



GOVERNMENT OF ODISHA
HEALTH & FAMILY WELFARE DEPARTMENT

FileNo. HFW-SCH-I-EMER-0001-2020 10977 /H. Dated 11th May, 2020

From,

Pradipta Kumar Mohapatra, IAS,
Additional Chief Secretary to Government.

To,

All Collectors & DMs
All Municipal Commissioners

Sub: 1. Revised Discharge Policy for COVID-19 issued by MoHFW, Gol on 08th May, 2020.
2. Revised Guideline for Home Isolation of very mild / pre-symptomatic COVID-19 cases issued on 10th May, 2020

Madam/Sir,

1. Enclosed please find herewith the **Revised Discharge Policy for COVID-19 issued by MoHFW, Gol on 08th May, 2020**. As per this policy all asymptomatic and mild symptom cases can be discharged after 10 days of symptom onset and no fever for three days. Severe cases can be discharged three days after recovery from all symptoms. Govt. of India has advised 7 days home isolation for all discharged cases.

90 percent of our cases are asymptomatic and don't need any treatment. So this discharge policy will help us to have more medical facilities available for persons requiring medical intervention. This will also help in judicious use of scarce resources and not overwhelm the system.

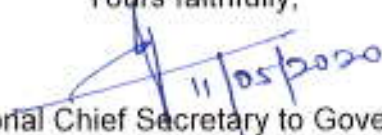
The Government of Odisha has decided to adopt the Govt. of India guideline, but with stricter provisions for home isolation as below:

- A. In Odisha, the home isolation will be for 14 days instead of for 7 days after discharge.
- B. The persons discharged for home isolation will be stamped with indelible ink on the inner forearm, as well as required to wear a identifying band (to be issued by the authority concerned), for the period of home isolation.
- C. The house and family members of the person under isolation will be contained to prevent movement into/outside the house. A sticker marking the house as being under quarantine will be pasted on the front of the house.
- D. For persons who do not have provision of separate room and toilet for home isolation, Government will provide institutional isolation facility.

2. Further, enclosed find herewith, the **Revised Guideline for Home Isolation of very mild / pre-symptomatic COVID-19 cases issued on 10th May, 2020** by MoHFW, Gol. The Govt. of Odisha has decided to adopt this policy with modification of additional seven days home isolation beyond period prescribed by MoHFW, Gol. In case of a person in urban area being positive and asymptomatic/ having mild symptoms, he/she can be permitted for home isolation by Health authorities under strict surveillance, with the provision for stamping of forearm, wearing of band and posting of Sticker on house. If the person does not have facility for home isolation, then Govt. facility isolation will be provided. In the first phase, this is being made **applicable in urban areas only**.

These may be followed meticulously.

Yours faithfully,


Additional Chief Secretary to Government

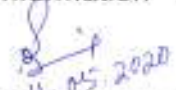
Enclosed:

- 1) **Revised Discharge Policy issued by MoHFW, Gol dt. 8th May, 2020.**
- 2) **Revised Guideline for Home Isolation dt. 10th May, 2020.**

Memo No. 10978 /H,

Dated 11th May, 2020

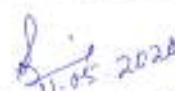
Copy forwarded to All CDM&PHOs for information and necessary action.


Joint Secretary to Government.

Memo No. 10979 /H,

Dated 11th May, 2020


Copy forwarded to MD, NHM, Odisha / MD, OSMCL, BBSR / All Directors under Health & FW Department for information and necessary action.


Joint Secretary to Government.

Memo No. 10980 /H,

Dated 11th May, 2020

Copy forwarded to OSD to Chief Secretary, Odisha for kind information of Chief Secretary.


Joint Secretary to Government.

8th May, 2020

Revised Discharge Policy for COVID-19

The revised discharge policy is aligned with the guidelines on the 3 tier COVID facilities and the categorization of the patients based on clinical severity (Available at:

<https://www.mohfw.gov.in/pdf/FinalGuidanceonMangaementofCovidcasesversion2.pdf>)

1. Mild/very mild/pre-symptomatic cases

Mild/very mild/pre-symptomatic cases admitted to a COVID Care Facility will undergo regular temperature and pulse oximetry monitoring. The patient can be discharged after 10 days of symptom onset and no fever for 3 days. There will be no need for testing prior to discharge.

At the time of discharge, the patient will be advised to follow the home isolation for further 7 days as per guidelines available at

<https://www.mohfw.gov.in/pdf/GuidelinesforHomeIsolationofverymildpresymptomaticCOVID19cases.pdf>).

At any point of time, prior to discharge from CCC, if the oxygen saturation dips below 95%, patient is moved to Dedicated COVID Health Centre (DCHC).

After discharge from the facility, if he/she again develops symptoms of fever, cough or breathing difficulty he will contact the COVID Care Centre or State helpline or 1075. His/her health will again be followed up through tele-conference on 14th day.

