



National Health Mission
SDA Complex, Kasumpti
Himachal Pradesh

Dated: Shimla-171009, the 14th March 2020



ORDER

In exercise of the powers conferred by the **Himachal Pradesh Epidemic Disease (COVID-19) Regulations, 2020** vide notification no. HFW-A-A (3)1/2020 dated 11-03-2020 under the Epidemic Disease Act, 1897, the following instructions are being issued for the surveillance, prevention, control and treatment of COVID-19:

1. **Categorization of Persons:** For the purpose of COVID-19, the persons to be put on surveillance shall be categorized as follows:

1.1 **Category A Person:** A person with any of the symptoms - fever/ cough/ shortness of breath and history of travel to any of the areas included in the surveillance protocol by the State Government from time to time during a period of 28 days prior to onset of symptoms or history of contact* with a COVID-19 confirmed patient during a period of 28 days prior to onset of symptoms.

1.2 **Category B Person:** An asymptomatic person with history of travel to any of the areas included in the surveillance protocol by the State Government from time to time or history of contact* with a COVID-19 confirmed patient in the last 28 days and is vulnerable by virtue of belonging to either of the following category:-

- a) Elderly more than 60 years.
- b) Hypertensive.
- c) Diabetic.
- d) Asthmatic.
- e) Any other condition leading to potential immunodeficiency.

1.3 **Category C Person:** An asymptomatic person with history of travel to any of the areas included in the surveillance protocol by the State Government from time to time or history of contact* with a COVID-19 confirmed patient in the

last 28 days and is not belonging to any of the categories mentioned for the Category B person.

1.4 Category Red Person: A confirmed case of COVID-19

*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 index case (of which the person is a contact).

2. Surveillance Protocol

The various persons shall be put on surveillance in the following facilities as notified from time to time as per the following matrix:-

	Home Quarantine	Institutional Quarantine	Isolation for probable cases	Isolation for confirmed cases
Category Red Person				
Category A Person				
Category B Person				
Category C Person				

3. Reporting Channels

3.1 All the persons having a positive travel history shall be encouraged to self report through massive IEC on 104 Toll Free No.

3.2 104 Comprehensive Call Centre shall on a daily basis share a list of self reported person with State Surveillance Unit, which shall further share with the respective Districts, in addition to the list being shared by Bureau of Immigration through the State Surveillance Unit.

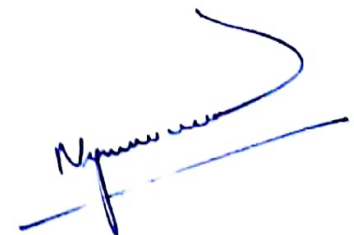
3.3 The District Surveillance Unit(s) shall besides making entries on the IHIP Portal, categorize such persons into the categories as mentioned at clause 1.

