



District Administration
Gurugram

FAQs RELATED TO COVID-19 POSITIVE PATIENTS & QUARANTINE

30th May 2020



COVID-19 positive patients related Frequently Asked Questions (FAQs)

Following FAQs aim to address common queries of people who are confirmed COVID - 19 positive

General

What are the different categories of COVID-19 patients defined by Ministry of Health and Family Welfare, GoI?

Patient are categorized into three different groups based on the severity of their symptoms:

i. **Confirmed cases clinically assigned as mild and very mild**

- Cases presenting with fever and/or upper respiratory tract illness (Influenza like Illness, ILI)
- Patients can be discharged after 10 days of symptom onset and no fever for 3 days
- Patient will be advised to isolate himself/herself at home & self-monitor his/her health for further 7 days

ii. **Confirmed cases clinical assigned as moderate**

- Pneumonia with no signs of severe disease (Respiratory Rate 15 to 30/minute, SpO2 90%-94%).
- Patients can be discharged (a) if asymptomatic for 3 days and (b) after 10 days of symptom onset.
- Patient will be advised to isolate himself/herself at home & self-monitor his/her health for further 7 days.

iii. **Confirmed cases clinical assigned as severe**

- Severe Pneumonia (with respiratory rate > 30/minute and /or SpO2< 90% in room air) or ARDS or Septic shock.
- Patients will be discharged only after clinical recovery.

What does close contact mean?

Close contact is defined as being within 6 feet of someone who tested positive for COVID-19.

There are two categories of contacts: **High risk contacts** and **low risk contacts**

i. **High risk contact**

- Individuals who touched **body fluids** of the patient (respiratory tract secretions, blood, vomit, saliva, urine, faeces).
- Touched or cleaned the linens, clothes or dishes of the patient.
- Lives in the **same household as the patient**.
- Passenger in **close proximity (within 1 meter)** of a conveyance with a symptomatic person who later tested positive for COVID-19 for more than 6 hours.

ii. **Low risk contact**

- Shared the same space (same class for school/worked in the same room/similar) and not having a high-risk exposure to a confirmed case of COVID-19.
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- **Travelled in the same environment** (bus/train/flight/any mode of transit) but not having a high-risk exposure.

How does COVID -19 spread?

People can catch COVID-19 from others who have the virus

- The disease can spread from **person to person through small droplets** from the **nose** or **mouth** which are spread when a person with COVID-19 coughs or exhales.
- These droplets land on objects and surfaces around the person. Other people then catch COVID-19 by touching these **objects or surfaces**, then touching their **eyes, nose or mouth**.
- It is important to stay more than **1 meter (3 feet)** away from a person who is sick.

Are there any medicines or therapies that can prevent or cure COVID-19?

While some western, traditional or home remedies may provide comfort and alleviate symptoms of COVID-19, there is **no evidence** that current medicine can prevent or cure the disease.

- There are several ongoing clinical trials that include both western and traditional medicines.
- We will continue to provide updated information as soon as clinical findings are available.

Is there a vaccine drug or treatment for COVID-19?

Not yet. To date, there is no vaccine and no specific antiviral medicine to prevent or treat COVID-19. However, those affected should receive care to relieve symptoms. People with serious illness should be hospitalized.

Who is at risk of developing severe illness?

While we are still learning about how COVID-19 affects people, following categories of individuals should take extra precautions as they have a higher chances of developing severe illness

- Older persons, usually above the age group of 60+
- Children younger than 10 years
- Persons with pre-existing medical conditions (such as high blood pressure, heart disease, lung disease, cancer or diabetes)

What are the criteria for enrolling patients into home isolation or COVID care facility?

