

# **COVID-19 Management Protocol for Hospitals under DOH**

## COVID-19 Case Definitions

**Suspect Case:** A patient with acute respiratory illness (fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness of breath) AND a history of travel to or residence in a country/area or territory reporting local transmission (See NCDC website for updated list) of COVID-19 disease during the 14 days prior to symptom onset; <https://ncdc.gov.in/index4.php?lang=1&level=0&linkid=127&lid=432> Check under Travel Advisory.

OR

A patient / Health care worker with any acute respiratory illness AND having been in contact with a confirmed COVID-19 case in the last 14 days prior to onset of symptoms;

OR

A patient with severe acute respiratory infection (fever and at least one sign/symptom of respiratory disease (e.g., cough, shortness of breath) AND requiring hospitalization AND with no other etiology that fully explains the clinical presentation;

OR

A case for whom testing for COVID-19 is inconclusive

**Laboratory Confirmed case:** A person with laboratory confirmation of COVID-19 infection, irrespective of clinical signs and symptoms.

- Fever (defined as a temperature of 100.4F or higher on oral, rectal, ear or temporal thermometer, and 99.4F or higher on axillary temperature)

**CONTACT:** is a person that is involved in any of the following:

- Providing direct care without proper personal protective equipment (PPE) for COVID-19 patients
- Staying in the same close environment of a COVID-19 patient (including workplace, classroom, household, gatherings).
- Traveling together in close proximity (1 m) with a symptomatic person who later tested positive for COVID-19.

**High Risk Contact:**

- Touched body fluids of the patient (Respiratory tract secretions, blood, vomit, saliva, urine, faeces)
- Had direct physical contact with the body of the patient including physical examination without PPE.
- Touched or cleaned the linens, clothes, or dishes of the patient. • Lives in the same household as the patient.
- Anyone in close proximity (within 3 ft) of the confirmed case without precautions.

- Passenger in close proximity (within 3 ft) of a conveyance with a symptomatic person who later tested positive for COVID-19 for more than 6 hours. Low Risk Contact:
- Shared the same space (Same class for school/worked in same room/similar and not having a high risk exposure to confirmed or suspect case of COVID-19).
- Travelled in same environment (bus/train/flight/any mode of transit) but not having a high-risk exposure.

**Low risk contact:**

- Shared the same space (same class for school/worked in same room/similar and not having a high risk exposure to confirmed or suspect case of COVID-19).
- Travelled in same environment (bus/train/flight/any mode of transit) but not having a high risk exposure.

**1. Categorization of Persons:** For the purpose of COVID-19, the persons to be kept under surveillance shall be categorized as follows:

- 1.1 Category A Person:** A person with any of the symptoms - fever/ cough/ shortness of breath and history of travel to any of the areas included in the surveillance protocol by the State Government from time to time during a period of 28 days prior to onset of symptoms or history of contact with a COVID-19 confirmed patient during a period of 28 days prior to onset of symptoms.
- 1.2 Category B Person:** An asymptomatic person with history of travel to any of the areas included in the surveillance protocol by the State Government from time to time or history of contact with a COVID-19 confirmed patient in the last 28 days and is vulnerable by virtue of belonging to either of the following category:
- a) Elderly more than 60 years.
  - b) Hypertensive.
  - c) Diabetic.
  - d) Asthmatic.
  - e) Any other condition leading to potential immunodeficiency.
- 1.3 Category C Person:** An asymptomatic person with history of travel to any of the areas included in the surveillance protocol by the State Government from time to time or history of contact with a COVID-19 confirmed patient in the last 28 days and is not belonging to any of the categories mentioned for the Category B person.
- 1.4 Category Red Person:** A confirmed case of COVID-19

## 2. Surveillance Protocol

The various persons shall be put on surveillance in the following facilities as notified from time to time as per the following matrix:

	Home Quarantine	Institutional Quarantine	Isolation for probable cases	Isolation for confirmed cases
Category Red Person				
Category A Person				
Category B Person				
Category C Person				

