

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

IMMEDIATE

No.Health.21/2020/Pt. VIII/95

Dated Shillong, the 27th May, 2021.

HEALTH ADVISORY

Following the meeting on the audit of COVID deaths and subsequent discussion with the State Medical Experts Committee, important insights were arrived at which is being indicated as follows:-

- A. Out of the 340 reported deaths in the State so far, 60 were declared Brought Dead at the hospitals. This is primarily due to the symptomatic cases that opted to stay home and delayed in seeking medical treatment. Given the above findings it is hereby being advised that:
- i. The people in general and the patients in particular, need to be educated on the warning signs of the disease especially around the **8th day**, to be counted after the first day of detecting the symptoms. It is pertinent that everyone should be educated to clearly identify and note the first day of the onset of symptoms.
 - ii. The warning signs around the 8th day can range from 1. sudden onset or increase of fatigue or weakness . 2. sudden worsening or recurrence of earlier symptoms. 3. new symptoms not present earlier. 4. increase or recurrence of fever. 5. increased cough. 6. chest pain. 7. breathing difficulty-increasing or not present earlier. In such cases it is advised that the patient should contact the consulting Doctor or local Medical Officer immediately as these could be due to the hyper sensitivity or hyper inflammation caused by the disease. Immediate step-up medical treatment is to be given without delay in such cases.
 - iii. The patients and their care givers need to be alert and mindful of the onset of the warning signs and seek prompt medical help. With the administering of required medications at the right time, the need for hospitalization and oxygen/ICU support will be drastically reduced. Most importantly, it is expected to fairly cut down the fatality rates.
- B. To ensure the above is not overlooked and taken up as a part of the COVID management Protocols, the following need to be disseminated immediately:
- i. All the frontline workers on duty at the field and those involved in house-to-house monitoring are to be properly instructed on the matter. They are to educate the patients to check for the warning signs and the importance of seeking immediate Medical help on development of the warning symptoms. It is to be noted that while majority of the cases might need only simple symptomatic treatment during the initial viral phase of the first 7 days, the above-mentioned warning signs of hyper-sensitivity can develop in some cases around the 8th day of the onset of the virus. This makes it a vulnerable period for the patient.
 - ii. All the Private Practitioners should be also advised to check for the warning signs within the time frame of COVID suspect patients and advice accordingly.
 - iii. This finding is to be made a part of the Protocol for early identification of the warning signs and treatment.

Kindly treat this as **TOPMOST PRIORITY**.

Sd/-
(Sampath Kumar, IAS)
Principal Secretary,
Health&Family Welfare Department.

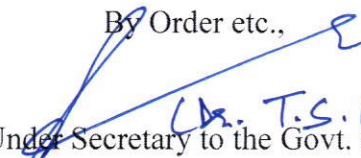
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Dated Shillong, the 27th May, 2021.

Copy to:-

1. The P.S. to the Hon'ble Chief Minister, Government of Meghalaya for information of the Chief Minister.
2. The P.S. to the Hon'ble Minister, I/c Health & Family Welfare, Government of Meghalaya for information of the Minister.

3. The P.S. to the Chief Secretary to the Government of Meghalaya, for information of the Chief Secretary.
4. P.S to the Principal Secretary to the Government of Meghalaya, Health & Family Welfare Department for information of Principal Secretary.
5. P.A to the Commissioner & Secretary to the Government of Meghalaya, Health & Family Welfare Department for information of Commissioner & Secretary.
6. The Mission Director, National Health Mission, Meghalaya, Shillong & Joint Secretary, Health & Family Welfare, Department for information.
7. 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 for information and necessary action.
8. The Director of Health Services (MI)/ (MCH &FW)/ (Research), Meghalaya, Shillong for information and necessary action.
9. Joint Secretary Health & Family Welfare Department for information.
10. Office Copy.

By Order etc.,

Under Secretary to the Govt. of Meghalaya,
Health & Family Welfare Department.