All suspected (test result awaited) or confirmed cases are classified and enrolled for home isolation or COVID Care facility

Classification	Type of containment recommended
Asymptomatic	Treatment with home isolation*
Very Mild/Mild	
Pre-symptomatic	



Moderate	Treatment at dedicated one of the following Covid care facility: <ul style="list-style-type: none"> • COVID Care Center • Dedicated COVID Health Center • Dedicated COVID Hospital
Severe	

* Apart from being clinically assessed as asymptomatic or having very mild/mild symptoms or being pre-symptomatic the patient must also meet the following criteria to be recommended for home isolation:

- Such cases should have the requisite facility at their residence for self-isolation and also for quarantining the family contacts.
- Download Arogya Setu App on mobile (available at <https://www.mygov.in/aarogya-setuapp/>) and it should remain active at all times (through Bluetooth and Wi-Fi). For persons who do not own smartphones, the option “Aarogya IVRS 1921 service” launched by the Govt for feature phones and landlines may be utilized for sharing information about the person’s health.
- The patient shall agree to monitor his health and regularly inform his health status to the District Surveillance Officer for further follow up by the surveillance teams.
- The patient will fill in an undertaking on self-isolation and shall follow home quarantine guidelines.

Home Isolation

As a Covid-19 patient under home isolation, what should I do?

The patient must ensure that he/she has Arogya Setu app with all notifications and location tracking 24X7. Also, patient must adhere to following instructions at all times during isolation:

- **Masks**
 - Patient should at all times use a triple layer medical mask.
 - Discard mask after 8 hours of use or earlier if they become wet or visibly soiled.
 - Mask should be discarded only after disinfecting it with 1% Sodium Hypo-chlorite.
- **Physical Distancing**
 - Patient must stay in the identified room and away from other people in home, especially elderly and those with comorbid conditions like hypertension, cardiovascular disease, renal disease etc.
 - Don’t share personal items with other people.
- **Person and Place Hygiene**
 - Follow respiratory etiquettes all the time.
 - Hands must be washed often with soap and water for at least 40 seconds or clean with alcohol based sanitizer.
 - Clean surfaces in the room that are touched often (tabletops, door knobs, handles, etc) with 1% hypochlorite solution.
- Patient must **take rest and drink lot of fluids** to maintain adequate hydration
- The patient must strictly follow the **physician’s instructions and medication advice**
- The patient should **self-monitor his/her health** with daily temperature monitoring and report promptly if develops any deterioration of symptom



I am a caregiver/attendant of Covid-19 patient under home isolation, what should I do?

Caregiver's role in home isolation is critical to the management of patient and he/she must be available to be contacted by Government representatives at all times. As caregiver would be near to patient several times during the day, he/she should strictly adhere to following instructions:

- **Mask**
 - The caregiver should wear a triple layer medical mask appropriately when in the same room with the ill person
 - Front portion of the mask should not be touched or handled during use
 - If the mask gets wet or dirty with secretions, it must be changed immediately
 - Discard the mask after use and perform hand hygiene after disposal of the mask.
- **Personal and Place Hygiene**
 - He/she should avoid touching own face, nose or mouth
 - Hand hygiene must be ensured following contact with ill person or his immediate environment
 - Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty
 - Use soap and water for hand washing at least for 40 seconds
 - Alcohol-based hand rub can be used, if hands are not visibly soiled
 - After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.
- **Managing exposure to patient and related items**
 - Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions
 - Use disposable gloves while handling the patient
 - Perform hand hygiene before and after removing gloves
 - Avoid exposure to potentially contaminated items in his immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen)
 - Food must be provided to the patient in his room
 - Utensils and dishes used by the patient should be cleaned with soap/detergent and water wearing gloves
 - The utensils and dishes may be re-used
 - Clean hands after taking off gloves or handling used items
 - Use triple layer medical mask and disposable gloves while cleaning or handling surfaces, clothing or linen used by the patient.
 - Perform hand hygiene before and after removing gloves.
- The caregiver should make sure that the patient follows the prescribed treatment
- The **caregiver and all close contact** should **self-monitor their health** with daily temperature monitoring and report promptly if they develop any symptom suggestive of COVID-19 (fever/cough/difficulty in breathing)

What parameters of COVID-19 patient under home isolation should be monitored and when to report any deviations?