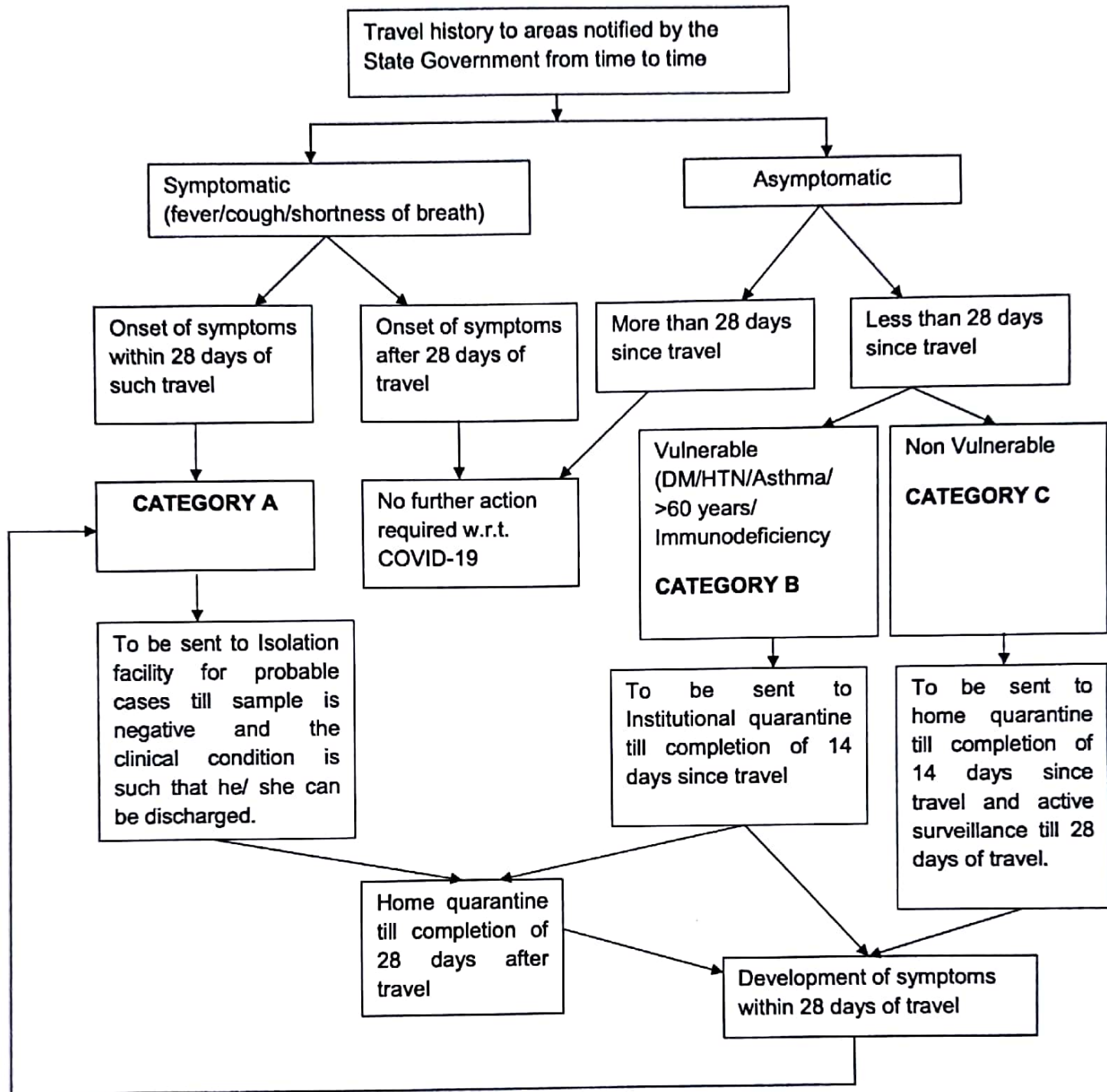
4. **Actions to be taken after categorization of persons:**

- After categorization of the person, the District Surveillance Unit shall undertake the actions as per the Algorithm 1.
- **The Category A persons shall be presumed to be Category Red person, until and unless proven otherwise by Laboratory confirmation.**
- For all Category A persons, the District Surveillance unit and rapid Response Team shall start line listing the contacts as soon as the person is categorized as category A and the relevant demographic, epidemiological and exposure details shall be recorded:

Sr. No.	Name	Age	Sex	Address	Co-morbidities	Date & Time of last contact	Nature of contact

- The contacts should be provided with information about prevention of the disease, symptoms and they should be informed about the measures to be taken in home quarantine and possibility of institutional quarantine and isolation.

