

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

Health.No.94/2020/100

Dated Shillong, the 27th October, 2020.

REVISED PROTOCOLS FOR TESTING AND DISCHARGE IN COVID-19 CASES

Whereas there is a need to contain the spread of COVID-19 in the State along with a concomitant need to facilitate economic activities.

Therefore, the following protocols are hereby issued for information and compliance in supersession of previous protocols.

1. Entry & Exit Protocol

Registration

It is mandatory for all people entering Meghalaya to register themselves prior to their travel at: <http://meghalayaonline.gov.in/covid/testing.htm>, and to download the Arogya Setu App and the Behavioural Change Management App of Meghalaya from google play store.

Testing

- (i) All entrants who produce a COVID-Negative report at the entry point are exempted from testing, irrespective of their State of origin. The entrants should have been tested at a recognized laboratory by RT-PCR/TruNat/CBNAAT/RAT. The RT-PCR/CBNAAT/ TruNat report will be valid only if they were tested within 72 hours of their arrival at the entry point. RAT Negative report will be valid only if tested within 48 hours of their arrival at the entry point.
- (ii) For those entrants who do not have a COVID-Negative report, testing at entry points is available at a cost fixed by the Government. Entrants can choose either Rapid Antigen Test (RAT) or RT-PCR.
- (iii) Entrants coming with a COVID Negative report but showing symptoms on arrival at the entry point will have to be mandatorily tested by RT-PCR.

Quarantine

- i). All entrants with a negative RT-PCR/TruNat/CBNAAT report and not having any symptoms will be exempted from quarantine and can proceed with their daily activities normally.
- ii). All entrants tested by RT-PCR at the entry point should go into home quarantine or paid quarantine till the test results are declared. The test results are usually available within 48 hours. If tested negative, which shall be communicated through an SMS or can be checked online at www.coronamegh.in, such individuals can carry on with their daily activities or work normally. If tested positive, SOP for home or institutional isolation should be followed.
- iii). Entrants tested RAT Negative at entry point or coming with RAT Negative certificate should undergo mandatory quarantine of 7 days. If tested positive, SOP for home or institutional isolation should be followed.

For short-term inbound and outbound movement

- i). All asymptomatic persons going out of Meghalaya for a short duration of 5 (five) days or less shall, on return, be exempted from quarantine if tested RAT negative at entry. They shall provide a valid travel document in the form of air/rail ticket or taxi voucher or any other evidence validating such travel. If tested positive, SOP for home or institutional isolation should be followed.
- ii). Visitors coming for a specific purpose (business, examinations, industry, work, personal distress, etc.) to the State of Meghalaya for a short duration of 5 days or less are exempted from quarantine on production of a COVID-Negative RAT report from a recognized laboratory. The report will be valid only if they were tested within 48 hours of their arrival at the entry point. Such individuals can attend to their purpose of visit and are restricted to limited movement only from the residence to their workplace.

In case the visit needs to be extended for more than 5 days, the visitors should mandatorily undergo RT-PCR/CBNAAT/TruNat test at their own expense in any of the recognised laboratory in the State on the 5th day and they will be allowed to carry on with their work only after declaration of the test result.

IMPORTANT NOTE: All entrants exempted from quarantine are to closely monitor their health for 10 days from the date of entry into the State. Upon development of any symptoms of COVID-19, such individuals should self-report to the nearest healthcare facility/ANM/ASHA worker. All entrants will be monitored on a regular basis through IVRS calls from the Health Department. It is also mandatory that all entrants should diligently follow the three recommended practices of health at all times: wearing mask, maintaining social distancing and practicing hand hygiene.

This protocol supersedes the previous protocols vide No.Health.74/2020/106 dated 20-5-2020 and No.Health.100/2020/63 dated 21-08-2020.

