



**GOVERNMENT OF KARNATAKA**

No. HFW/248/ACS/2020

Karnataka Government Secretariat  
Vikasa Soudha,  
Bengaluru, dated: 13.07.2020

**CIRCULAR**

**Subject:** Quarantine and testing of healthcare workers following  
'high risk exposure' to COVID positive person.

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In view of increase in number of COVID-19 cases in the State, more and more healthcare workers are getting exposed to COVID-19 infection. In this context, to ensure safety and continual availability of health care workers both in hospital and community settings, the following guidelines are issued.

**Quarantine:**

- Following a 'high risk exposure\*' to a COVID-19 positive case, the healthcare worker shall be advised home quarantine for 7 days.
- In case home quarantine is not feasible, institutional quarantine shall be arranged by government/private health institution.

**Testing:**

- If the healthcare worker is symptomatic, the person shall be immediately tested for COVID-19
- If health care worker is asymptomatic, the person shall be tested for COVID-19 on 7<sup>th</sup> day after high risk exposure to a COVID positive case.
- If the test result is negative, such healthcare workers shall be allowed to resume duty.

**\*High risk exposure:**

- Had direct physical contact with COVID positive person including physical examination without PPE.
- Anyone in close proximity (within 1 meter/3 feet) of the confirmed case without appropriate PPE.
- Accidently has come in contact with body fluids of the patient like respiratory secretions, blood, vomit, saliva, urine, faeces, etc.
- Touched or cleaned the linens, clothes, or utensils of the COVID-19 positive person.
- Lives in the same household as the COVID-19 positive person.
- Passenger in close proximity of within 1meter and travelling for more than 6 hours duration with a symptomatic person, who later tested positive for COVID-19.

*(Jawaid Akhtar)* 13/7/20  
(Jawaid Akhtar)

Additional Chief Secretary to Government  
Health and Family Welfare Department

**Copy to:**

1. Commissioner-BBMP
3. Commissioner-Health and Family Welfare Services, Bengaluru
3. Mission Director-NHM, Bengaluru
4. Deputy Commissioners of all Districts

5. CEOs of ZP of all Districts
6. Director- HFWS, Bengaluru
7. Director, Medical Education Department
8. District Health and Family Welfare Officers/ District Surgeons of Bengaluru Urban

**Copy for kind information to:**

1. Chief Secretary to GoK, Vidhana Soudha
2. ACS to Hon. Chief Minister, Vidhana Soudha
3. Principal Secretary, Medical Education