

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

No.Health.141/2020/84,

Dated Shillong, the 21st July, 2020.

ORDER

In continuation of this Department's Order No.Health.140/2020/11 dt.30.6.2020 and the advisories laid down in the Home Quarantine Diary, the following additional protocols is issued for management of asymptomatic and mild symptomatic (Category A & B) cases under home quarantine.

PROTOCOL FOR HOME QUARANTINE

A. Instructions for the patient

- Wear mask at all times. Discard mask after 8 hours
- Disinfect used mask with 1% sodium hypochlorite
- Stay in single room
- Take rest and drink lots of fluids
- Maintain hand hygiene
- Don't share personal items with other people
- Self-monitor daily temperature and report if he/she develops any symptoms

B. Instructions for care givers

- Strict hand hygiene before and after contact with patient's belongings
- Wear mask at all times. Use gloves while handling items used by the patient
- Do not touch front portion of mask ; i.e. face/nose/mouth
- Change mask if mask gets wet or dirty
- Discard the mask after use and perform hand hygiene after mask disposal
- Maintain a distance of 1 meter with the patient
- Provide food to the patient in his room
- Can wash used utensils with soap/detergent and water while wearing gloves
- The care giver and all close contacts will self-monitor their health daily temperature monitoring and report if any symptoms develop.

PROTOCOLS IN CCC

- Contact and droplets precautions
- Strict hand hygiene
- Wear appropriate PPE
- Monitor Blood Pressure/ Temperature/ Pulse Rate/ Respiratory Rate and SPO₂ every 12 hours or whenever patient complains
- Symptomatic treatment
 - o Tab PCM 500 mg 1 tab sos (if temp >99.7°F)
 - o Cough syrup 2tsp thrice daily (if cough)
 - o Adequate fluid intake
 - o Antibiotic – Tab Azithromycin 500 mg OD X 5days
- **When to refer to Covid Hospital?**
 - o If patient complains of breathing difficulty OR Persistent chest pain
 - o If temp >38° OR 100.4
 - o If RR greater or equal to 24/mins OR SPO₂< 94% on Room Air

If patient develops:

- Bluish discoloration of lips/face
- Mental confusion or inability to arouse
- Slurred speech
- Weakness or numbness in face or any limb.

Sd/-

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

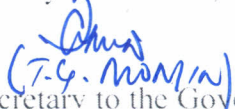
Memo No. Health.141/2020/84-A,

Dated Shillong, the 21st July, 2020.