Patient / Care giver should keep monitoring their health by doing checks every night and morning or whenever they experience fever. Following are some checks that you need to regularly do:

- Temperature
- Pulse
- Any symptoms that may have developed
- Any other parameter as advised by doctor or health worker

Medical attention must be sought if serious signs or symptoms develop including:

- Difficulty in breathing
- Persistent pain/pressure in the chest,
- Mental confusion or inability to arouse
- Developing bluish discolorations of lips/face and
- As advised by treating medical officer

Additionally, one may also contact the State Helpline (1075)/ District Helpline Number (1950) / (108) / e-mail covid19gurugram@gmail.com / tweet to @DC_Gurugram

What is the recommended nutritional intake for a COVID-19 patient?

Proper nutrition and hydration are vital. People who eat a well-balanced diet tend to be healthier with stronger immune systems and lower risk of chronic illnesses and infectious diseases. It is important that you discuss your dietary schedule with your doctor but some useful suggestion highlighted below:

i. **Eat fresh and unprocessed foods every day**

- Eat fruits, vegetable, nuts and whole grains, maize, oats, wheat and food from animal sources (e.g. meat, fish, eggs and milk)
- For snacks, choose raw vegetables and fresh fruit rather than foods that are high in sugar, fat or salt.
- When using canned or dried vegetables and fruit, choose varieties without added salt or sugar.

ii. **Drink enough water every day**

- Water is essential for life. It transports nutrients and compounds in blood, regulates your body temperature, gets rid of waste and lubricates joints.
- Drinks 8-10 cups of water every day.

iii. **Eat moderate amounts of fat and oil and less salt and sugar**

- Try to consume unsaturated fats (e.g. found in fish, avocado, nuts, olive oil, soy, canola, sunflower and corn oils) rather than saturated fats (e.g. found in fatty meats, butter, coconut oil, cream, cheese)
 - If possible, opt for low or reduced fat version of milk and dairy products.
 - When cooking and preparing food, limit the amount of salt and high-sodium condiments.
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Can patients under home isolation receive packages or mails from affected areas?

There is **no evidence** at present that items imported from affected areas and shipped or mailed over the course of days or weeks are spreading COVID-19. Although studies suggest that it can live on surfaces for a few hours or up to several days, depending on surface, temperature and other environmental factors.

Does coronavirus spread through clothes of a COVID-19 patient?

COVID-19 spreads mainly by **droplets** produced as a result of coughing and sneezing of a COVID-19 infected person. The virus also tends to **stay contagious on surfaces** like clothes for some time depending upon environmental conditions and exposure to heat. Therefore few things recommended for maintaining laundry hygiene in case of COVID 19 patients

- i. All the clothes used by the COVID patients should be **kept separately** and **should not be shared**.
- ii. If possible, the **patient should clean his or her own laundry**, otherwise the helper **should wear gloves** while doing the laundry of the infected person.
- iii. It is recommended to wash the clothes **using bleach** and in **water above 60 degrees**.
- iv. Clothes and other accessories used by COVID -19 patients should be **washed daily**.

What are the good practices with regards to sanitization in households where a COVID-19 positive patient is residing?

Apart from personal hygiene, following are some sanitation routines that may be undertaken in homes of isolated patients

- Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution
- Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
- Clean the clothes and other linen used by the person separately using common household detergent and dry

What is the duration of Home Isolation?

Patient under home isolation can end home isolation after:

- 17 days of onset of symptoms (or date of sampling, for pre-symptomatic cases)
- AND
- no fever for 10 days, subject to the condition that one RT PCR test is done on the 10th day and it is negative

Do take all general precautions related to COVID-19 even after the end of isolation period.



COVID Care Facility

What is the new discharge policy for COVID-19 patient?