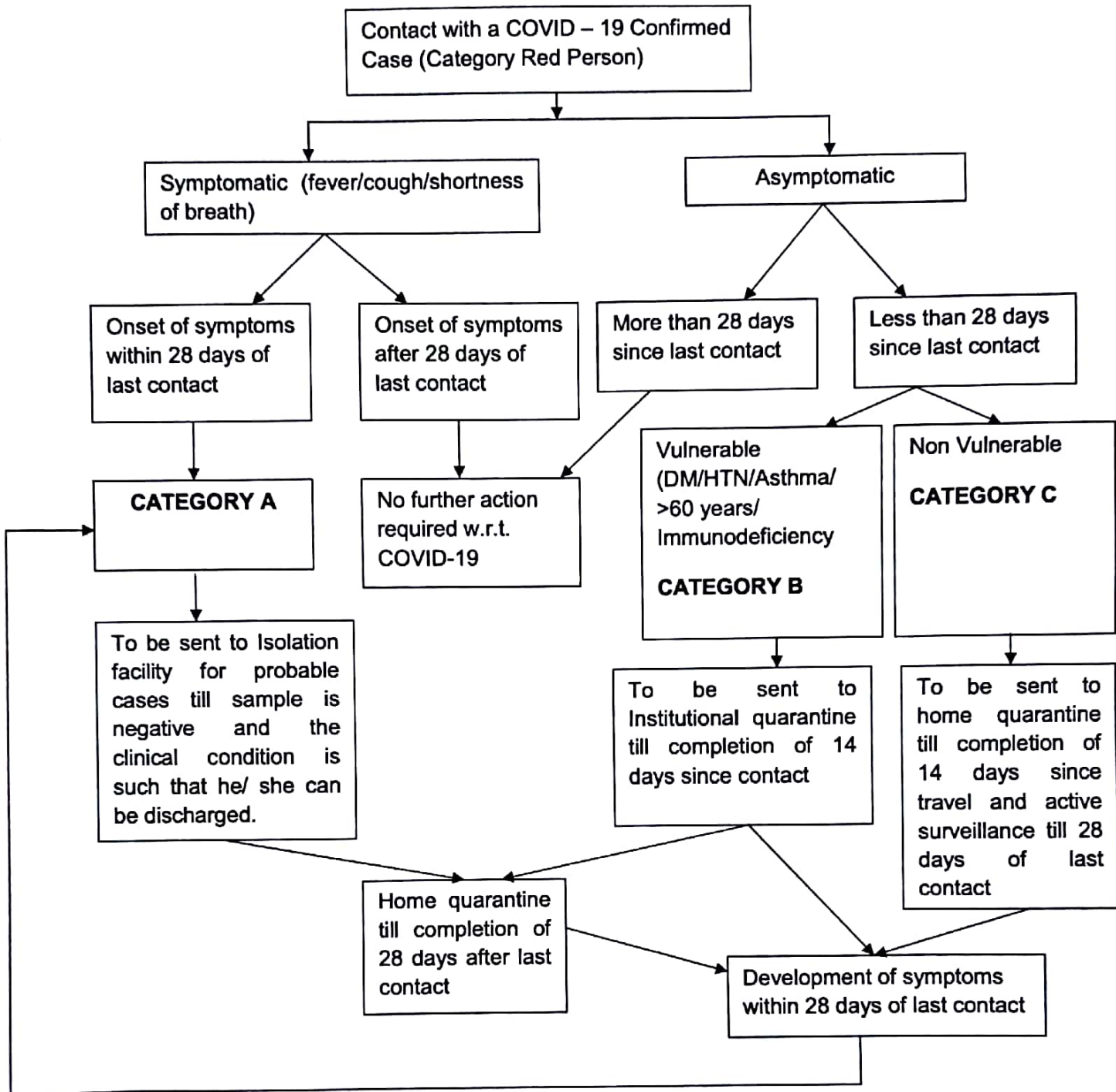




Algorithm 1: Protocol after categorization of travelers

- In case a Category A person converts to Category Red person by virtue of Laboratory confirmation, he/she shall be shifted to declared Isolation facility for confirmed cases and in case of the line listed contacts, further action shall be taken as per algorithm 2.

