

Directorate of Health & Family Welfare  
Government of Punjab  
Integrated Disease Surveillance Programme (IDSP)  
Parivar Kalyan Bhawan, Sector-34A, Chandigarh.  
Phone No: 0172-2621506, punjab.idsp@gmail.com



No. IDSP/NHM/Pb/20/ 6482-6525

Dated, Chandigarh: 12/6/2020

To


1. All Deputy Commissioners of Punjab.
2. All Civil Surgeons of Punjab.

**Subject: Regarding Home Isolation for COVID-19 patients who are tested positive with mild symptoms or asymptomatic.**

With reference to the subject mentioned above, it is stated that mild symptomatic/asymptomatic persons testing positive for COVID-19 shall be offered home isolation provided they meet the eligibility criteria and district administration verifies availability of space and other requirements for home isolation as per guidelines. All asymptomatic or mild symptomatic COVID-19 positive patients should submit an undertaking for home isolation as per guidelines. Patient should seek immediate medical attention if serious signs or symptoms develop. The isolation shall be considered complete after 17 days provided no fever for 10 days, and there will be no need for testing after home isolation period over.

Those asymptomatic or mild symptoms COVID-19 positive patients, who do not have adequate facilities for home isolation as per guidelines, shall be isolated at COVID Care Centers

The SOPs, Medical Certificate for home isolation, Undertaking by patients on home-isolation and Advisory for the home isolation of COVID-19 patients are attached at annexure-A.

  
Director Health Services, Punjab

Endst. No. IDSP/NHM/Pb/20/ 6526-32.

Dated, Chandigarh: 12/6/2020

Copy is forwarded to:-

1. PS to Chief Secretary to Govt. of Punjab.
2. PS to Additional Chief Secretary Home, Punjab.
3. PS to Additional Chief Secretary, Health and Family Welfare, Punjab.
4. PSto Secretary Medical Education & Research, Punjab.
5. PA to Secretary, Health and Family Welfare cum Mission Director NHM, Punjab.
6. PA to Executive Director, SHSRC, Punjab
7. PA to Director Medical Education & Research, Punjab.

  
Director Health Services, Punjab

## Standard Operating Procedure for home isolation of asymptomatic or mild symptomatic COVID-19 patients

1. Only asymptomatic or mild symptomatic COVID-19 positive patient as assessed by the concerned medical official will be eligible for home isolation.
2. The treating medical officer will certify that the patient is asymptomatic or mild symptomatic and free from any co-morbidity (Annexure-1).
3. The patient should carefully monitor his/her health for the following signs and symptoms:
  - Temperature
  - Cough
  - Difficulty in breathing
4. The patient should seek immediate medical attention in case any of the above mentioned symptoms worsens.
5. The patient has the requisite facility (separate well-ventilated rooms with attached washrooms) at their residence for self-isolation.
6. The patient will give the undertaking (Annexure-II) for self-isolation to ensure the availability of adequate facilities for isolation which will be further verified by a representative of district administration.
7. A care giver is available to provide care on 24×7 basis. A communication link between caregiver and hospital is established for the entire duration of home isolation.
8. The care giver and all close contacts of such patient should take Hydroxychloroquine prophylaxis as per the protocol and as prescribed by the treating Medical Officer.
9. The patient should download COVA App ([https://play.google.com/store/apps/details?id=in.gov.punjab.cova&en\\_IN](https://play.google.com/store/apps/details?id=in.gov.punjab.cova&en_IN)) on his/her mobile and the COVA App should remain active at all times (through Bluetooth and Wi-Fi).
10. The patient should be instructed to follow strict social distancing measure and respiratory etiquette.
11. The advisory for the home isolation of the asymptomatic or mild symptomatic positive patients (as attached) is strictly followed.



**Annexure I: Certificate for home isolation of COVID-19 patients**

Mr./Mrs. .... have been found to be COVID-19 positive (RTPCR) on .....

1. Dr. .... have examined the patient on ..... (DD/MM/YYYY) with the diagnosis.....

The patient is asymptomatic/ mild symptomatic now and does not have any comorbidities. The patient can be allowed for home isolation.

Name of the physician: .....

Signature of physician

Dated: .....

## Annexure II: Undertaking on home-isolation

1. I..... S/W of ....., resident of ..... contact number: ..... being diagnosed as a confirmed 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 centre (1075), in case I suffer from any deteriorating symptoms or any of my close family contacts develops any symptoms consistent with COVID-19.
2. I have facilities for home isolation as per the guidelines and the same can be verified by the officials for confirmation.
3. I have been explained in detail about the precautions that I need to follow while I am under self-isolation.
4. I have active COVA app ([https://play.google.com/store/apps/details?id=in.gov.punjab.cova&en\\_IN](https://play.google.com/store/apps/details?id=in.gov.punjab.cova&en_IN)) on my phone and I assure that it will remain active throughout the period of isolation (through Bluetooth and WiFi).
5. I am liable to be acted on under section 188 of IPC as per provision of “The Epidemic diseases Act 1897” for nay non-adherence to self-isolation protocol.
6. I have submitted a copy of my..... as ID proof and my care taker’s .....as ID proof.

Signature of Patient: .....

Signature of Care Taker: .....

Date: .....

Date: .....

Place: .....

Place: .....

7. Verified that the facility for home isolation is available. (This should be signed by Deputy Commissioner or an Official not below the rank of an Executive Magistrate).

Name of the Official: .....

Designation of the official: .....

Signature of the official.....

