

MOST URGENT / TOP PRIORITY



Primary & Secondary
Healthcare Department

No. SO (EP&C) 1-8/2020
Government of the Punjab
Dated Lahore the 9th May 2020

1. All Commissioners in Punjab
2. Director General, Provincial Disaster Management Authority, Punjab
3. All Deputy Commissioners in Punjab
4. All Chief Executive Officers, District Health Authorities in Punjab
5. All Medical Superintendents, DHQ/THQ Hospitals in Punjab

SUBJECT: GUIDELINES FOR HOME ISOLATION OF COVID – 19 PATIENTS

The Primary & Secondary Healthcare Department (P&SHD), on the recommendations of Corona Expert Advisory Group (CEAG) and Technical Working Group (TWG), is pleased to issue 'Guidelines for Home Isolation of COVID-19 Patients' as detailed below:

- a. **Definitions.** For the purposes of these guidelines, following operational definitions for '**Isolation**' and '**Quarantine**' will be followed:
- 1) '**Quarantine**' means the restriction of activities or separation of persons who are not ill, but who may be exposed to an infectious agent or disease, with an objective of monitoring symptoms and early detection of cases.
 - 2) '**Isolation**' means public health measure that separates lab confirmed patients of any communicable disease from those who are healthy.

Note: Home Isolation will be allowed only: -

- If a patient is asymptomatic OR with mild symptoms, and,
- Qualifies for Home Isolation through the assessment of Home Isolation Committee

- b. **Protocols for Shifting of COVID-19 Patients.** Laboratory confirmed COVID-19 patients should be immediately shifted as per the following protocols:

	<u>Condition of the Patient</u>	<u>Shifted to</u>
1	Asymptomatic patients or those with mild disease and vitally stable.	i. Isolation Facility, as established or notified by the Government ii. Home isolation (subject to fulfillment of criteria)
2	Symptomatic patients defined as moderate disease as notified in Clinical Guidelines	Isolation Wards with monitoring facility (Hospital settings)
3	Symptomatic patients defined as severe disease as notified in Clinical Guidelines (Page No. 16)	HDUs /ICUs

c. Guidelines for Designated Isolation Facilities (IF)

- 1) Any residential quarter like hotel, school building, mosque, hostel, community center or other suitable building with adequate facilities - under the supervision of concerned District Health Authority (DHA).
- 2) Each laboratory confirmed COVID-19 patient should be kept in a single room with attached bathroom (where feasible or grouped together for positive patients).
- 3) General premises of the Isolation Facility, rooms, corridors and washrooms etc. be disinfected on daily basis (**refer to COVID-19 Disinfection and Decontamination Protocols – Appendix 'A'**).
- 4) There will be a system of record keeping to maintain data of admission/discharge of COVID-19 patients.
- 5) Solid Waste Management in the Isolation Facilities will be carried out as per the guidelines issued by the Primary & Secondary Healthcare Department (**refer to Guidelines: Novel Corona Virus Waste Management March – 2020 and SOPs for Infectious Waste Collection from Isolation Centers vide letter No. SO (EP&C) 1-8/2020 dated Lahore the 14th March 2020 – Appendix 'B'**).



- 6) The Isolation Facilities should not be established in building with centralized HVACs (Heating, Ventilation and Cooling) as it may spread the virus.
- 7) Only cooked food in disposable utensils be supplied in IFs.

d. Guidelines for Home Isolation (HI)

- 1) Home isolation will be allowed on the recommendations of the '**Home Isolation Committee**' with informed consent of the patient (Home Isolation Informed Consent Form at **Appendix 'C'**). Committees will be notified by the concerned Deputy Commissioner preferably with following composition: -
 - a) Assistant Commissioner (through his designated officer)
 - b) Deputy District Officer (Health) of concerned tehsil (through notified Medical Officers)
 - c) Chief Officer of Tehsil or Town Municipal Administrations (TMAs) or Municipal Committees (MCs) or his nominee

NOTE: District Administration may consider engaging officials from Population Welfare, Livestock and Excise Departments at Union Council level, to ensure there is no time lag between reporting of patient (aspiring to be home isolated) and inspection of the premises. Three committees in each Urban Union Council (UC) and one committee in each Rural UC will be notified with mandatory membership of one Medical Officer.

- 2) Detailed Check List / Score sheet for assessment of home isolation is at **Appendix 'D'**.
- 3) Checklist for Doctors for Assessment of Patients and Primary Caregiver for Home Isolation of Laboratory Confirmed COVID – 19 Cases at **Appendix 'E'**.
- 4) The Committee will satisfy itself that there are sufficient number of single rooms (proportionate to family size) available to accommodate one or more than one COVID-19 patient(s).



- 5) The Committee, while making their assessment for granting permissions for self-isolation, will give due consideration to the level of education of family, general understanding of COVID-19 self-isolation requirements and maturity to comply with the instructions of the P&SHC Department.
- 6) It will be mandatory for home-isolated COVID-19 patient to monitor his/her health condition and report to the P&SHC Department on daily basis.
- 7) It will be mandatory for home-isolated COVID-19 patients to comply with the instructions of P&SHC Department (General Guidelines **Appendix 'F'**)
- 8) It will be mandatory for home-isolated COVID-19 patients to comply with requirements of testing protocols (as and when) required by the caregivers/ P&SHC Department.

e. **Protocol for Re-test of COVID-19 Patient and End of Isolation.** For laboratory confirmed cases, who are home isolated repeat testing should be done at Day 10. To end isolation, PCR should be negative twice and at least 24 hours apart.

- 1) For the positive test result at Day 10 (2nd positive), repeat test is to be conducted at Day 05 after the 2nd positive test. (DHA to collect samples/ Patient may opt for private testing from authorized labs)
- 2) Where testing is not possible, WHO recommends that confirmed patients remain isolated for an additional two weeks after symptoms resolved.


CAPTAIN (R) MUHAMMAD USMAN
SECRETARY
PRIMARY & SECONDARY HEALTHCARE
DEPARTMENT

A copy is forwarded for information and further necessary action to:

1. Minister for SHC&ME and P&SHC Departments Punjab.
2. Chief Secretary, Government of Punjab.
3. Principal Secretary to the Chief Minister Punjab.

4. Secretary, SHC&ME Department, Government of Punjab.
5. Director General Health Services, Punjab, Lahore.
6. All Divisional Directors Health Services in Punjab.
7. Master File.

ENCLOSURES (APPENDIX A, APPENDIX B, APPENDIX C, APPENDIX D,
APPENDIX E, APPENDIX F)