2. Moderate cases admitted to Dedicated COVID Health Centre (Oxygen beds)

2.1. Patients whose symptoms resolve within 3 days and maintains saturation above 95% for the next 4 days

Cases clinically classified as “moderate cases” will undergo monitoring of body temperature and oxygen saturation. If the fever resolve within 3 days and the patient maintains saturation above 95% for the next 4 days (without oxygen support), such patient will be discharged after 10 days of symptom onset in case of:

- Absence of fever without antipyretics
- Resolution of breathlessness
- No oxygen requirement

There will be no need for testing prior to discharge.

At the time of discharge, the patient will be advised to follow the home isolation for 7 days as per guidelines available at

<https://www.mohfw.gov.in/pdf/GuidelinesforHomeIsolationofverymildpresymptomaticCOVID19cases.pdf>).

2.2. Patient on Oxygenation whose fever does not resolve within 3 days and demand of oxygen therapy continues

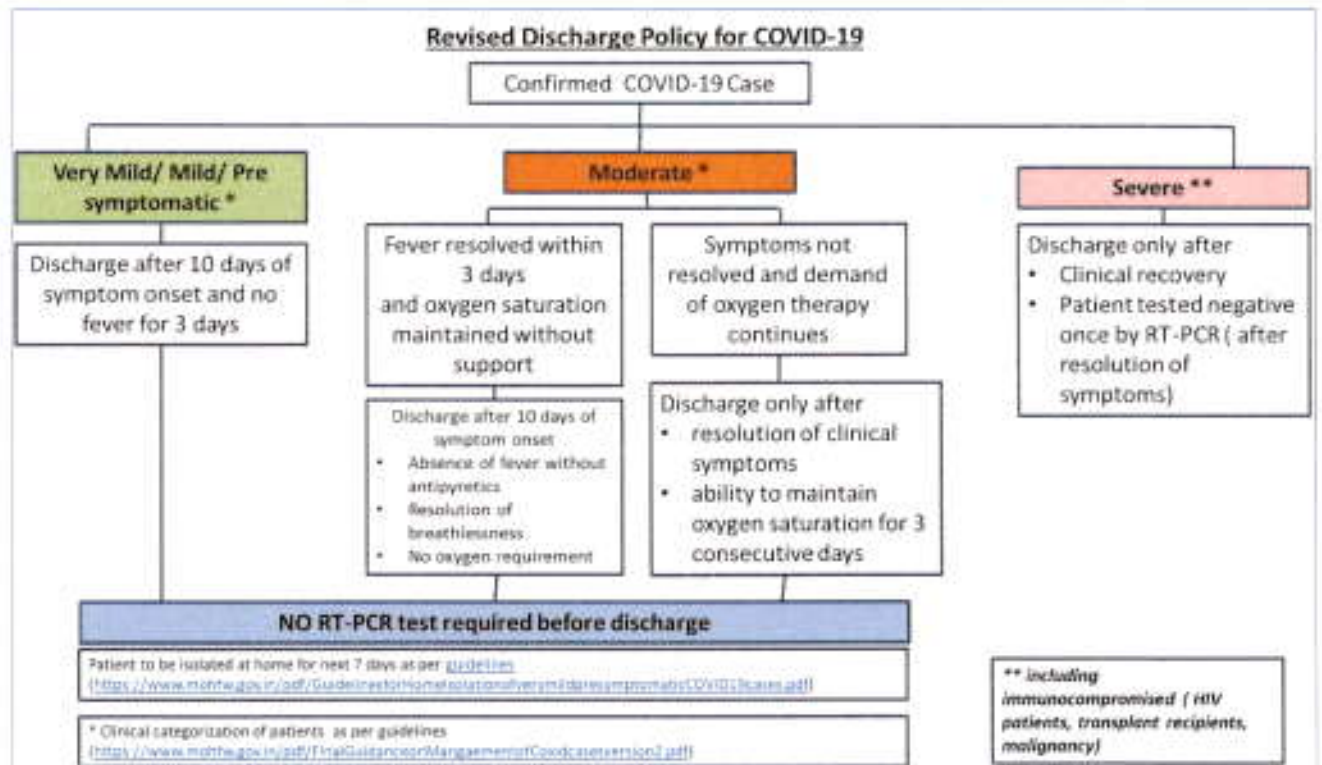
Such patients will be discharged only after

- resolution of clinical symptoms
- ability to maintain oxygen saturation for 3 consecutive days

3. Severe Cases including immunocompromised (HIV patients, transplant recipients, malignancy)

Discharge criteria for severe cases will be based on

- Clinical recovery
- Patient tested negative once by RT-PCR (after resolution of symptoms)



Government of India
Ministry of Health & Family Welfare

Revised guidelines for Home Isolation of very mild/pre-symptomatic COVID-19 cases

1. Scope

The guidelines are in addition to the guidelines on appropriate management of suspect/confirmed case of COVID-19 issued by MoHFW on 7th April, 2020.