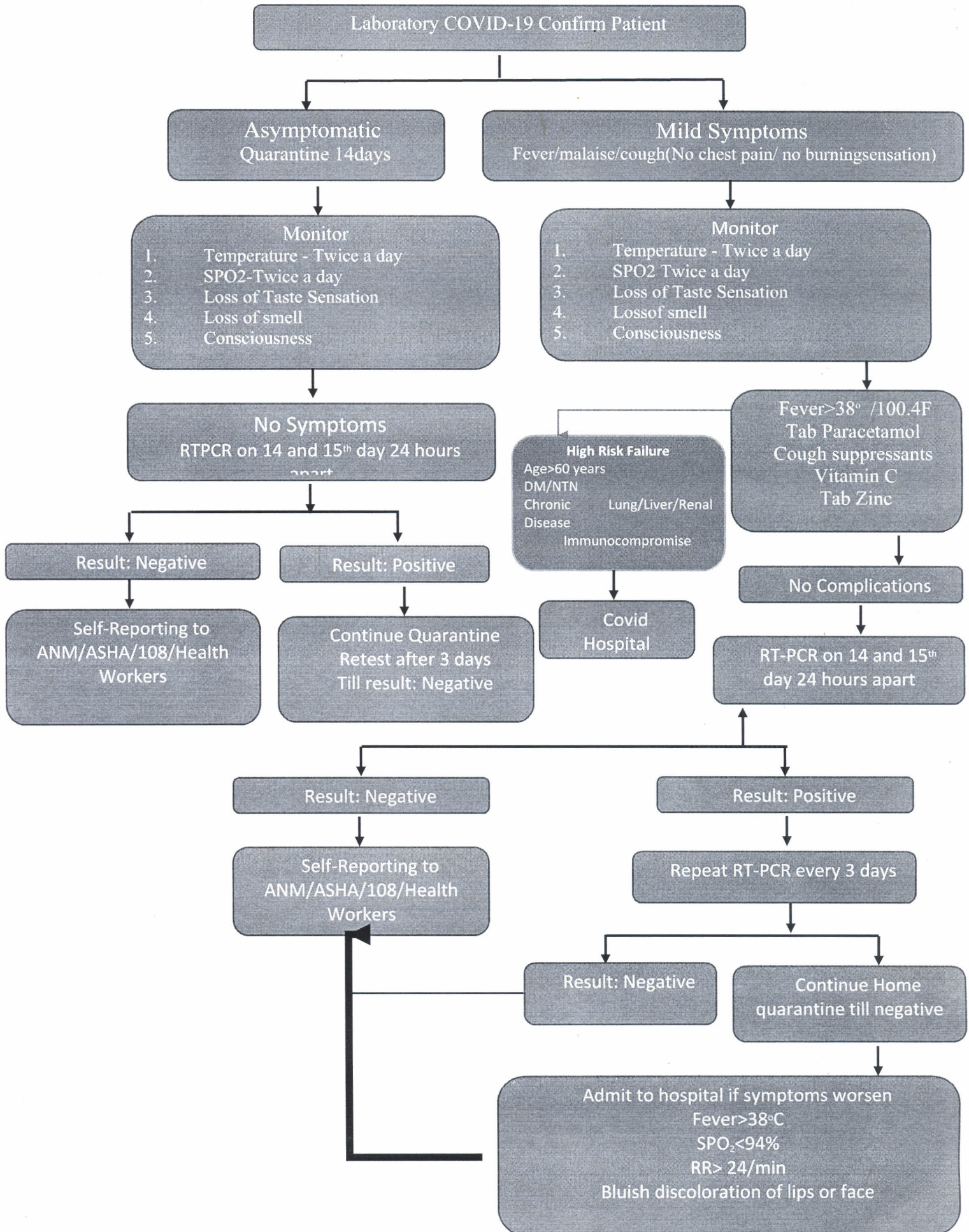
Copy to:-

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. The Private Secretary to Chief Secretary for kind information of the Chief Secretary.
5. The Commissioner & Secretary/Secretary, Health & F.W. Department.
6. The 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.
7. The Mission Director, National Health Mission, Meghalaya, Shillong.
8. The Director of Health Services (MI)/(MCH & FW)/(Research), Meghalaya, Shillong.
9. The Director of Information & Public Relation for wide circulation in the Print/Electronic media of the State.
10. The Joint Director of Health Services (MCH & FW) I/c IDSP, Meghalaya, Shillong.
11. The Joint Director of Health Services (Surgeon Superintendent), Civil Hospital, Shillong/ Medical Superintendent (Jt. DHS) Ganesh Das Hospital, Shillong/ Joint Director of Health Services (Garo Hills Division) Tura/State T.B. Officer-cum-Superintendent, R.P. Chest Hospital, Shillong/Project Director, Meghalaya AIDS Control Society, Pasteur Hills, Polo, Shillong
12. Superintendent, Civil Hospital, Jowai /Tura/MCH Hospital, Tura/Tirot Sing Memorial Hospital, Mairang/100 Bedded Hospital, Nongpoh /Nongstoin/ Williamnagar/ Khliehriat/ MIMHANS, 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

Home Management Protocol for COVID 19 Patients



Equipments require at home/with Care giver/ANM/ASHA

1. Mask
2. Gloves
3. Hand Sanitizer
4. Thermometer
5. Pulse Oximeter
6. BP Instrument
7. Betadine gargle/Salt water for gargling