



Department of Health & Family Welfare Government of Karnataka

Protocol for Inter-state traveller to Karnataka during Phased Reopening (Unlock 1)

Date: 8th June 2020

No.:SOP 4/IST/2

Version.2

The Version.1 of the above-mentioned document has been revisited & following are the salient features of protocol for Inter State travellers coming into Karnataka.

- 1) **Mandatory Self- Registration on Seva Sindhu Portal by all travellers before entering Karnataka**
 - a. Name, Address, Mobile Number & other information to be provided
 - b. No approval required
 - c. Use of same Mobile number for multiple registrations is not allowed except in the case of a family.
 - d. Business visitors to give details (name, mobile and address of persons in Karnataka they intend to meet) and date of return
 - e. Transit traveller to provide address in destination state and indicate exit check post from Karnataka
2. **Health Screening of all incoming persons at entry points**
 - a. Border Check-posts, Airports, Sea Ports, Railway stations and Bus stands
 - b. Home Quarantine hand-stamping on hand for 14-days period as per quarantine norms
3. **Quarantine Norms**
 - I. **Symptomatic on Arrival from any State:**
 - a) Hospital isolation at Covid Care Centre(CCC) /Dedicated Covid Health Centre (DCHC)
 - b) Test immediately on arrival
 - I. If positive, shift to Dedicated Covid Hospital (DCH)

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- II. If negative, no further test is required; rule out other causes & treat accordingly.
Complete remaining period of 14 days of home quarantine from the date of arrival.

II. Asymptomatic on Arrival

A. Coming from Maharashtra

- I. 7 days of Institutional Quarantine followed by 7 days of home quarantine
- II. Test if they develop symptoms during Quarantine period
- III. Persons aged above 60 years or / and with **co-morbidity** (HIV, Tuberculosis, Cancer, Stroke, Dialysis, organ transplant, Diabetes Mellitus, Hypertension and other immuno-compromised) - test once between 5th to 7th day of arrival
- IV. Exemptions from institutional quarantine for Special Category Asymptomatic persons:
 1. 14days of home quarantine after swab collection immediately on arrival (one attendant to be permitted to accompany the special category person)
 2. Special category passengers:
 - i. Death in the family
 - ii. Pregnant Women
 - iii. Children aged below 10 years
 - iv. Elderly aged above 60 years
 - v. Serious illness
 - vi. Human Distress
 3. Any person having negative COVID test result from ICMR approved lab within last 2 days is exempted from institutional quarantine & should go for 14 days of home quarantine.

B. Coming from other States

- I. 14 days of home quarantine
- II. Test if they develop symptoms during home quarantine period
- III. For persons where home Quarantine is not possible, then Institutional Quarantine should be done especially when there is:
 1. Large family or no separate room for home Quarantine
 2. Slum or overcrowded areas where home quarantine cannot be followed

C. Business / Short term visitors:

- I. **Business visitor from other States coming to Karnataka:**



To establish that one is a business visitor, person should show **confirmed** return flight/train ticket which should not be more than 7 days later from the date of arrival. In case one is coming by road, he/she should provide the address proof of person in Karnataka he intends to meet.

1. If the business visitor coming for short duration of 48 hours (counted from the arrival time) then he/ she is exempted from Covid test & quarantine. All precautions of wearing mask, using hand sanitizer & cough etiquette should be followed.
2. If the duration of stay in Karnataka is more than 48 hours and less than 7 days then Covid-19 test will be done (swab will be drawn immediately on arrival) and after getting a negative report such a person can complete his engagements and go back. Till the test result comes the person should stay in quarantine. However, *if one is having Covid negative test certificate from ICMR approved lab*, which is not more than 2 days old then such a person is exempted from testing & quarantine.

III. Business traveller native of Karnataka & going to other States

1. For a traveller who is returning within 4 days from the date of journey there is no testing & no quarantine when he / she comes back to the State. Such a person should report to Apathmitra Helpline (14410) regarding the status of their health during the next 14 days.
2. For a traveller who is returning back after 4 days should follow the quarantine protocol as mentioned above in Para 3 (II) (A & B)

No hand-stamping for business travellers.

