

**GOVERNMENT OF MEGHALAYA  
HEALTH & FAMILY WELFARE DEPARTMENT**

**Orders by the Governor**

**NOTIFICATION**

**Dated Shillong, the 28<sup>th</sup> July, 2020.**

**No.Health.128/2020/7:-**The annexed protocol is put in place for Testing & Quarantine of exposed individuals who come in contact with a COVID-19 positive person.

All concerned are to note for necessary compliance.

This modifies this Department's Notification No.Health.128/2020/6 dt.27.7.2020.

Sd/-

(Sampath Kumar)

Commissioner & Secretary to the Government of Meghalaya  
Health & Family Welfare Department


**Memo No.Health.128/2020/7-A,**

**Dated Shillong, the 28<sup>th</sup> July,2020.**

**Copy to:**

1. The Secretary to the Governor of Meghalaya for kindl information of Governor.
2. PS to the Chief Minister, Meghalaya for kind information of Chief Minister.
3. PS to the Deputy Chief Minister, Meghalaya for kind information of Deputy Chief Minister.
4. PS to the Minister, Health & Family Welfare Department, Meghalaya for kind information of Minister.
5. PS to all Ministers, for kind information of Hon'ble Ministers.
6. PS to Chief Secretary to the Government of Meghalaya for kind information of Chief Secretary.
7. The Additional Chief Secretary/Principal Secretaries/Commissioner & Secretaries/Secretaries of all Departments, Government of Meghalaya.
8. Mission Director, National Health Mission,Meghalaya,Shillong.
9. Director of Health Services (MI)/(MCH&FW)/(Research), Meghalaya, Shillong.
10. The Director of Information & Public Relations, Meghalaya, Shillong for wide circulation in the print and electronic media of the State.
11. The Director General of Police, Meghalaya.
12. The Deputy Commissioner,  
East Khasi Hills, **Shillong** /West Khasi Hills, **Nongstoin**/ South-West Khasi Hills, **Mawkyrwat**/ East Jaintia Hills, **Khliehriat**/ West Jaintia Hills, **Jowai**/ Ri-Bhoi District, **Nongpoh**/ West Garo Hills, **Tura**/ South-West Garo Hills, **Ampati**/ East Garo Hills, **Williamnagar**/ South Garo Hills, **Baghmara** /North Garo Hills, **Resubelpara**.
13. Joint Director of Health Services (MCH&FW) I/c IDSP, Meghalaya, Shillong.
14. District Medical & Health Officer  
East Khasi Hills, **Shillong** /West Khasi Hills, **Nongstoin**/ South-West Khasi Hills, **Mawkyrwat**/ East Jaintia Hills, **Khliehriat**/ West Jaintia Hills, **Jowai**/ Ri-Bhoi District, **Nongpoh**/ West Garo Hills, **Tura**/ South-West Garo Hills, **Ampati**/ East Garo Hills, **Williamnagar**/ South Garo Hills, **Baghmara** /North Garo Hills, **Resubelpara**
15. All Administrative Departments/Heads of Departments

By Orders, etc.,

  
(T. C. Momin)

Joint Secretary to the Government of Meghalaya,  
Health & Family Welfare Department.

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**Government of Meghalaya**  
**Department of Health & Family Welfare**

**PROTOCOL FOR TESTING AND QUARANTINE OF EXPOSED INDIVIDUALS WHO COME IN CONTACT WITH A COVID-19 POSITIVE PERSON**

CONTACT DESCRIPTION	IMMEDIATE ACTION	TESTING PROCEDURE	QUARANTINE/ISOLATION	TREATMENT PROCESS
<p><b>HIGH RISK CONTACT(S)</b> - those who have come in contact with a Covid-19 positive person without wearing protective gear (mask) and had an exposure of more than 15 minutes in close proximity ( less than 1 meter) of the positive person</p>	<p>1. Do not panic.</p> <p>2. Self-isolate wherever you are (at home or institution). Ensure no further exposure with anybody.</p> <p>3. Immediately identify people you came into close contact with, who can be your high risk contacts. Alert them as well as IDSP by calling on 108/District Helpline Number.</p> <p>4. The person(s) who have symptoms (fever, sore throat, body ache</p>	<p>Based on the date of exposure, rapid antigen testing or RT-PCR will be done on the high risk contacts. The type and timing of test to be conducted will be decided by the hospital authorities (if within the hospital premises) or the IDSP team of NHM (if outside the hospital premises)</p>	<p>1. Till results are declared, all high risk contacts will undergo home quarantine and strictly follow the three recommended health protocol of hand washing or sanitising frequently, maintaining social distancing, and wearing mask.</p> <p>2. Once results are declared and <b>if tested negative</b>, the following measures are to be taken:</p> <ul style="list-style-type: none"> <li>• home quarantine for 14 days</li> <li>• following the three recommended health practices</li> <li>• monitor their health on a daily basis</li> <li>• report about any</li> </ul>	<p><b>If tested positive,</b></p> <p>1. <b>Category A</b> (asymptomatic) and <b>Category B</b> (mild symptoms) persons will continue with <b>home quarantine</b> of 14 days during which they will have to follow the measures given below:</p> <ul style="list-style-type: none"> <li>• follow the three recommended health practices</li> <li>• monitor their health on a daily basis</li> <li>• follow toilet protocol</li> <li>• report about any symptoms developed even if mild</li> </ul> <p><i>In case there is no facility for home quarantine, the patient may be kept in the community or institutional quarantine centre</i></p>



