

C. M. 10/21

ENGLISH VERSION

GOVERNMENT OF MIZORAM
HEALTH & FAMILY WELFARE DEPARTMENT
MIZORAM SECRETARIAT, MINECO, KHATLA, AIZAWI-796001

Dated Aizawl, the 6th October, 2021

NOTIFICATION

No.D.33011/39/2021-HFW (SOP) Pt.III/4: In the interest of public service and in supersession of this department's notification on Contact Tracing and related matters viz. swab sample collection, test and quarantine issued vide No.D.33011/39/2021-HFW(SOP)/D/227 dt.20.07.2021, the Competent Authority is pleased to notify Revised Guidelines on Covid-19 Contact Tracing with immediate effect and until further orders:

I. Explanation on Contact Tracing:

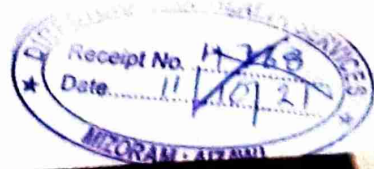
1. Contact Tracing for Covid-19 shall include those persons who came into contact with symptomatic Covid-19 positive person anytime between 2 (two) days prior to onset of symptoms of the symptomatic Covid-19 positive person and in case of contact with asymptomatic Covid-19 positive person anytime between 2 days prior to sample collection of the asymptomatic Covid-19 positive person. The contact tracing shall include those who are in close proximity of within 2 (two) metres / 6 (six) feet in the same place as Covid-19 positive persons for a period of more than fifteen (15) minutes without any protective gears such as face mask, Gloves, etc.

2. **Definition and classification of Covid-19 Contact:** Covid-19 Contact shall be classified as follow:-

2.1 **Primary High Risk Contact:** Those who came into close contact with Covid-19 patient, e.g.:

- a) Touched body fluids of the patient such as sputum, blood, vomit, saliva, urine, faeces, etc., with bare hand or without any protective gears(face mask, gloves, etc.).
- b) Touched (handshake, etc.) or examined the body of Covid-19 patient without using PPE.
- c) Touched or cleaned the linens, clothes, or dishes of the Covid-19 positive patient within 24 hours of use by the patient without using any protective gears such as gloves, hand sanitizer, hand-washing, etc.
- d) Lives with Covid patient in the same household.
- e) Anyone in close proximity (within 2 meter/6 feet) of the confirmed case.
- f) Passenger in close proximity (within 2 meter/6 feet) of a conveyance (vehicle/Train/Flight, etc.) with covid-19 positive person.

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- g) If a Covid-19 patient visits public places (e.g. Shop, ATM, Petrol Pump, etc.) staff and other visitors of such places who do not use protective (Mask) at the time of his visit shall be considered as Primary High Risk Contact.

2.2 Primary Low-Risk Contact: Those who are in close proximity with Covid-19 positive person but not having a high-risk exposure, such as:

- a) Those who came into contact with Covid-19 positive person for a distance of more than 2 (two) metres/6 (six) feet for a period of more than 15 (fifteen) minutes.
- b) Passenger in proximity farther than 2 (two) meter/6 (six) feet of a conveyance (vehicle/Train/Flight, etc.) with covid-19 positive person.
- c) Those who cannot be classified as High risk but who are in close proximity with Covid-19 patient for more a period of than 15 (fifteen) minutes.

2.3 Secondary contact: Those who are not in close proximity with Covid-19 positive person, but are in close proximity with primary high risk individual for a distance of within two (2) metres/ 6 (six) feet for a period of more than fifteen (15) minutes and those living in a same household with primary high risk individual.

II. Conditions for Covid-19 Testing and Quarantine from Contact Tracing.

1. Primary High Risk Contact-

- 1) Primary high risk contact shall be quarantined from the date of suspicion of being infected with Covid-19 till the test result is ascertained. RT-PCR/TrueNat test shall be conducted within 5 (five) to 10 (ten) days from the last day of contact with Covid-19 positive person.
- 2) If symptoms develop prior to date fixed for RT-PCR/TrueNat tests, the person shall be tested with RAgT. If the RAgT result is negative, RT-PCR/TrueNat test should be conducted immediately. If RT-PCR/TrueNat test result is again negative, the person shall continue to be under quarantine and RT-PCT/TrueNat test should again be conducted after 5 (five) to 10 (ten) days of contact with Covid-19 positive person.
- 3) Asymptomatic Primary High Risk Contact who are under quarantine, who, for any reason, have not been tested with RT-PCR/TrueNat shall be released from quarantine after 14 (fourteen) without any Covid-19 test. For example,

It is found that traces of Covid-19 virus can still remain in the body of a recovered Covid-19 patient till 3 (three) months from being discharged which can be detected by RT-PCR test. Hence, if such person is a Primary High Risk Contact, he/she shall not be tested if he/she does not develop any Covid-19 symptoms. Moreover, even if such person develops Covid-19 symptoms, test shall be conducted

only in consultation with his/her doctor (Medical Officer). Besides such cases, if any other reason arises where tests cannot be conducted, the above procedure may be followed.

2. **Primary Low Risk Contact:** If he/she does not develop any Covid-19 symptoms, there is no need for Covid-19 test and quarantine. However, he/she shall monitor his/her health for 14 (fourteen) days after his/her contact with Covid-19 positive person.
3. **Secondary Contact:** Those persons who live with Primary High Risk Contact person shall strictly monitor their health till the result of the Primary High Risk Contact person is ascertained and meanwhile, strictly adhere to CAB. In case, the test result of the Primary High Risk Contact person is found to be positive, the Secondary Contact person shall be tested by RT-PCR/TrueNat.

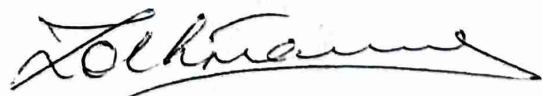
Sd/-R. LALRAMNGHAKA

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

MNo.D.33011/39/2021-HFW(SOP)Pt.III/4 : Dated Aizawl, the 6th October, 2021

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5. P.S to MLA & Vice Chairman, H&FW Board.
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**Deputy Secretary to the Govt. of Mizoram,
Health & Family Welfare Department**