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Algorithm 2: Protocol after contact tracing

- In case the disease starts having local/community transmission, cluster containment strategy shall be resorted to as already circulated vide letter no. NHMHP-IDSP/1/2020-IDSP-Section-NATIONAL HEALTH MISSION-HP-2470 dated 12th March 2020.

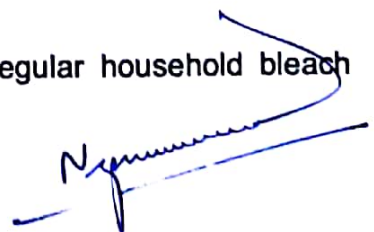
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5. Protocol for various facilities

5.1 Home Quarantine:

5.1.1 Instructions for the person and family

- 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.
- 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.
- 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.
- Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
- Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants



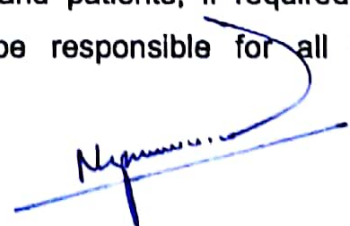
- Clean the clothes and other linen used by the person separately using common household detergent and dry
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call 104

5.1.2 Instructions for District Authorities

- Health worker shall personally visit in morning and contact telephonically in the evening on daily basis.
- Form A shall be filled up and reported to DSO by 4 pm on basis of *point (2)*.
- If person remains asymptomatic after 28 days of observation no further action is required.
- If persons become symptomatic, then he/she shall be categorized as **Category A** and shifted to Isolation facility for probable cases for further Investigation and management.

5.2 Institutional Quarantine:

- At present, there are three notified Institutional Quarantine facilities for Category B persons as notified by the Director Health Services. However, all the Chief Medical Officers shall identify at least one such facility in their districts which is capable of housing at least 50 inmates and furnish the report of same to the Director Health Services for declaration as per the the Himachal Pradesh Epidemic Disease (COVID-19) Regulations, 2020.
- The Director Health Services, Himachal Pradesh shall ensure provision of medical supervision round the clock in form of deployment of Medical Officer and Staff Nurse and simultaneously ensure the availability of basic drugs, equipment for examination, adequate messing and catering as per requirement (with provision of door to door delivery of food), linen management as per guidelines issued from time to time, Sweeping, laundry facility and disinfection facility either himself or through a designated nodal officer. The facility shall have an adequate stock of disinfectants, PPEs and masks for staff and patients, if required. The Nodal Officer, if so designated shall be responsible for all these arrangements.

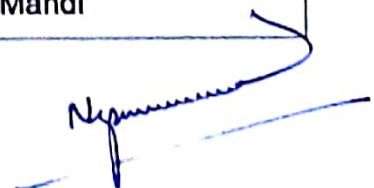


- The facility shall have provision of ambulance nearby, with the staff of ambulance trained in all aspects of the transport of such persons and the disinfection protocols.
- The District Magistrate shall arrange for adequate security at these Institutional Quarantine facilities.
- Health Care Provider shall clinically examine daily for signs and symptoms of COVID-19.
- If person remains asymptomatic after 14 days of observation. He/she shall be shifted to Home quarantine for another period of 14 days. If person becomes symptomatic any time during Institutional Quarantine and Home Quarantine, then he/she shall be categorized as **Category A** and shifted to Isolation facility for probable cases for further Investigation and management.

