

**GOVERNMENT OF NAGALAND
DIRECTORATE OF HEALTH AND FAMILY WELFARE
NAGALAND :: KOHIMA**

No: DHFW/COVID-19/2019-20/

Dated Kohima the March 2020

ORDER

In exercise of the powers conferred by the Nagaland Epidemic Disease (COVID-19) Regulations, 2020 under the Epidemic Disease Act 1897, all persons who have entered Nagaland after **6th March 2020** irrespective of been screened at various check points shall Self Declare and Report to the designated Helpline numbers given in the Annexure: 1 and **shall be subjected to compulsory Home Quarantine.**

Further, those who are put on Home Quarantine and the family members or persons in contact with such persons conforming to the case definition of "Contact" defined below are hereby directed:-

1. to strictly follow the Guidelines for Home Quarantine issued by the Government from time to time, and
2. to extend full cooperation to Health Personnel and Authorities.

Any act of non-compliance shall be deemed to have committed an offence punishable as per the provisions of the Epidemic Disease Act, 1897.

NB: The Guidelines for Home Quarantine issued by Ministry of Health & Family Welfare, Directorate General of Health Services (EMR Division) is enclosed as Annexure: 1.

Those on compulsory home quarantine shall be followed up and monitored regularly for 14 days by the respective District Surveillance Unit. All are therefore, directed to contact District Surveillance Unit Helpline given in the Annexure.

"Together We Can- Nagaland Against COVID-19".

(DR. VIZOLIE Z SUOKHRIE)

Principal Director
Directorate of Health & Family Welfare
Nagaland::Kohima

Dated Kohima the March 2020

No: DHFW/COVID-19/2019-20/ **689-92**

Copy To:

1. The Commissioner & Secretary to Governor of Nagaland, Kohima for kind information.
2. The Addl Chief Secretary to Chief Minister, Nagaland, Kohima for kind information.
3. The Sr. P.S to Deputy Chief Minister, Nagaland, Kohima for kind information.
4. The Sr. P.S to Minister Health & Family Welfare, Nagaland, Kohima for kind information.
5. The Sr. P.S to all Ministers/ Advisors, Nagaland, Kohima for kind information.
6. The Deputy Secretary to Chief Secretary, Nagaland, Kohima for kind information.
7. All AHoD/ HoD to the Government of Nagaland, Kohima for kind information.
8. **The Director, IPR Department for wide publicity.**
9. **All Deputy Commissioners/ Additional Deputy Commissioners/ Chief Medical Officers in Nagaland for information and necessary action and for Public Announcement.**
10. Guard file/ Office copy.

(DR. VIZOLIE Z SUOKHRIE)

Principal Director
Directorate of Health & Family Welfare
Nagaland::Kohima

GUIDELINES FOR HOME QUARANTINE

A. Definition of Contact:

A contact is defined as a healthy person that has been in such association with an infected person or a contaminated environment as to have exposed and is therefore at a higher risk of developing disease.

A contact in the context of COVID-19 is:

- A person living in the same household as a COVID-19 case;
- A person having had direct physical contact with a COVID-19 case or his/her infectious secretions without recommended personal protective equipment (PPE) or with a possible breach of PPE;
- A person who was in a closed environment or had face to face contact with a COVID-19 case at a distance of within 1 metre including air travel;

The epidemiological link may have occurred within a 14-day period before the onset of illness in the case under consideration.

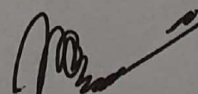
B. Instructions for contacts being home quarantined:

The home quarantined person should:

1. Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.
2. Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.
3. Restrict his/her movement within the house.
4. Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.
5. He should also follow the under mentioned public health measures at all times:
 - a) Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
 - b) Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
 - c) Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.
 - d) Masks used by patients / care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
 - e) Used mask should be considered as potentially infected.
 - f) If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately:
 - Inform the nearest health centre or
 - Call Helpline:
 - 011-23978046.
 - 7005415243
 - 9856071745
 - 7005539653
 - Call Toll Free:
 - 1075
 - 102
 - Email: nlssu.idsp@nic.in

C. Instructions for the family members of persons being home quarantined:

1. Only an assigned family member should be tasked with taking care of the such person.
2. Avoid shaking the soiled linen or direct contact with skin.
3. Use disposable gloves when cleaning the surfaces or handling soiled linen.
4. Wash hands after removing gloves.
5. Visitors should not be allowed.



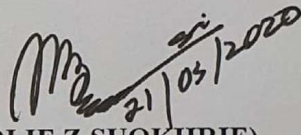
6. In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14 days or till the report of such case turns out negative on lab testing.

D. Environmental sanitation:

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

E. Duration of home quarantine:

1. The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing.


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