



GOVERNMENT OF KARNATAKA

No: HFW 295 ACS 2020

Karnataka Government Secretariat,
Vikasa Soudha,
Bengaluru, Date: 10th August 2020

Revised Circular

Subject: Revised Guidelines for home isolation/home Care of COVID positive person (Version-2)

- Reference:**
1. Circular no. HFW 242 ACS 2020 issued by Additional Chief Secretary to Government of Karnataka-Health & Family welfare dated 04.07.2020
 2. Revised guidelines for Home Isolation of very mild/pre-symptomatic/asymptomatic COVID-19 cases issued by MoHFW, Government of India dated 03.07.2020
 3. Guidelines for Handling, Treatment and Disposal of Waste Generated during Treatment/Diagnosis/ Quarantine of COVID-19 Patients-Revision 4 issued by CPCB dated 21.07.2020

In view of evolving situation of COVID-19 in the state and recent revision of guidelines from Government of India, the following revised guidelines for home isolation/home care of COVID-19 cases are issued, superseding the previous circular vide above reference (1)

The persons who have tested COVID positive shall be permitted to be in "**home isolation/home care**" with the following conditions:

1. Only those who are asymptomatic or mild symptomatic shall be allowed to be in home isolation/home care.
2. They shall be oriented to the protocol of home isolation/home care.
3. Health team from district health authority/ BBMP/ authorised private institution/agency shall visit the house and assess the suitability of house for home isolation and also do medical triage of the person. Alternatively, telephonic medical triage shall be done through an empanelled agency.
4. Dedicated tele-monitoring link shall be established for daily follow-up of the person during the entire period of home isolation/home care.
5. The person shall report to the health staff/medical officer/physician about their health status every day.
6. The person shall have pulse oximeter, digital thermometer, facemasks, gloves, sanitizer, etc. to be used during home isolation/home care.
7. The release of the person from home isolation/home care shall be as per the existing discharge protocol of the state for COVID-19 (vide below sl. no.11).
8. The home isolation/home care shall be with the knowledge of the family members, neighbours, treating physician and local health authorities.

The detailed guidelines for home isolation/home care are as follows:

1. Initial assessment and medical triage of person by health team

- After receipt of Covid positive report, the person shall isolate himself/herself at home in a separate room. Health team shall visit and assess the suitability of the house for home isolation/home care and also do medical triage of the person wherever feasible (Annexure-1). Alternatively, telephonic medical triage shall be done through an empanelled agency (Annexure-2).
- Ask regarding following symptoms: Fever, cold, cough, throat pain, difficulty in breathing, generalised weakness, body pains, running nose, loose motion, loss of smell (anosmia), loss of taste (ageusia), reduced alertness, loss of appetite, delirium (mental confusion, disorientation), etc.
- The health staff shall assess the following parameters (medical triage) either telephonically or in person wherever feasible.
 - Thermal scanning for fever
 - Fingertip Pulse oximetry for SpO₂ and pulse rate
 - Glucometer for random blood sugar
 - Blood pressure recording using BP apparatus
- Enquire for co-morbidities like hypertension, diabetes, obesity, thyroid disease, cancer, kidney disease including persons on dialysis, heart disease, Cerebro-vascular disease including stroke, Tuberculosis, People living with HIV, immune-compromised, on steroids and immune-suppressants, etc.
- Link the person to tele-monitoring centre for daily follow-up
- For further daily follow-up of the person, tele-monitoring through government or private institution/agency shall be arranged as desired by the person.

2. Eligibility for Home Isolation/Home care

- The person shall be clinically assigned as asymptomatic/mild case through telephonic triage or by the health staff/medical officer/ physician
- Such cases should have the requisite facility at their residence for self-isolation and also for quarantining the family contacts
- A caregiver should be available to provide care on a 24 X 7 basis. A regular communication link between the caregiver and hospital is a pre-requisite for the entire duration of home isolation/ home care
- Mild fever < 38⁰ C (< 100.4⁰ F)
- Oxygen saturation should be ≥ 95%
- Elderly patients aged more than 60 years and those with co-morbid conditions such as hypertension, diabetes, heart disease, chronic lung/ liver/ kidney disease, cerebro-vascular disease etc. shall be allowed home isolation/home care only after proper clinical evaluation by the treating medical officer/physician/ family doctor
- The person shall provide a signed undertaking for self-isolation/home care (Annexure-3) and follow guidelines of home isolation/home care
- The person shall agree to monitor his/her health (Annexure-4) and regularly inform their health status to the tele-monitoring team/ medical officer/physician/ family doctor and District Surveillance Officer (DSO) for further follow up by the surveillance teams.