**Reporting Channels:** Kindly report to the nearest govt. centre for reporting COVID-19 cases (Helpline no:1077)

## 3. Actions to be taken after categorization of persons:

- After categorization of the person, the District Surveillance Unit shall undertake the actions as per the Algorithm 1.
- **The Category A persons shall be presumed to be Category Red person, until and unless proven otherwise by Laboratory confirmation.**
- For all Category A persons, the District Surveillance unit and rapid Response Team shall start line listing the contacts as soon as the person is categorized as category A and the relevant demographic, epidemiological and exposure details shall be recorded:

Sr.No	Name	Age	Sex	Address	Co-morbidities	Date & time of last contact	Nature of contact

The contacts should be provided with information about prevention of the disease, symptoms and they should be informed about the measures to be taken in home quarantine and possibility of institutional quarantine and isolation.

#### **4. Protocol for various facilities**

##### **4.1 Home Quarantine: (Category C)**

###### **4.1.1 Instructions for the person and family**

- Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.
- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc. Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer. Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- 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. 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. Used mask should be considered as potentially infected.
- Only an assigned family member should be tasked with taking care of the such person.
- Avoid shaking the soiled linen or direct contact with skin.
- Use disposable gloves when cleaning the surfaces or handling soiled linen.  
Wash hands after removing gloves.
- Visitors should not be allowed. Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
- Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants.
- Clean the clothes and other linen used by the person separately using common household detergent and dry.
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre

##### **4.2 Institutional Quarantine (Category B persons)**

- At present, there are three notified Institutional Quarantine facilities for Category B persons as notified by the Director Health Services.

S.no	Name of Institution	No. of beds
1	Guest house SLBSGMC, Nerchowk, Mandi	50
2	Regional Health and Family Welfare Training Centre, Chheb, Kangra	50
3	SIH and FW, Parimahal, Shimla	50

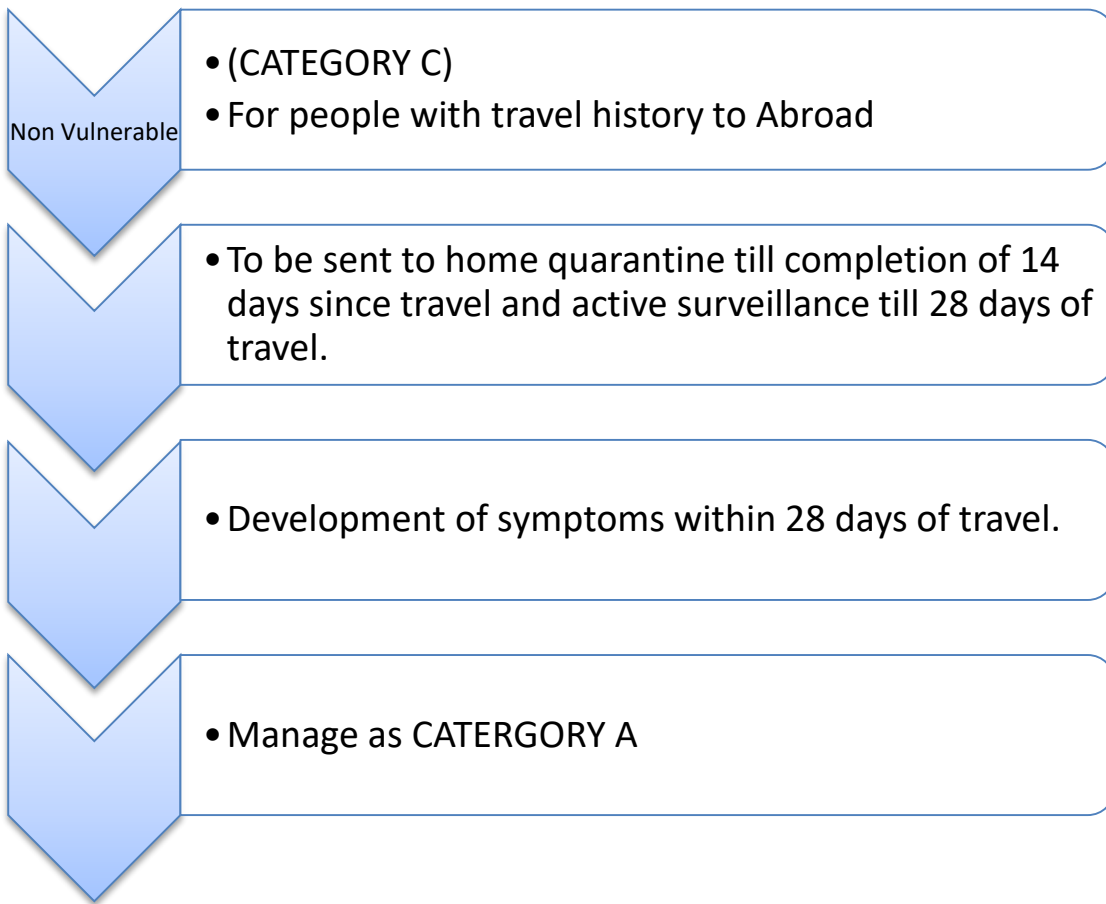
#### 4.3 Isolation facilities for PROBABLE cases of COVID-19 (Category A persons)