	<p>and breathlessness) should inform district helpline/108 to apprise IDSP/inform the nearest health facility. This has to be done as soon as possible.</p> <p><i>Contact tracing to be started immediately for identifying all contacts (high risk and low risk) by State/District Surveillance Team.</i></p>		<p>symptoms developed even if mild</p> <ul style="list-style-type: none"> <li>strengthening the immune system by having a healthy diet and proper rest</li> </ul> <p><i>If tested positive, treatment as per the next column are to be followed.</i></p>	<p>2. <b>Category-C</b> (needing oxygen support) and <b>Category-D</b> (severe patients needing ventilation support) will be admitted in hospitals dedicated for COVID treatment.</p> <p><i>RT PCR test to be repeated after 14 days of isolation.</i></p> <ul style="list-style-type: none"> <li><i>If negative, another PCR test to be conducted after 24 hours to confirm that it is negative.</i></li> <li><i>If positive, test would be repeated every 3rd day to check viral clearance till the results show that PCR is negative</i></li> </ul> <p><i>Patient will be declared cured only after 2 consecutive samples, 24 hours apart, are negative.</i></p>
<p><b>LOW RISK CONTACT(S)</b> Low risk contacts are those who are either secondary contacts or primary contacts who were not</p>	<p>1. Do not panic</p> <p>2. Self-isolate as far as possible</p> <p><i>Such individuals can attend work normally but should carefully monitor</i></p>	<p>For symptomatic low-risk contacts, samples for antigen test will be collected and based on clinical assessment, decision on whether home/institutional quarantine is required will be taken</p>	<p><b>If tested positive,</b> strict home/institutional isolation of 14 days is required.</p> <p><b>If tested negative,</b> quarantine is not required.</p>	<p><b>For Category A and B</b> individuals, home quarantine is advised and in addition to following the three recommended practices of health, these individuals are advised to have</p> <ul style="list-style-type: none"> <li>plenty of warm nourishing oral fluids</li> </ul>

<p>exposed to a COVID-positive patient directly.</p>	<p><i>themselves (checklist) and diligently follow the three recommended health practices. If symptoms develop, report about any symptoms even if mild and you will be tested.</i></p>			<ul style="list-style-type: none"> <li>• balanced diet</li> <li>• adequate sleep and rest</li> <li>• saline gargle for sore throat if present</li> </ul> <p><b>Category-C and D</b> will require Institutional quarantine of 14 days. Positive low-risk individuals will be under medical team's observation at institutional quarantine and shifted to hospital if required. Discharge from institutional quarantine will be as specified above after two consecutive RT-PCR tests, 24 hours apart, are reported negative.</p>
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**NOTE:-**

\* **Category A Patients:-** Can be asymptomatic even if exposed to the virus or may have come in contact with a positive patient/person. Such individuals can be treated at home through isolation.

\* **Category B Patients:-** May have mild symptoms (fever/other symptoms) and may not require hospitalisation. Such individuals can be treated at home through isolation.

\* **Category C patients:-** Patients with breathing difficulty and fever requiring oxygen support. Such individuals need to be admitted and treated in a hospital set up.

\* **Category D patients:-** Patients with severe COVID-19 symptoms requiring ventilation support. Such individuals need to be admitted in dedicated COVID hospitals.

\* **High Risk Contacts of COVID-19 positive person:-** Those who have come in contact with a Covid-19 positive person without wearing protective gear (mask) and had an exposure of more than 15 minutes in close proximity ( less than 1 meter) of the positive person.

\* **Low Risk Contacts of COVID-19 positive person:-** Low risk contacts are those who are either secondary contacts or primary contacts who were not exposed to a COVID-positive patient directly (by wearing a mask and maintaining physical distancing) and had an exposure of less than 15 minutes.

\* The responsibility for contact tracing, testing and quarantine process will be handled by IDSP team under NHM.

\* Treatment process comes under the aegis of the treatment clinical management committee headed by DHS (MI) in collaboration with all hospitals.