5.3 Isolation facility for probable cases of COVID-19

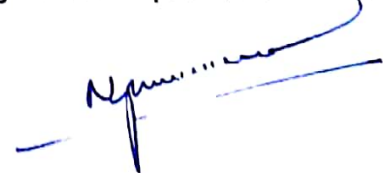
- At present, there are twelve notified Isolation facilities for Category A persons (probable cases) as notified by the Director Health Services.
- Health Care Providers shall provide treatment to all such persons and follow SOPs laid down for COVID -19.
- The Medical Superintendent of these respective facilities shall be the nodal person for all the arrangements and the logistics. He shall also notify a nodal clinician (those who have been trained) for the purpose of sample collection and clinical management.
- Samples (Nasopharyngeal and Oropharyngeal Swabs along with Blood) shall be sent following Sample transportation protocols i.e. in viral transport media with triple layered package either to IGMC, Shimla or DrRPGMC, Tanda, Kangra as per following allotment:

IGMC Shimla	Dr. RPGMC Tanda
Shimla	Kangra
Sirmour	Chamba
Solan	Hamirpur
Kinnaur	Una
Spiti (L&S)	Mandi



Bilaspur	Kullu
	Lahaul (L&S)

- For the purpose of sample collection, the Nodal Officer (Medical Superintendent) shall ensure that the swab collection and VTM (Viral Transport Medium) are available in stock beforehand from the IGMC Shimla and Dr RPGMC Tanda respectively, which in turn shall provide the same in adequate numbers to these isolation facilities for probable cases of COVID -19.
- The Nodal Officer (Medical Superintendent) shall ensure the sample transport to the testing centre as per allotted districts with full bio-safety precautions.
- **The Category A persons shall be presumed to be Category Red person, until and unless proven otherwise by Laboratory confirmation.** Therefore, these facilities shall follow all protocols for disinfection and the biomedical waste management as prescribed. The facility will ensure that all healthcare staff is trained in washing of hands, respiratory etiquettes, donning/doffing & proper disposal of PPEs and bio-medical waste management. There shall be strict adherence to Infection prevention control practices in all facilities.
- A minimum distance of 1 metre shall be maintained between the beds in these facilities and the patients shall wear a triple layer surgical mask at all times.
- The facility shall have a dedicated ambulance for transport to the Isolation facility for confirmed cases, in case the test report comes out as positive. The staff of such ambulance should be trained in all aspects of the transport of such persons and the disinfection protocols. The ambulances need to be disinfected using 1% sodium hypochlorite solution using knapsack sprayers.
- If person turns out to be positive for COVID_19, then he/she shall be shifted to Isolation facility for confirmed cases either at IGMC, Shimla or Dr. RPGMC, Tanda, Kangra for further management as per the districts allotted.



5.4 Isolation facility for confirmed cases of COVID -19

- Health Care Providers shall provide treatment to all such persons and follow SOPs laid down for COVID -19.
- The Medical Superintendent of these respective facilities shall be the nodal person for all the arrangements and the logistics.
- There shall be strict adherence to Infection prevention control practices in all facilities. Environmental cleaning should be done twice daily and consist of damp dusting and floor mopping with Lysol or other phenolic disinfectants and cleaning of surfaces with sodium hypochlorite solution. The support staff engaged in patient care including cleaning and disinfection will also wear full complement of PPE.
- Patient shall be discharged as per discharge policy for COVID-19 notified by MoHFW, GoI.
- The person from date of discharge shall be put on Home quarantine for next 14 days.



Additional Chief Secretary (Health) to the
Government of Himachal Pradesh

Endst no. As Above Dated: 14th March 2020

Copy for information and necessary action to:

1. All Deputy Commissioners, Himachal Pradesh
2. Director Health Services, Himachal Pradesh
3. Director Medical Education, Himachal Pradesh
4. Mission Director, National Health Mission, Himachal Pradesh
5. Director Health Safety and Regulation, Himachal Pradesh
6. All Chief Medical Officers, Himachal Pradesh
7. All Principals, Medical Colleges in Himachal Pradesh
8. All Senior Medical Superintendents in Himachal Pradesh
9. State Surveillance Officer, NHM, Himachal Pradesh
10. Project Coordinator, 104 Comprehensive Call Centre, Solan
11. State Head, GVK EMRI, NAS-108, Dharampur Solan




14/3/20
Special Secretary (Health) cum
Mission Director, NHM
Himachal Pradesh, Shimla – 9