

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

No.Health.128/2020/3

Dated Shillong, the 23<sup>rd</sup> April, 2020.

**ORDER**

The following Guidelines in discharging patients affected and cured of COVID-19 disease due to Corona Virus are detailed below for guidance and compliance.

Subsequent to the measures put in place by Government to contain and stop the spread of COVID-19 disease due to CORONA virus in the State, it is hereby decided to issue Guidelines in discharge of patients who are tested negative to the infection. Accordingly, following Discharge Protocols are issued for their immediate implementation.

**COVID-19 patient Discharge Protocols:**

1. Patient to be considered for discharge
  - a. After clinical clearance and chest X Ray cleared,
  - b. Two consecutive RT PCR tests 24 hours apart (14<sup>th</sup> and 15<sup>th</sup> Day) are negative.
2. If throat swab test is positive on 14<sup>th</sup> day, patient to be retained in the hospital and next sample should be sent on 28<sup>th</sup> day. If result is negative, the second sample should be sent for test 24 hours apart i.e. 29<sup>th</sup> day.
3. If throat swab test is negative on 14<sup>th</sup> day, but positive 24 hrs i.e. 15<sup>th</sup> day patient shall be retained in the hospital. Next sample should be sent on 29<sup>th</sup> day and second sample should be 24 hrs apart i.e. 30<sup>th</sup> day.
4. At the time of discharge following details is to be explained to patient,
  - a. **About convalescent plasma, and counsel the patient about the plasma donation which is going to be very useful to treat moderate to severe COVID-19 cases.**
  - b. Patients address and mobile number to be taken for contacting him/her for donation of plasma.
5. After the discharge, patient shall compulsorily follow following protocols and local administration shall ensure,
  - a. 14 days compulsory home isolation with surgical mask,
  - b. Avoid visiting others, and
  - c. Avoid social gatherings
6. Apart from above, since Viral RNA stays in faeces up to 35 days, the discharged patient and the family members shall be advised to take following precautions at the time of discharge,
  - a. After defecation, close the commode lid and flush toilet immediately.
  - b. Open defecation should be discouraged



- c. Proper washing of hands with soap after using the toilet
- d. Better avoid using same toilet by the patient and others for 35 days, if it is not possible, avoid usage of it at least up to 30 minutes after patient usage.
- e. Toilets must be cleaned with soap and water, then with 0.5% Hypo Chlorite solution for a contact period of 10 minutes and it is to be done every 4<sup>th</sup> hourly.

All the Deputy Commissioners, Superintendents of Government and Private COVID hospitals are requested to take immediate necessary action for implementation of above guidelines with immediate effect.

(Sd/-Sampath Kumar, IAS)  
Commissioner & Secretary to the Government of Meghalaya,  
Health & Family Welfare Department

**Memo.No.Health.128/2020/3-A**

**Dated Shillong, the 23<sup>rd</sup> April, 2020.**

Copy to :-

1. P.S to Minister i/c Health & Family Welfare for information of Minister.
2. P.S. to Chief Secretary, Government of Meghalaya for information of Chief Secretary.
3. P.A. to Commissioner & Secretary, Health & Family Welfare Department for information of Commissioner & Secretary.
4. P.A. to Secretary, Health & Family Welfare Department for information of Secretary.
5. Mission Director, national Health Mission, Meghalaya, Shillong.
6. Deputy Commissioner, East Khasi Hills District, Shillong/West Khasi Hills District, Nongstoin/South-West Khasi Hills District, Mawkyrwat/East Jaintia Hills District, 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 District, Resubelpara.
7. Director of Health Services (MI)/(MCH&FW), Meghalaya, Shillong.
8. Joint Director of Health Services(SS), Civil Hospital, Shillong
9. Joint Director of Health Services(MCH&FW) i/c IDSP, Meghalaya, Shillong.
10. Medical Superintendent, Civil Hospital, Tura, West Garo Hills.

By Order etc.,

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