D. Transit traveller:

To establish that one is a transit traveller, person should show flight/train ticket for onward journey which should not be more than 1 day later from the date of arrival. In case one is traveling by road, he/she should provide the address and identity proof in destination state. The traveller should get his exit recorded at the selected exit check-post / railway station / airport.

Such traveller should be hand stamped, if traveling by road.

4. Home Quarantine: Strict Enforcement:

Home Quarantine Follow-up for all incoming persons, except business visitors and transit travellers

A. Rural Areas

- Home Quarantine Poster on home door
- Information to two neighbours



- Gram Panchayat Task Force to carry an overall responsibility of Home Quarantine
- 3 Member team in every village to monitor
- Flying Squad: FIR against violation of Home Quarantine and shift to Institutional Quarantine
- IVRS Call-centre outbound calls
- Quarantine watch App- daily self-monitoring upload- Temperature, finger-tip pulse-oximetry for elderly and persons with co-morbidity

B. BBMP and other Urban Areas

- Home Quarantine Poster on home door
- Information to two Neighbours
- Ward level team to carry an overall responsibility of Home Quarantine
- 3 Member team at Booth level consists of Local Body official, Booth Level Officers and Beat constable to monitor along with involvement of Resident Welfare /Apartment Owners' Associations
- Flying Squad: FIR against violation of home Quarantine and shift to Institutional Quarantine
- IVRS Call-centre outbound calls
- Quarantine watch App- daily self-monitoring upload- Temperature, finger-tip pulse-oximetry for elderly and persons with co-morbidity

5. Symptomatic & ILIs to call Apthamitra helpline (14410): All those who are in home quarantine or otherwise and develop symptoms similar to Covid-19 or Influenza Like Illness (symptoms of fever, cough, cold, throat pain) should call 24 *7 free helpline APTHAMITRA to get telemedicine help and be directed to Fever Clinics for further assessment and Covid- 19 test.

6. Role of general public, resident welfare association and commercial establishments:

- a. All shops, commercial establishments, offices, factories, malls, religious places, hotels, etc. are required to check for quarantine stamp on all their customers or visitors (at the back of their hand) before they enter the premises. They should not allow those with quarantine stamp to enter. They should inform the police at telephone number 100.
- b. General public and resident welfare associations are advised to report any violation of the quarantine in their neighborhood to the police at telephone number 100.

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7. If the Deputy Commissioner of district/ BBMP Commissioner assesses that the effective quarantine of inter-state traveller can be done in a better way by changing it from home to institutional quarantine or vice-versa then he/she can do so with information to State Surveillance Unit giving the reasons for such change.



(T.M. Vijay Bhaskar)
Chief Secretary to
Government of Karnataka

Copy for necessary action:

1. DCs/ CEOs/SPs of all districts.
2. Commissioner, BBMP and Commissioner of Police, Bangalore City.
3. DHOs/DSOs of all districts.

Copy for information: •

1. MD, BMRCL & Chairman, Disease Surveillance Team.
2. Additional Chief Secretary, GoK, H&FW, Bengaluru.
3. Commissioner, H&FW Services, Bengaluru.
4. Mission Director, NHM, Bengaluru.
5. OSD, SSU Covid-19.
6. Director, H&FW Services, Bengaluru.

Annexure
(Exempted persons)

The following categories of persons are exempted from requirements of quarantine & testing:

- I. Medical professionals, nurses, paramedical staff, sanitation personnel & ambulances as per Para 10(i) of MHA order No. 40-4/20202-DM-I(a), dtd: 17.05.2020.
- II. Constitutional and Statutory functionaries who are on their official duty.
- III. Airlines crew
- IV. Students taking up Board / University examinations as per the SOP issued by the concerned Departments.
- V. Daily inter-state commuters across the border: As per SOP issued by the Health Department
- VI. If members of Central / State Government, Defense, Para-military, Railways, DRDO, ISRO, PSUs, Universities, Research Institutes & such other organizations are required to stay in Institutional Quarantine and that organization makes a request to declare their dedicated quarantine facility for use of their members / declare a guest house owned by them to be an Institutional Quarantine facility they may be allowed to do so with the permission of the Department of Health and Family Welfare.

