Provide details of your stay for next 14 days including the contact numbers.
- Obtain the contact details of officials of the quarantine health facilities for follow up and reporting in case of any issue.
- Stay in a well-ventilated single-room preferably with an attached/separate toilet. If no separate room is available, continue to stay in the facility quarantine for next 14 days.
- Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities (Hypertension, Diabetes, Kidney disease) within the household. Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences.
- 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.
- Use triple layer surgical mask all the time. Change the mask every 6-8 hours. Used masks should be disinfected using ordinary 5% bleach solution (150 gm in 1 litre of water) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
- Use handkerchief while sneezing or coughing.
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately report to the nearby health facility or CALL "104". Identify one care giver (among family members) who will only accompany you. He / she will wear mask and wash hands, every time he/ she comes in contact with you.
- Monitor your temperature twice daily.
- Retain the aircraft boarding pass/ rail ticket/ details of Journey by taxi (including contact number of drivers etc).
- Monitor your health for a period of next 14 days (after leaving the quarantine centre) and inform about your health to health workers at the end of 14 days.
- Allow attendance by health workers / respond to call received from Health functionaries. Keep their contact numbers handy.

Advice to other family members at home:

- 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 of the person. Wash hands after removing gloves
- Visitors should not be allowed.
- Wash your hands with soap and water frequently.
- Proper disinfection of bed/tables/ room/ all personal belongings should be followed with 1% Sodium hypochlorite solution/1% bleaching solution (30 gm bleaching powder+ 1 litre of water). Wash used cloths with normal detergent powder.

IN EMERGENCY CALL "104"



GOVERNMENT OF ASSAM



চিকিৎসালয়ৰ পৰা ছুটী দিয়াৰ পিছত গৃহ-অসংক্ৰম্যকৰণ (Home Quarantine) অৱস্থাত পালন কৰিবলগীয়া কিছু সাৰধানতামূলক নিয়মাবলী-

গৃহ অসংক্ৰম্যকৰণ (Home Quarantine)ত আবদ্ধ হৈ থকা ব্যক্তিজনৰ ক্ষেত্ৰত

- ১৪ দিন গৃহ- অসংক্ৰম্যকৰণ ক'ত কটাৰ তাৰ সঠিক তথ্য স্বাস্থ্য কৰ্মী সকলক প্ৰদান কৰক তথা যোগাযোগৰ ফোন নম্বৰ দিয়ক।
- ছুটী দিয়া চিকিৎসালয়ৰ সংশ্লিষ্ট চৰকাৰী বিষয়াৰ তালিকা লওক যাক আপুনি যোগাযোগ কৰিব।
- বতাহ ভালদৰে চলাচল কৰাৰ লগতে শৌচালয় সংলগ্ন থকা আছুতীয়া কোঠাত থাকক, যদি এই সুবিধা নাথাকে তেন্তে চিকিৎসালয়তে অতিৰিক্ত ১৪ দিন অতিবাহিত কৰক।
- ঘৰৰ বয়োজ্যেষ্ঠ ব্যক্তি, গৰ্ভৱতী মহিলা, শিশু তথা মধুমেহ, উচ্চ ৰক্তচাপ, শ্বাস প্ৰশ্বাস সম্বন্ধীয় আৰু বৃদ্ধবোৰত আক্ৰান্ত ব্যক্তিৰ পৰা আঁতৰত থাকক।
- ঘৰৰ বাহিৰলৈ নগৈ ঘৰৰ ভিতৰতে সীমাবদ্ধ ৰাখি চলাচল কৰিব লাগে।
- যিকোনো পৰিস্থিতিতে সামাজিক/ধৰ্মীয় সমাবেশত উপস্থিত নাথাকিব।
- আহাৰ গ্ৰহণ কৰাৰ আগত আৰু কাঁহ, হাঁচি মৰাৰ পাছত তথা শৌচাগাৰ ব্যৱহাৰ কৰি আৰু যিকোনো স্থান স্পৰ্শ কৰাৰ পাছত হাত চাবোন আৰু পানীৰে বা এলকহলযুক্ত হেণ্ড চেণিটাইজাৰেৰে কমেও ২০ ছেকেণ্ড ভালদৰে হাত পৰিষ্কাৰ কৰিব।
- ঘৰৰ অন্যান্য সকলৰ সৈতে ঘৰুৱা সামগ্ৰী যেনে কাহী-বাতি, গিলাচ-কাপ, চামুচ, গামোচা, বিচনাৰ আচৰাৰ বা অন্যান্য সামগ্ৰীসমূহ আদান প্ৰদান নকৰিব।
- সকলো সময়তে তিনিভৰপীয়া ছাৰ্জিকেল মাস্ক ব্যৱহাৰ কৰিব। ৬-৮ ঘণ্টাৰ মূৰত মাস্কখন পৰিৱৰ্তন কৰিব। ব্যৱহাৰ কৰা মাস্কসমূহ ৫% ব্লিচিং পানী (১৫০ গ্ৰাম ব্লিচিং পাউদাৰ + ১ লিটাৰ পানী) অথবা ১% হাইপক্লৰাইটৰে বীজাণুমুক্ত কৰি পুতি বা জ্বলাই নষ্ট কৰিব।
- হাঁচি বা কাঁহ মাৰোতে কমাল ব্যৱহাৰ কৰি নাক আৰু মুখ ঢাকি ল'ব।
- দিনত কমেও দুবাৰকৈ শৰীৰৰ উষ্ণতা চাওক।
- ভ্ৰমণৰ তথ্যপাতি সঠিককৈ ৰাখক যেনে উৰাজাহাজৰ টিকট, ৰে'লৰ টিকট, টেলি আদিৰ বিষয় তথ্য (চালকৰ ফোন নং ইত্যাদি)।
- যদি জ্বৰ উঠে, কাঁহ হয় বা উশাহ লবলৈ সমস্যা হ'লে ততালিকে ওচৰৰ স্বাস্থ্যকেন্দ্ৰত বা ১০৪ নম্বৰত যোগাযোগ কৰিব। যদি স্বাস্থ্যকেন্দ্ৰলৈ যাবলগা পৰিস্থিতি হয় তেন্তে আপোনাৰ লগত পৰিয়ালৰ এজন ব্যক্তি কোন যাব তাক থিৰাং কৰক, আৰু তেওঁ মাস্ক পৰিধান কৰিব আৰু আপোনাৰ সংস্পৰ্শলৈ আহিলে তেওঁ প্ৰতিবাবে চাবোনৰে ভালদৰে হাত ধুব।
- স্বাস্থ্যকৰ্মীয়ে ফোন কৰিলে সঠিককৈ সঁহাৰি দিয়ক। তেওঁলোকৰ ফোন নম্বৰ হাততে পোৰাকৈ ৰাখক।
- ১৪ দিনৰ অন্তত আপোনাৰ স্বাস্থ্য সম্পৰ্কে স্বাস্থ্যকৰ্মীক জনাওক।

