

**GOVERNMENT OF ARUNACHAL PRADESH  
DIRECTORATE OF HEALTH SERVICES  
NAHARLAGUN**

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**Guidance Note with Respect to Discharge from Quarantine Facility and  
Follow-up Action in the Community for**

- 1. Quarantine Facility Incharge and Health Professionals**
- 2. Quarantined People and their Family Members**

**A. For the Quarantine Facility Incharge & Health Professionals at the Quarantine Facility:**

1. The final sample collection for all the travelers shall be taken up on the 13<sup>th</sup> and 14<sup>th</sup> day while being in the facility.
2. The samples shall be collected and sent to the designated laboratories.
3. The reports for the same shall be received latest by 16<sup>th</sup> /17<sup>th</sup> day in the facility from ICMR /GMC Guwahati
4. Based on the reports a decision can be taken to discharge the travelers.
5. Discharge shall accordingly, if agreed to, will be done on the 18<sup>th</sup> day from the Quarantine facility. Quarantine facility Incharge shall accordingly intimate the travelers in advance for them to make arrangement for their onward journey.
6. A detailed enumeration of the proposed place of stay by the travelers during the next 14 days will be obtained including contact numbers by the Quarantine facility Incharge.
7. The Quarantine Facility in charges will plan dropping the travelers in either of the locations i.e. ISBT, Railway Station or Airport etc. as per the preference of the travelers.

**B. For the Travelers in the Quarantine Facility:**

- 1. While travelling back home:**
  1. Provide details of your stay for next 14 days including the contact numbers.

2. Obtain list of District and State Surveillance Officers for follow up and reporting in case of any issue.
3. Use triple layer surgical mask (follow correct use and disposal of mask as briefed during the stay in Quarantine Centre)
4. Follow frequent hand-wash with soap and water or use alcohol-based hand sanitizer.
5. Use respiratory etiquettes (use tissue paper/ hand-kerchief to cover your nose and mouth, turn head away from the person facing of you, while coughing/ sneezing).
6. Monitor your temperature twice daily
7. Retain the aircraft boarding pass/ rail ticket/ details of Journey by taxi (including contact number of drivers etc.)

## II. After reaching home

1. Avoid crowded places.
2. Monitor your health for a period of next 14 days (after leaving the quarantine Centre).
3. Monitor body temperature twice daily.
4. At all times:
  - Maintain personal hygiene
  - Wash hands with soap and water frequently or use alcohol-based hand sanitizer.
  - Use respiratory etiquettes (use tissue paper/ hand-kerchief to cover your nose and mouth, turn head away from the person facing of you, while coughing/ sneezing).
5. Report to nearest health facility if you develop fever, cough or difficulty in breathing besides reporting it to the State and District Surveillance Officer.
6. Allow attendance by health workers / respond to call received from Health functionaries. Keep their contact numbers handy.
7. Inform about your health at the end of 14 days period to the Healthcare worker and State / District Surveillance Officer.

## III. In case you develop fever, cough or difficulty in breathing any time after leaving the quarantine Centre (within next 14 days):

1. Call the nearest health facility or health worker visiting / talking to you besides informing the State / District Surveillance Officer.
2. An identified care giver (among family members) will only attend to you. He / she will wear mask and wash hands, every time he/ she comes in contact with you.
3. Use surgical triple layer mask immediately on realization of symptoms.
4. Get admitted to the identified health facility as advised.



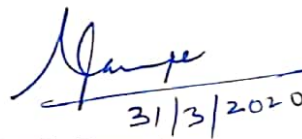
5. The vehicle/ ambulance which was used for transportation also needs to be disinfected.  
(Contact the health facility for the disinfection procedure).
6. Follow infection prevention and control practices at all times and places.
7. If further assistance is required,

**Call HELPLINE No.**

- **State Control Room (State Civil Secretariat):**  
104/ 0360-2292777/ 2292775/2292774
- **State Task Force Cell (DHS, Naharlagun):** 0360-2350407
- **Mental Health Helpline no. 080 46110007 (Toll Free No.)- NIMHANS** for people who may face mental health issue due to the country wide lock down.

**IV. Advice to other family members at home:**

1. Wash your hands with soap and water frequently.
2. If the person (discharged from the quarantine Centre) develops symptoms, inform the health worker and also the State / District Surveillance Officer.
3. In case advised to shift the patient to a health facility:
  - Share list of all contacts till date with the treating doctor/ health care worker and the State and District Surveillance
  - Family members to be in home quarantine till either medical examination rules out novel coronavirus infection or the result of sample is negative.
  - Proper disinfection of bedding/ clothing/ room/ all personal belongings should be followed with 1% Sodium hypochlorite solution.



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