

**GOVERNMENT OF NAGALAND  
DIRECTORATE OF HEALTH & FAMILY WELFARE  
NAGALAND::KOHIMA**

3rd May

No: DHFW/COVID-19/2019-20/721-28 Dated Kohima, the .....<sup>th</sup> April 2020.

To,

The Principal Secretary to the Government of Nagaland  
Health & Family Welfare Department  
Nagaland::Kohima.

**Sub: RECOMMENDED PLAN FOR MANAGEMENT OF TRAVELERS FROM  
OUTSIDE THE STATE- Regarding.**

Sir,

In continuation of this office letter No: DHFW/COVID-19/2019-20/ dt. 728-34 30<sup>th</sup> April 2020, the following 2<sup>nd</sup> option may be incorporated in case of travelers entering the state from declared **Orange districts** depending on resources & facilities availability, herein enclosed at Annexure: 1A.

The GOI Guideline on Home Quarantine is also enclosed herein at Annexure: 2.

Yours faithfully,


  
(DR. VIZOLIE Z SUOKHRIE)  
Principal Director  
Directorate of Health & Family Welfare  
Nagaland::Kohima

No: DHFW/COVID-19/2019-20/

Dated Kohima, the .....<sup>th</sup> April 2020.

Copy To:

1. The Commissioner & Secretary to Governor of Nagaland, Kohima for kind information.
2. The Addl Chief Secretary to Chief Minister, Nagaland, Kohima for kind information.
3. The Sr. P.S to Minister Health & Family Welfare, Nagaland, Kohima for kind information.
4. The Deputy Secretary to Chief Secretary, Nagaland, Kohima for kind information.
5. The Principal Secretary and Home Commissioner, Government of Nagaland, Kohima for kind information.
6. The Principal Secretary to the Govt of Nagaland, Health & Family Welfare Department for kind information.
7. The Deputy Commissioners of all districts for information and necessary action.
8. Guard file/ Office copy.

  
(DR. VIZOLIE Z SUOKHRIE)  
Principal Director  
Directorate of Health & Family Welfare  
Nagaland::Kohima

For travelers entering the state from declared **Orange districts**, the following 2<sup>nd</sup> option is incorporated depending on resources & facilities availability:

1. All travelers from **Orange districts** irrespective of will be mandatorily put on quarantine at Observation Centres for a period of **14** days.
2. If symptomatic, will be subjected to testing.
  - a. If tested **positive**, the case will be shifted to COVID-19 Hospital.
  - b. If tested **negative**, then continue quarantine at Observation Centre till completion of **14** days. Thereafter, will be put on Home Quarantine for another 14 days under **active surveillance** (mandatory self reporting of symptoms twice daily through App. If unresponsive/ switched off or not cooperative after calling by call centre will be taken up by police).
3. If asymptomatic, upon completion of **14** days quarantine at Observation Centre, will be put on Home Quarantine for another 14 days under **active surveillance** (mandatory self reporting of symptoms twice daily through App. If unresponsive/ switched off or not cooperative after calling by call centre will be taken up by police).



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**Persons on Home Quarantine shall strictly observe the following preventive and precautionary measures:**


1. Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.
2. Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.
3. Restrict his/her movement within the house.
4. Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.
5. He should also follow the under mentioned public health measures at all times:
  - a. Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
  - b. Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
  - c. 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.
  - d. 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.
  - e. Used mask should be considered as potentially infected.
  - f. If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call 1800-345-0019 or 011-23978046.

**Instructions for the family members of persons being home quarantined**

- a. Only an assigned family member should be tasked with taking care of such person.
- b. Avoid dusting/ shaking the soiled linen or direct contact with skin.
- c. Use disposable gloves when cleaning the surfaces or handling soiled linen.
- d. Wash hands after removing gloves.
- e. Visitors should not be allowed.
- f. In case the person being quarantined becomes symptomatic (fever, cough, difficulty in breathing), all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14 days or till the report of such case turns out negative on lab testing.

**Environmental sanitation:**

- a. Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
- b. Clean and disinfect toilet surfaces daily with regular household bleach solution/ phenolic disinfectants
- c. Clean the clothes and other linen used by the person separately using common household detergent and dry.

  
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