

Government of India
Ministry of Health and Family Welfare
Guidelines for Interstate Travel

COVID-19: SOP for passenger movement

a.Registration on Seva Sindhu

Regardless of whether you're an inter-district, inter-state or international travelers, the process now begins by registration on the state [Seva Sindhu website](#) or by calling the helpline 080-22636800.

b. Screening and quarantining

Based on screening, travelers are classified into Category 1 – symptomatic, or Category 2 – asymptomatic. Those under Category 1 are taken to Dedicated COVID Healthcare Centers (DCHC) for testing.

Those under Category 2 are put under institutional quarantine in designated COVID Care Centers (CCCs) – either paid hotels/hostels, or free government shelters at schools or *kalyana mantapas* (wedding halls).

Testing

In the case of international and inter-state travellers, both symptomatic and asymptomatic persons are tested after arrival using RT-PCR swab kits. If they test positive, they are sent to Dedicated COVID-19 Hospitals (DCH) for treatment and if they test negative, they may be released into institutional or home quarantine. The rules are less stringent for inter-district travellers.

To ensure home quarantine is enforced, travellers sent for home quarantine are briefed, stamped with indelible ink on their hands and are expected to download three apps – *Aarogya Setu*, *Quarantine Watch* (for self reporting) and *Apthamitra* (survey for symptoms).

Further, a sticker may be placed on the house of a person in home quarantine and neighbours may be informed. The local RWA too, may be roped in to help as an enforcer.

Inter-District Travel

	Quarantine	Testing
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Category 1 (Symptomatic)	Screened at entry point and referred to DCHC for sample collection and isolation If positive – shifted to DCH If negative – 14 day home quarantine	Testing on arrival If negative – referred to other hospitals and released into home quarantine
Category 2 (Asymptomatic)	Screened at entry point No quarantine	Not Required

SOP for Inter-district Travellers

State government had earlier allowed for a one-time pass for people stranded within India to go back home in other districts of the state. Special intra-state buses had also been arranged, keeping in mind the plight of stranded migrant workers.

But for inter-district travel now, you need to register on Seva Sindhu portal so as to get an e-pass.

Inter-district travel is still mostly reserved for those needing a one-time pass (stranded workers, students, etc.) and is possible only through specific entry and exit points of districts.

Screening: Like in the case of inter-state travelers, inter-district travelers will be screened for symptoms upon arrival

at the district border entry points.

Testing and Quarantine: Category 1 (symptomatic) travellers will be sent to nearby DCHCs for testing immediately upon arrival and if positive will be shifted to a COVID hospital. If negative, they will be released into 14-day home quarantine.

On Thursday, Health Department clarified that Category 2 (asymptomatic) inter-district travellers need not be subjected to any kind of quarantine.

Inter-State Travel

	Quarantine	Testing
Category 1 (Symptomatic)	Screened on arrival All will be sent to institutional quarantine for 14 days	Lab Testing will begin on 10th day If negative, will be sent home after 14th day If positive, will be sent to DCH
Category 2 (Asymptomatic)	Screened on arrival All will be sent to institutional quarantine for 14-days	Lab Testing will begin on 10th day If negative, will be sent home after 14th day If positive, will be sent to DCH

SOP for Inter-state Travellers

Seva Sindhu Applications: According to the latest Standard Operating Procedures (SOP) for inter-state travel released on May 12, the following sections of people are allowed to apply on Seva Sindhu:

- Those returning to the state due to death in the family
- Those facing medical emergency/terminal illness
- Pregnant women/elderly persons
- Migrant workers/laborers who have been laid off
- Students whose educational institutions/hostels have been closed
- Stranded tourists/pilgrims

Quarantine and Testing:

A recent press note dated May 16 clarified that as per the current policy of the Indian government, all interstate travellers will be sent into mandatory institutional quarantine for 14 days, regardless of whether they are symptomatic or not.

After that, lab testing will be done from day 10 onwards and then they can go home on day 14 if result is negative. If the result is positive, they will go to Designated Covid

Hospitals (DCH).

Exemptions: There are exemptions for pregnant women, the elderly (over 80 years of age), persons suffering from terminal illnesses and children under 10 years of age. For them, testing will be done within two days of arrival.

If test results are positive, they will be sent to designated hospitals like the others. However, unlike the rest, if their test results are negative, they will not have to complete institutional quarantine. Instead, they will complete the

remainder of the 14-day period at home. At the end of this period, they will have to report back to government facilities to get tested for a second time, following which they will be either sent home or to the hospital.

