



## SOP for Management of Home Isolation of Asymptomatic and Mild Symptomatic Cases

There are many cases detected COVID-19 positive who are asymptomatic or very mild to mild symptoms of COVID-19. Such cases if they live in non-slum area and have adequate facility at his own house befitting for home isolation, then may be permitted for home isolation for requisite period.

However the following category of persons will not be allowed for home isolation even if they are asymptomatic or mild symptomatic.

1. COVID positive cases suffering from immune compromised status like HIV, Transplant recipients, Cancer therapy etc.
2. Elderly persons more than 60 years of age with co-morbid conditions such as Hypertension, Diabetes, Heart Disease, Chronic Lung/Liver/Kidney disease, cerebro-vascular disease etc shall only be allowed for home-isolation after proper evaluation by treating doctor.

### Patients Eligible for Home Isolation

The following type of patients will only be allowed for home isolation.

1. The patient must have adequate facility at his residence for self isolation and also for quarantining all other family members.
2. The patient must be clinically assigned as asymptomatic/mild/very mild case for COVID-19 by the treating doctor.
3. A care giver is available for the patient to give care 24x7 basis. A communication link between the care giver and the designated COVID-19 hospital is also a prerequisite for allowing home isolation. The care giver and the family members should take chemo-prophylaxis(Hydroxychloroquine) as per protocol after prescription from a medical practitioner.
4. The patient must allow monitoring of his health and also regularly inform his health status to BMC for further follow up of the case.
5. The patient needs to give an undertaking in a prescribed format for self-isolation as per Annexure-I and also follow isolation guidelines strictly.

### Need for Medical Attention

The patient/care giver shall keep monitoring their health and bring it to the notice of BMC in case immediate medical attention is needed due to development of serious signs and symptoms. The following symptoms can be considered as serious condition

- Difficulty in breathing
- Dip in Oxygen saturation( $SpO_2 < 95\%$ )
- Persistent pain/pressure in chest
- Mental confusion or inability to arouse
- Slurred speech/seizures
- Weakness/Numbness in limbs or face
- Development of bluish discolouration of lips/face

### Procedure for Home Isolation

- After a person is diagnosed as COVID positive, during contact tracing he/she will be asked about his current health condition and will also be asked whether he will go for home isolation. After his consent for home isolation, the nodal officer home isolation management will send the zonal level RRT for verification of his house and health condition. Since the RRT team is headed by a Ayush doctor, the doctor will assess the current health condition and will suggest if the case can be considered for home isolation. The RRT team shall also assess the home condition to check the adequateness of the house for home isolation of the positive case.
- Once the RRT team is satisfied with the health condition and adequateness of the house, he will intimate the nodal officer about it and obtain the undertaking in the prescribed format Annexure-I from the patient and the care giver of the patient. The RRT team shall also handover the prescribed instructions to be followed by the Patient and the care giver for home-isolation for strict adherence.
- The nodal officer for home isolation management will prepare the order for allowing home isolation and communicate to the respective zonal DC. The zonal DC will ensure affixing of special sticker designed for such purpose in front of the house of the patient and also handover an appeal letter meant for the neighbours for moral support and keeping vigilance on the family. Along with the person on home isolation, all other members will also have to be kept under quarantine.
- The nodal officer will then submit the data to the quarantine monitoring call centre (1929) for regular follow up on the health condition of the patient. The patient's home isolation will be over as per the discharge policy of Health & Family Welfare Department.
- In case the patient develops serious symptoms during his home isolation, the care giver should immediately inform 1929 and BMC medical nodal officer & ADUPHO, Bhubaneswar(Mob: 9937549932) for intervention and shifting to CCC/Dedicated COVID hospital.

  
Commissioner

Bhubaneswar Municipal Corporation

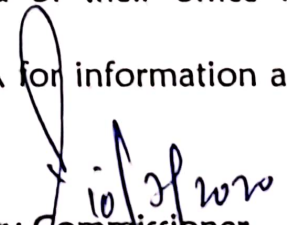
Memo No: 25675 /BMC

Date: 10.07.2020

Copy to Officers Concerned for information and necessary action.

Copy to All Zonal Deputy Commissioners, BMC for information and necessary action. They are requested to communicate this SOP to all concerned of their office for immediate necessary action.

Copy to Addl Commissioner I & II, BMC/Addl Commissioner BDA for information and necessary action.

  
Deputy Commissioner  
COVID Management Cell