

GOVERNMENT OF MIZORAM
HEALTH & FAMILY WELFARE DEPARTMENT
MIZORAM SECRETARIAT BUILDING, MINECO, KHATLA, AIZAWL-796001
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NOTIFICATION

Aizawl, the 19th September, 2022

No.D.33011/39/2022-HFW(SOP)/121-123: In view of the prevailing Covid-19 cases in the state and the fact that the new variant of Covid-19 – Omicron is found to be less severe, and the coverage of Covid-19 vaccination is found to be satisfactory, the competent authority is hereby pleased to notify **Revised Protocols for Home Isolation for Covid-19, 2022** with immediate effect and until further orders. This will supersede this department's notification issued vide No.D.33011/39/2021-HFW(SOP)/ dt. 06.09.2021.

A. ELIGIBILITY FOR HOME ISOLATION:

1. Asymptomatic cases
2. Mild cases – fever, sore throat, cold, mild cough. No shortness of breath and Oxygen saturation above 93% (without O2 support)
3. Covid-19 positive with 60 years of age and above and having comorbid condition in consultation with medical personnel. Persons having comorbid condition like Cancer, HIV or had undergone organ transplantation etc. may be allowed for home isolation in consultation with medical personnel.

B. GUIDELINES FOR HOME ISOLATION:

1. Patient under home isolation should be put in a well-ventilated room. If not possible, patient should be isolated and must maintain distancing of 6 (six) feet at all times. Patient should not sleep and eat with other members of the family.
2. Facemask: Patient should wear facemask at all times which should be changed after 24 hours.
3. Hand hygiene: Patient should frequently wash hands with soap and water or use hand sanitizer.
4. Patient should not share utensils, clothes and beddings with others.
5. Patient should regularly check Oxygen saturation using pulse-oximeter.
6. Patient should be provided pulse oximeter, digital thermometer and Bp instrument, if possible. Patient should record O2 saturation, temperature and Bp at least twice a day.

C. PERIOD OF HOME ISOLATION

The period of home isolation should be 5 (five) days provided that during the last 2 (two) days the patient should be symptom free. During the next 5 (five) days the patient should wear facemask strictly.

- Patient with symptoms after completion of 5 (five) days isolation should be in isolation till 7 (seven) days.
- Exit test is not required after completion of home isolation
- If any patient continues to show symptom after 7 (seven) days of isolation, the doctors treating the patient should make the decision for further course of treatment.

D. FAMILY MEMBERS:

Family members of Covid-19 patients under home isolation with no symptoms and fully immunized with Covid-19 Vaccine can continue with daily activities while observing strict CAB. They should refrain from attending any public meeting/church services/weddings/funeral services and birthday party until all family member complete home isolation. If any of the family members show any symptoms including – fever, sore throat and cold, they should undergo Covid-19 test as early as possible.

Any patient under home isolation should be monitored by medical personnel and community leaders (VHSNC/VLTF/LLTF).

E. TREATMENT:

1. Patients under home isolation should have phone number of health staff/Doctor to promptly report symptoms and warning signs.
2. If fever develops, an adult may take paracetamol 500/650mg not more than 4 (four) times a day. Children may be given paracetamol syrup at 10-15mg/kg body weight/dose. Cough syrup and anti-cold medicine should be given if necessary.
3. Patient with co-morbidities under medication should continue their medication as prescribed.
4. Antibiotics and steroid in any form may be avoided
5. Warm water gargle 3 to 4 times a day
6. Patient should stay hydrated by drinking adequate water or ORS and should get enough sleep.

F. WASTE DISPOSAL

Waste generated by covid-19 patient should be put separately and disposed off after 72 (seventy two) hours or it should be properly disinfected with disinfectant.

G. WARNING SIGNS (When to seek medical help)

1. Fever more than 100°F for 3 (three) days or more which cannot be controlled by Paracetamol.
2. Breathlessness, resting respiratory rate 24 per minute or more or Oxygen saturation level 93% or less (oxygen saturation should be check 3 times within an hour).
3. Severe chest pain.
4. Extreme fatigue.
5. Delirium.
6. Convulsion.

H. GUIDELINES FOR CARE PROVIDER:

Care provider should be fully immunized with any of the available covid-19 vaccines. Use of N95 mask or surgical mask may be doubled and putting on gloves is considered safe. Frequent washing of hands with soap and water or hand sanitizer before and after using gloves is recommended. Mouth and nose should be covered using folded arms in case of coughing and sneezing.

Sd/-ESTHER LAL RUATKIMI
Principal Secretary to the Govt. of Mizoram,
Health & Family Welfare Department

Memo.No.D.33011/39/2022-HFW(SOP)/121-123 : Aizawl, the 19th September, 2022

Copy to:

1. Secretary to the Governor, Mizoram.
2. P.S to Chief Minister, Mizoram.
3. P.S. to Deputy Chief Minister, Mizoram.
4. P.S to Speaker/Ministers/Deputy Speaker/Ministers of State/Deputy Govt. Chief Whip/Vice Chairman, Lunglei HPC/Vice Chairman, State Planning Board.
5. P.S to MLA & Vice Chairman, H&FW Board.
6. Sr. PPS to Chief Secretary, Government of Mizoram.
7. PPS to Principal Secretary, Health & Family Welfare Department.
8. PPS to Secretary, Home/DM&R Department
9. All Administrative Heads of Department, Govt. of Mizoram.
10. All Deputy Commissioners, Mizoram.
11. All Heads of Department.
12. Principal Director, Health & Family Welfare Department.
13. Director, Health Services.
14. Director, Hospital & Medical Education.
15. Director, Zoram Medical College, Falkawn.
16. Director, Information & Public Relations for wide circulation.
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20. Controller, Printing & Stationeries with five (5) spare copies for publication in the Official Gazette.
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(JOSEPHINE ZONUNSANGI)

Under Secretary to the Govt. of Mizoram,
Health & Family Welfare Department