2. Protocol for Discharge of Asymptomatic/Mildly Symptomatic COVID-19 cases after the recommended home/institutional isolation of 10 days

- (i) Asymptomatic/mildly symptomatic cases (category A and B patients) under institutional or home isolation will be discharged after 10 days, provided that they do not have any fever without medication during the last 3 days (8th/9th/10th day) of the recommended isolation period. No testing is required before these patients are discharged.
- (ii) After 10 days of isolation, these individuals are allowed to carry on with their work normally and they only need to self-monitor themselves for 7 days and report to the nearest healthcare facility/ANM/ASHA worker if any symptoms develop.

This protocol supersedes the previous protocol for asymptomatic/mildly symptomatic cases vide Health.94/2020/94 dated 23-09-2020 and Health.94/2020/95 dated 30-09-2020.

3. Testing and discharge policy for High-Risk contacts

- (i) A person is identified as a high risk contact if he/she came into direct contact with a COVID 19 positive person without wearing a mask and was exposed to the person for at least 15 minutes.
- (ii) All high risk contacts of a COVID positive person are to be tested by RT-PCR on the 5th day since exposure. High risk contacts are to quarantine themselves as soon as they get to know about their exposure until their test results are declared.

- (iii) If tested negative and asymptomatic, such individuals can carry on with their work as usual while monitoring themselves for any symptoms for the next 10 days.
- (iv) If tested positive, SOP for home or institutional isolation should be followed.
- (v) On completion of the isolation period, asymptomatic/ mildly symptomatic cases will follow the Protocol for discharge of asymptomatic/mildly symptomatic COVID-19 cases mentioned above.
- (vi) Hospitalised COVID-19 cases will be discharged as per the current SOP.

This protocol is in modification of the previous protocol for high risk contacts issued vide Health.94/2020/86 dated 27-08-2020.

Sd/-

(Sampath Kumar, IAS)

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

Dated Shillong, the 27th October, 2020.

Memo No. Health.94/2020/100-A,

Copy to :-

1. The Secretary to the Governor of Meghalaya, Shillong for kind information of the Governor.
2. The Private Secretary to Chief Minister, Meghalaya, Shillong for kind information of Chief Minister.
3. The Private Secretary to Deputy Chief Minister, Meghalaya, Shillong for kind information of Deputy Chief Minister.
4. The Private Secretary to the Speaker, Meghalaya Legislative Assembly for kind information of the Speaker.
5. The Private Secretary to the Leader of Opposition, Meghalaya Legislative Assembly for kind information of the Leader of Opposition.
6. The Private Secretary to Health Minister, Meghalaya, Shillong for kind information of Minister.
7. Private Secretaries to all Ministers, Meghalaya, Shillong for kind of Minister.
8. Private Secretary to Chief Secretary for kind information of the Chief Secretary.
9. The Additional Chief Secretaries/ Principal Secretaries/ Commissioners & Secretaries/ Secretaries of all the Department, Government of Meghalaya.
10. Director of Health Services (MI)/(MCH & FW)/(Research), Meghalaya, Shillong.
11. Director of Information & Public Relation for wide circulation in the Print/Electronic media of the State.
12. The Director General of Police, Meghalaya, Shillong
13. Deputy Commissioners, East Khasi Hills, Shillong/ West Khasi Hills, Nongstoin/Ri Bhoi District, Nongpoh / West Jaintia Hills District, Jowai / West Garo Hills District, Tura / East Garo Hills District, Williamnagar / South Garo Hills District, Baghmara/North Garo Hills, Resubelpara/South West Garo Hills, Ampati/East Jaintia Hills, Khliehriat/ South West Khasi Hills, Mawkyrwat.
14. Joint Director of Health Services (MCH & FW) I/c IDSP, Meghalaya, Shillong.
15. District Medical & Health Officer- East Khasi Hills, Shillong/ West Khasi Hills, Nongstoin/Ri Bhoi District, Nongpoh / West Jaintia Hills District, Jowai / West Garo Hills District, Tura / East Garo Hills District, Williamnagar / South Garo Hills District, Baghmara/North Garo Hills, Resubelpara/South West Garo Hills, Ampati/East Jaintia Hills, Khliehriat/ South West Khasi Hills, Mawkyrwat.
16. All Administrative Department/Heads of Department.

By Orders, etc.



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