A revised discharged policy for COVID-19 cases was issued by MoHFW on 8th May 2020. Some the key highlights for discharge are -

i. **For mild/very mild/pre-symptomatic cases**

- Patient can be discharged after 10 days of symptoms onset and no fever for 3 days.
- No need for testing prior to discharge.
- Patient will be advised to isolate himself/herself at home & self-monitor his/her health for further 7 days.

ii. **For moderate cases**

- Patient can be discharged (a) if asymptomatic for 3 days and (b) after 10 days of symptoms onset.
- No need for testing prior to discharge.
- Patient will be advised to isolate himself/herself at home & self-monitor his/her health for further 7 days.

iii. **For severe cases**

- Clinical recovery.
- Patient tested negative once by RT-PCR (after resolution of symptoms)

In which Hospitals can I be treated if I am a COVID-19 positive patient?

Yes. According to the orders from office of District Magistrate Gurugram, dated 25-05-2020 it is instructed to Hospitals -

For treatment of COVID-19 patients and ensuring appropriate medical care any Hospital in the district of Gurugram shall not refuse any patient approaching them for treatment of coronavirus infection and other critical services. If any Hospital refuses treatment to any patient/patients action will be initiated against them under the Epidemic Act (1897) without prior notice.

District Gurugram has a COVID-19 Help Desk

(<https://gurugram.gov.in/ncovidcoronavirus-19-help-desk/>) where you can updated information related to paid institutional quarantine facilities available in the district.

What should I do if I live in the same house as someone who is under isolation?

If you are in a house that also has a isolation individual, that person should try as much as possible to keep their distance from the others in the house. Following are good practices to be followed:

- Try to keep the person in their own room
- If possible and use a separate bathroom, if available



- Before going into shared areas, the person quarantining should wash their hands, try to maintain at least 6 feet of distance between themselves and others, and cover any coughs or sneezes.
- Clean and disinfect frequently touched surfaces daily and do not share personal household items like dishes, glasses, utensils or towels.
- Others in the house should also maintain good hand washing habits.

The isolation individual should immediately isolate if they become sick and contact on the State Helpline (1075)/ District Helpline Number (1950) / (108) / e-mail covid19gurugram@gmail.com / tweet to @DC_Gurugram

Hydroxychloroquine has been in the news for treating COVID-19. Under what circumstances can it be consumed?

The Advisory earlier issued (dated 23rd March, 2020; available at: <https://www.mohfw.gov.in/pdf/AdvisoryontheuseofHydroxychloroquinasprophylaxisforSARSCoV2infection.pdf>), provided placing the high risk population (asymptomatic Healthcare Workers involved in the care of suspected or confirmed cases of COVID-19 and asymptomatic household contacts of laboratory confirmed cases of COVID-19) under chemoprophylaxis with HCQ.

In light of all of the above, the Joint Monitoring Group and NTF have now recommended the prophylactic use of HCQ in the following categories:

1. All asymptomatic healthcare workers involved in containment and treatment of COVID19 and asymptomatic healthcare workers working in non-COVID hospitals/non-COVID areas of COVID hospitals/blocks
2. Asymptomatic frontline workers, such as surveillance workers deployed in containment zones and paramilitary/police personnel involved in COVID-19 related activities.
3. Asymptomatic household contacts of laboratory confirmed cases.

Exclusion/contraindications

The drug is contraindicated in persons with known case of:

1. Retinopathy,
2. Hypersensitivity to HCQ or 4-aminoquinoline compounds
3. G6PD deficiency
4. Pre-existing cardiomyopathy and cardiac rhythm disorders

The drug is not recommended for prophylaxis in children under 15 years of age and in pregnancy and lactation.

Rarely the drug causes cardiovascular side effects such as cardiomyopathy and rhythm (heart rate) disorders. In that situation the drug needs to be discontinued. The drug can rarely cause visual disturbance including blurring of vision which is usually self- limiting and improves on Page 3 of 4



discontinuation of the drug. For the above cited reasons the drug has to be given under strict medical supervision with an informed consent.