As per existing guidelines, during the containment phase the patients should be clinically assigned as very mild/mild, moderate or severe and accordingly admitted to (i) COVID Care Center, (ii) Dedicated COVID Health Center or (iii) Dedicated COVID Hospital respectively. Guidelines for home isolation of very mild/pre-symptomatic patients were issued on 27th April 2020. The present guidelines are in supersession of the guidelines issued on 27th April 2020.

However, very mild/pre-symptomatic patients having the requisite facility at his/her residence for self-isolation will have the option for home isolation.

2. Eligibility for home isolation

- i. The person should be clinically assigned as a very mild case/ pre-symptomatic case by the treating medical officer.
- ii. Such cases should have the requisite facility at their residence for self-isolation and also for quarantining the family contacts.
- iii. A care giver should be available to provide care on 24 x7 basis. A communication link between the caregiver and hospital is a prerequisite for the entire duration of home isolation.
- iv. The care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per protocol and as prescribed by the treating medical officer.
- v. Download Arogya Setu App on mobile (available at: <https://www.mygov.in/aarogya-setu-app/>) and it should remain active at all times (through Bluetooth and Wi-Fi)
- vi. The patient shall agree to monitor his health and regularly inform his health status to the District Surveillance Officer for further follow up by the surveillance teams.
- vii. The patient will fill in an undertaking on self-isolation (**Annexure I**) and shall follow home quarantine guidelines. Such individual shall be eligible for home isolation.
- viii. In addition to the guidelines on home-quarantine available at: <https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf>, the required instructions for the care giver and the patient as in **Annexure II** shall be also followed.

3. When to seek medical attention

Patient / Care giver will keep monitoring their health. Immediate medical attention must be sought if serious signs or symptoms develop. These could include

- i. Difficulty in breathing,
- ii. Persistent pain/pressure in the chest,
- iii. Mental confusion or inability to arouse,
- iv. Developing bluish discolorations of lips/face and
- v. As advised by treating medical officer

4. When to discontinue home isolation

Patient under home isolation will end home isolation after 17 days of onset of symptoms (or date of sampling, for pre-symptomatic cases) and no fever for 10 days. **There is no need for testing after the home isolation period is over.**

Instructions for care-givers

- **Mask:** The caregiver should wear a triple layer medical mask appropriately when in the same room with the ill person. Front portion of the mask should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. Discard the mask after use and perform hand hygiene after disposal of the mask.
- He/she should avoid touching own face, nose or mouth.
- **Hand hygiene** must be ensured following contact with ill person or his immediate environment.
- Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. Use soap and water for hand washing at least for 40 seconds. Alcohol-based hand rub can be used, if hands are not visibly soiled.
- After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.
- **Exposure to patient:** Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient. Perform hand hygiene before and after removing gloves.
- Avoid exposure to potentially contaminated items in his immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen).
- Food must be provided to the patient in his room
- Utensils and dishes used by the patient should be cleaned with soap/detergent and water wearing gloves. The utensils and dishes may be re-used. Clean hands after taking off gloves or handling used items.
- Use **triple layer medical mask and disposable gloves** while cleaning or handling surfaces, clothing or linen used by the patient. Perform hand hygiene before and after removing gloves.
- The care giver will make sure that the patient follows the prescribed treatment.
- The care giver and all close contact will self-monitor their health with daily temperature monitoring and report promptly if they develop any symptom suggestive of COVID-19 (fever/cough/difficulty in breathing)

Instructions for the patient

- Patient should at all times use triple layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled.
- Mask should be discarded only after disinfecting it with 1% Sodium Hypo-chlorite.
- Patient must stay in the identified room and away from other people in home, especially elderly and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.
- Patient must take rest and drink lot of fluids to maintain adequate hydration
- Follow respiratory etiquettes all the time.
- Hands must be washed often with soap and water for at least 40 seconds or clean with alcohol based sanitizer.
- Don't share personal items with other people.
- Clean surfaces in the room that are touched often (tabletops, door knobs, handles, etc) with 1% hypochlorite solution.
- The patient must strictly follow the physician's instructions and medication advice.
- The patient will self-monitor his/her health with daily temperature monitoring and report promptly if develops any deterioration of symptom as detailed below.

Undertaking on self-isolation

I S/W of, resident of being diagnosed as a confirmed/suspect case of COVID-19, do hereby voluntarily undertake to maintain strict self-isolation at all times for the prescribed period. During this period I shall monitor my health and those around me and interact with the assigned surveillance team/with the call center (1075), in case I suffer from any deteriorating symptoms or any of my close family contacts develops any symptoms consistent with COVID-19.

I have been explained in detail about the precautions that I need to follow while I am under self-isolation.

I am liable to be acted on under the prescribed law for any non-adherence to self-isolation protocol.

Signature _____

Date _____

Contact Number _____