Sr. No.	Name of Health Institution
1	DH Bilaspur
2	JLNMC and Hospital, Chamba
3	Dr.RKGMHC and Hospital, Hamirpur
4	ZH Dharamshala
5	DH Reckong Peo
6	DH Kullu
7	DH Keylong
8	ZH Mandi
9	DDU Shimla
10	Dr. YSPGMC and Hospital, Nahan
11	DH Solan
12	DH Una

#### 4.4 Isolation facilities for Confirmed cases of COVID-19 (Category Red Persons)

S.No	Name of Health Institution
1	IGMC, Shimla
2	Dr. RPGMC, Tanda, Kangra

\*\*As India gets more cases, these criteria will need to change. Follow Indian Government guidelines on who should be suspected to have COVID-19\*\*



For those **CATEGORY-C persons coming from abroad** who do not have an appropriate space for home quarantine, can contact DOH for Home quarantine facility.

For all the people with **travel history within Indian states**, where confirmed cases of COVID-19 are there, we recommend home quarantine for 28 days.

## **WHILE STAYING IN DOH PROVIDED QUARANTINE FACILITY :**

Data to be filled and updated to DOH:

1. Name
2. Age
3. Sex
4. Address
5. Contact number of patient one family member
6. Date of arrival and discharge from quarantine facility
7. Description of travel history which should include the name of the country visited within last 28days, date of arrival in India and date of arrival at particular settlement.
8. History of contact with COVID-19 affected persons- if any describe the nature of contact, date and time of last contact.

Monitoring of daily temperature and symptoms (cough and SOB) to be done by the individual and report to one assigned staff from DOH daily telephonically until completion of 28days of home quarantine.

Another daily monitoring will be done by concerned staff member from Himachal state government hospital.

## **TRANSPORTATION FACILITY:**

For strong suspect of COVID-19 infection, inform local state government on the help line number **1077** they will decide which category the person will fall under and will provide the necessary guidance on how to proceed and will also arrange for the transportation of concerned person if they feel the need to do so.

For Category-C patient (Home quarantine) they will be transferred to the Home quarantine facility by the two vehicles ear marked for the purpose with plastic sheet partition for added driver safety. We may also use the Men Tse Khang ambulance if the need arises.

Delek Ambulance will be kept reserved for transferring of very sick patients requiring oxygen support. This Ambulance will also be used for the regular emergency patient transfer from Delek.

**INFORMATION TO BE PROVIDED BY SETTLEMENT OFFICERS/MEDICAL OFFICERS TO DOH-DHARAMSHALA REGARDING HOME QUARANTINED INDIVIDUALS: (Update to be given twice a week- Monday and Thursday)**

1. Name
2. Age
3. Sex
4. Address
5. Contact number of patient and one family member
6. Date of arrival and discharge from quarantine facility
7. Description of travel history which should include the country visited within last 28 days, date of arrival to India and date of arrival to particular settlement.
8. History of contact with COVID19 affected persons if any.