S. No.	Category of personnel	Dosage
1	<ul style="list-style-type: none"> Asymptomatic household contacts of laboratory confirmed cases 	400 mg twice a day on Day 1, followed by 400 mg once weekly for next 3 weeks; to be taken with meals
2	<ul style="list-style-type: none"> All asymptomatic healthcare workers involved in containment and treatment of COVID-19 and asymptomatic healthcare workers working in non-COVID hospitals/non-COVID areas of COVID hospitals/blocks Asymptomatic frontline workers, such as surveillance workers deployed in containment zones and paramilitary/police personnel involved in COVID-19 related activities 	400 mg twice a day on Day 1, followed by 400 mg once weekly for next 7 weeks; to be taken with meals



Quarantine related Frequently Asked Questions (FAQs)

Following FAQs aim to address common queries of people under home or institutional quarantine

General

What is home quarantine?

Home quarantine is when you remain in your home or accommodation and avoid contact with other people. Most people who need home quarantine will probably be advised to do so for 14 days.

Who requires Home Quarantine?

People requiring 14 days home quarantine include but not limited to following:

- Travel history from affected countries (as per existent guidelines)
- Domestic train or air travel if mandated by state government
- High risk contacts (physical exposure to body fluids/secretions/soiled items) of a COVID-19 positive patient
- People living in household of a COVID-19 positive patient

What is institutional quarantine?

Institutional quarantine is when you have been advised by a registered medical practitioner to get admitted in a dedicated quarantine facility for a designated period of time depending upon assessment by the doctor.

What are the different types of institutional quarantine facilities?

There are two different types of institutional quarantine facilities:

- i. Government run quarantine facility
- ii. Paid quarantine facility run by private service providers

Who requires Institutional Quarantine?

People requiring institutional quarantine include but not limited to following:

- i. Those who are recommended for home quarantine but do not have facilities at home to maintain the required precautions such as social distancing. etc.
- ii. All the suspected cases when recommended by a registered medical officer to undergo institutional quarantine after review of their developing symptoms.
- iii. Anyone who has had a movement history through trains, buses, or flights as per existing guidelines

Self-quarantine

How do I self-quarantine?

- i. During self-quarantine, you must stay at home or in your accommodation for 14 days. **Don't go to public places or places where you might have contact with other people**, such as work, school, childcare, university or public gatherings.
- ii. Only people who usually live with you should be in the same home. **You should not see any visitors**. If you are in another form of accommodation, such as PG, hotel, avoid contact with other tenants, guests or staff.



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- iii. When in quarantine, monitor yourself for symptoms including fever, cough or shortness of breath. Other early symptoms include chills, body aches, sore throat, runny nose and muscle pain.
 - iv. If you become unwell, all other members of your household must self-quarantine. Immediately inform about your status to the District helpline number 1950

Do I need to download the Aarogya Setu App, if under self-quarantine?

Yes it is **mandatory** to download the Aarogya Setu App on all compatible mobile phones and the status has to be regularly updated.

For persons who do not own smartphones, the option “Aarogya IVRS 1921 service” launched by the GoI for feature phones and landlines may be utilized for sharing information about the person’s health.

What are the symptoms which indicate that a self-quarantined individual requires immediate hospitalization?

- i. The most common symptoms of COVID-19 are fever, and dry cough. Some patients may have aches and pains, nasal congestion, runny nose, sore throat or diarrhea, or may lose the sense of smell/taste. These symptoms are usually mild and begin gradually.
- ii. Older people, and those with underlying medical problems like high blood pressure, heart problems or diabetes, are more likely to develop serious illness. **People with fever, cough and difficulty in breathing should immediately inform health authorities or** call the District Helpline Number (1950)/ (108) / e-mail covid19gurugram@gmail.com / tweet to @DC_Gurugram

If I’m self-quarantined while waiting for my test results, then receive a negative result, should I continue to self-quarantine for 14 days?