International Travel

	Quarantine	Testing
Category 1 (Symptomatic)	Screened upon arrival at airport Sent to DCHC for testing and isolation	Tested twice – once on arrival and then on 14th day If negative, sent for institutional quarantine at COVID Care Centers and tested again on 14th day. If positive, sent to DCH for treatment and isolation
Category 2 (Asymptomatic)	Screened upon arrival Sent for 14-day Institutional quarantine at Covid Care Centres Home quarantine if CCCs don't have enough capacity	Tested twice – once on arrival and then on 14th day If negative, sent for institutional quarantine at COVID Care Centers and tested again on 14th day If positive, sent to DCH

SOP for International Travellers

The latest SOPs for international travellers were released on May 6 and 8. While they don't mention the need for registering on Seva Sindhu, the portal has a section for international travel.

Screening: All travellers at points of entry (airports and seaports) will be screened for symptoms, as in case of domestic travellers. The screening process involves a self-reported form, thermal scanning, pulse oximeter reading (to check oxygen saturation in blood), stamping, checking of medical history and categorisation. Travellers may also be required to download the three Covid apps.

Testing and Quarantine: Category 1 (symptomatic) international travelers will be sent to Dedicated Covid Health Centres (DCHC) for testing and isolation. If they test positive, they will be shifted to Dedicated COVID Hospitals (DCH) for treatment and isolation. If negative, they will be put under 14 days of institutional quarantine at Covid Care Centres (CCC). These include both paid at hotels/hostels and free options. Category 2 (asymptomatic) travellers too will have to go into 14 days of institutional quarantine at Covid Care Centres, followed by a 14-day self-reporting period. In case

there is not enough capacity at the centres, Category 2 travellers may be sent for home quarantine.

In a revision on May 8, the state government declared that all international passengers will be tested twice, once on arrival and then on the 14th day, after which they will be discharged if the result is negative.

As far as institutional quarantine goes in India there is a free and paid option for foreign returnees. The civic bodies has decided to make arrangements at youth hostels and marriage halls for those who wish to be accommodated for free during the quarantine period. The full list of these facilities, however, will be available only on Tuesday evening.

The Indian government together with the civic bodies has come up with a three-tier option for those who want to pay and check themselves in a hotel in Bengaluru for quarantine.

Exceptions and Special Instructions: On May 13, the government revised the SOPs for international travelers to offer relaxations to certain groups of people. It excused institutional quarantine for:

- pregnant women
- children under 10 years of age
- senior citizens over 80, and
- terminally-ill patients (cancer, chronic kidney disease, etc.)

Home Quarantine: All asymptomatic (Category 2) passengers will be sent to a 14-day institutional quarantine. Home quarantine will be considered only in case Institution Quarantine facilities are over capacity or for those exempted (see above).

To ensure the home quarantine is carried out properly, local RWAs will be informed about the need to enforce quarantine. The mobile number of the traveler may also be 'ring-fenced' (tracked and monitored within an area).

SOPs for International Returnees to India

All inbound passengers to be tested, quarantined
Revised standard operating procedure.

India revised its standard operating procedure (SOP) for international passengers on May 8.

Category A includes passengers symptomatic on arrival while Category B passengers are those asymptomatic on arrival. These are passengers who are either healthy or those having co-morbidities.

As per the SOP, the passenger will be released on the seventh day, if tested negative, to strict home quarantine for another seven days with stamping.

Additional safety layer of three Covid tests on returnees -- one on arrival, second from 5-7 days and last on 12th day. This will ensure definite identification of positive cases even if they are asymptomatic and their subsequent treatment.

All of them will have to take three tests: first one on arrival; second, between fifth and seventh day; and the third on the 12th day of arrival to India

Throat swab samples for the RTPCR test will be taken from all passengers. On arrival, symptomatic passengers will be sent to 14 days' quarantine at Covid Healthcare Centre, followed by 14 days of self-reporting, while those without any symptoms (asymptomatic) will be sent to seven days' quarantine at Covid Care Centres, which are hotels, guesthouses and hostels.

On the 14-day additional reporting period for category B category B patients should report to us for 14 days after their first 14-day quarantine period is over.

After that, they will have to undergo home quarantine in case the second test is negative. If the CCCs are not available, asymptomatic passengers will be sent for home quarantine directly. "The BBMP and Deputy Commissioners have finalised rates for CCC hotels. At the airport, the list of such hotels along with tariffs should be given to passengers," the SOP states.

All passengers arriving through entry points outside India and travelling to the state via road or domestic flights, too would be subjected to the same procedures. During home quarantine, they have to stay away from the elderly, pregnant women, children and persons with comorbidities. Home quarantine stickers will be pasted on the doors of passengers' homes. Neighbours and resident welfare associations will be informed to ensure that the quarantine is adequately enforced.

HOMEWARD BOUND

Swab testing for RT-PCR for all passengers

Symptomatic passengers will be sent to dedicated Covid Health CareCentre for testing & isolation

Asymptomatic passengers will be sent for seven days institution quarantine at hotels/guest houses/hostels