পৰিয়ালৰ সদস্য সকলৰ ক্ষেত্ৰত

- ১) পৰিয়ালৰ যিকোনো এজন সদস্যইহে আক্ৰান্ত ব্যক্তিগৰাকীক শুশ্ৰূষাৰ দায়িত্ব ল'ওক।
- ২) আক্ৰান্তজনে ব্যৱহাৰ কৰা কাপোৰ তথা ছালৰ প্ৰত্যক্ষ সংস্পৰ্শৰ পৰা আঁতৰি থাকক।
- ৩) ব্যক্তিজনে ব্যৱহাৰ কৰা কাপোৰ তথা আছুতীয়া কোঠাত থকা যিকোনো বস্তু পৰিষ্কাৰ কৰোতে ডিচপ'জিবেল গ্লোভচ ব্যৱহাৰ কৰক।
- ৪) গ্লোভচ ব্যৱহাৰ কৰাৰ পিচত হাত চাবোনৰে ভালদৰে ধোৱক।
- ৫) অন্য ব্যক্তিৰ সংস্পৰ্শৰ পৰা আঁতৰত ৰাখক।
- ৬) ব্যক্তিজনে সদায় ব্যৱহাৰ কৰা বস্তুসমূহ যেনে বিচনা, টেবুল অন্যান্য সামগ্ৰী প্ৰতিদিনে সঘনায় ১% হাইপক্লৰাইট বা ১% ব্লিচিং পানীৰে (৩০ গ্ৰাম ব্লিচিং পাউদাৰ + ১ লিটাৰ পানী) পৰিষ্কাৰ কৰক।
- ৭) শৌচালয় ব্লিচিং বা ফেনাইলেৰে পৰিষ্কাৰ কৰক।
- ৮) ব্যৱহাৰ কৰা কাপোৰ সমূহ বেলেগকৈ ঘৰতে সহজে পোৰা কাপোৰ ধোৱা পাউদাৰ ব্যৱহাৰ কৰি ধুই ৰ'দত ভালদৰে শুকাওক।

জৰুৰী সময়ত ১০৪ নম্বৰত যোগাযোগ কৰক