- i. Even if your symptoms are mild or you have a negative test, **you may need to self-quarantine until your symptoms have gone** because the symptoms may be due to another respiratory infection.
- ii. If you’re not sure what to do, ask a registered medical practitioner about how long you need to keep self-quarantine. You can **return to normal activities** on the **advice of your treating doctor**, but you’ll still need to keep practicing physical distancing.
- iii. If you have been identified as a **high risk contact, continue to monitor your health for up to 14 days**. If you have any new or returning symptoms, self-quarantine inform the State Helpline (1075)/ District Helpline Number (1950) / (108) / e-mail covid19gurugram@gmail.com / tweet to @DC_Gurugram

Who else should self-quarantine?



All international travellers arriving in Gurugram – including Indian citizens – would undergo mandatory quarantine for 14 days –

- 7 days paid institutional quarantine at their own cost,
- 7 days isolation at home with self-monitoring.

In case you develop any symptoms, please contact the State Helpline (1075)/ District Helpline Number (1950) / (108) / e-mail covid19gurugram@gmail.com / tweet to @DC_Gurugram

How should I dispose of the masks used by me and my family during self-quarantine?

- i. In case of self-quarantine suspected cases or positive cases the biomedical waste generated should be collected separately in **yellow bags**.
 - ii. Same shall be handed over to authorized waste collectors engaged by local bodies.
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Institutional Quarantine

Where can I find more details about available paid institutional quarantine facilities?

District Gurugram has the COVID-19 Help Desk (<https://gurugram.gov.in/ncovidcoronavirus-19-help-desk/>) where you can find updated information related to paid institutional quarantine facilities available in the district.

What is the protocol for nursing mothers who have been tested COVID-19 positive?

Existing reports have not detected the virus causing COVID-19 in breast milk.

Similarly, other respiratory viruses have not been transmitted in breast milk. For example, the severe acute respiratory syndrome (SARS-CoV) virus that is a similar virus has not been detected in breast milk. (Ref: CDC)

If the mother and baby are temporarily separated, the mother is encouraged to express her breast milk, and someone else, such a nurse, will feed the child.

Remind all caregivers to wash hands thoroughly before touching bottles, or feeding or caring for your baby. If you decide to breastfeed directly, take all the recommended steps to prevent the potential spread of the virus, including using a mask and following careful breast and hand hygiene.



If I'm an international returnee of the Vande Bharat Mission, and have been placed in institutional quarantine, will I still have to remain in quarantine for the entire duration of 14 days if my COVID-19 test returns negative?

According to the guidelines released by the Ministry of Health and Family Welfare on 24th May, 2020 - Before boarding, all travellers shall give an undertaking that they would undergo mandatory quarantine for 14 days - 7 days paid institutional quarantine at their own cost, followed by 7 days isolation at home with self monitoring of health.

Post the completion of the mandatory period of 7 days, if the person's COVID-19 test comes out to be negative, upon giving an undertaking to the Nodal Officer, that person may proceed for the remaining 7 day duration of the self-quarantine period at home.

Pets and COVID-19

What to do if I am COVID -19 suspect/confirm case and also own a pet?

In case you are a COVID-19 (either suspected or confirmed by a test), you should restrict contact with your pets and other animals, just like you would with people. Until we know more about this virus, people sick with COVID-19 should avoid contact with pets and other animals.

- Avoid contact with your pet including, petting, snuggling, being kissed or licked, and sharing food or bedding
- If you must care for your pet or be around animals while you are sick, wear a cloth face covering and wash your hands before and after you interact with them.
- In case you are sick with COVID -19 and your pet becomes sick, do not take you pet to veterinary clinic yourself. Call your veterinarian and let them know you have been sick with COVID 19.

Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low.

Government Helpline

What are the different helpline numbers for COVID-19 related response in district of Gurugram?

- i. State Helpline (1075)



- ii. District Helpline Number (1950)
- iii. Ambulance Helpline (108)
- iv. E-mail covid19gurugram@gmail.com
- v. Tweet to @DC_Gurugram

