



GOVERNMENT OF KARNATAKA

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CIRCULAR

Guidelines for isolation of COVID positive person at home

The guideline for home isolation of COVID-19 cases has been issued by Ministry of Health and Family Welfare-Government of India. In view of evolving situation of COVID-19 in the state, the following guidelines are issued:

The persons who have tested COVID positive shall be permitted to be in “home isolation” with the following conditions:

1. Only those who are asymptomatic or mild symptomatic shall be allowed to be in isolation at home
2. They shall be oriented to the protocol of home isolation
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 triage of the person.
4. Dedicated tele-monitoring link shall be established for daily follow-up of the person during the entire period of home isolation
5. The person shall report to the physician/ health authorities about their health status every day
6. The person shall have pulse oximeter, digital thermometer and personal protective equipment (facemasks, gloves) to be used during home isolation.
7. The release of the person from home isolation shall be as per the existing discharge protocol of the state for COVID-19 (vide below sl. no.10)
8. The home isolation shall be with the knowledge of the family members, neighbours, treating physician and local health authorities.

The detailed guidelines for home isolation are as follows:

1. Initial assessment and triage of person by health team at person's house

- 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 isolation of the person at home and also do triage of the person
- Ask regarding following symptoms: Fever, cold, cough, throat pain, difficulty in breathing, etc.
- The health staff shall assess the following parameters (Triage)
 - Thermal scanning for fever
 - Pulse oximetry for SpO₂ and pulse rate
 - Glucometer for random blood sugar
 - Blood pressure recording using BP apparatus

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- Enquire for co-morbidities like hypertension, diabetes, obesity, thyroid disease, cancer, kidney disease including persons on dialysis, heart disease, 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

- The person shall be clinically assigned as asymptomatic/mild case by the treating 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 x7 basis. A regular communication link between the caregiver and hospital is a pre-requisite for the entire duration of home isolation
- Mild fever $< 38^{\circ} \text{C}$ ($< 100.4^{\circ} \text{F}$)
- Oxygen saturation should be $\geq 95\%$
- Age shall be less than 60 years
- If the person has the following co-morbidities- Hypertension, diabetes mellitus, obesity, thyroid disease; they are well managed and under good clinical control as assessed by medical officer/physician
- Shall not have any comorbid conditions like kidney diseases including persons on dialysis, heart diseases, stroke, Tuberculosis, cancer, people living with HIV, immune-compromised, on steroids and immune-suppressants, etc.
- The person shall provide a signed undertaking on self-isolation (Annexure-1) and follow guidelines of home isolation
- The person shall agree to monitor his/her health (Annexure-2) and regularly inform their health status to the physician and District Surveillance Officer (DSO) for further follow up by the surveillance teams.
- Home isolation shall not be applicable for pregnant women 4 weeks before expected date of delivery (EDD)

3. Requisite facility at home for isolation

- Separate well ventilated room with a separate toilet for the person in isolation
- **The person shall stay in the identified room and away from other persons in the home**(especially the elderly and those with comorbid conditions like hypertension, cardiovascular disease, renal disease, etc.)

If the person does not fit to the above criteria for home isolation or the house is not suitable for home isolation, then isolation at a facility (CCC/DCHC/DCH) is recommended

The following criteria shall be used for shifting the person to CCC, DCHC or DCH as applicable:

Criteria	COVID care Centre* (CCC)	Dedicated COVID Health Centre(DCHC) (Beds with Oxygen facility)	Dedicated COVID Hospital (DCH) (ICU Beds Available)
Clinical condition	Asymptomatic or Mild	Moderate	Severe
Measure Oxygen Saturation with fingertip Pulse oximeter	SpO ₂ more than 94%	SpO ₂ between 90 to 94%	SpO ₂ less than 90%
Pulse Rate	<100/ min	100-120/min	>120/ min
Systolic Blood Pressure	-	-	<100 mm Hg
Respiratory Rate	< 24/ min	24-30/min	>30/min
Co-morbid Conditions	Hypertension, diabetes mellitus, obesity, thyroid disease under good clinical control as assessed by medical officer/physician Without any other comorbid conditions	With co-morbid conditions Pregnant women- 4 weeks before expected date of delivery (EDD)	with comorbid conditions

Note: * when the house is found not suitable for isolating the person at home; besides, shifting of the person may also be considered if the asymptomatic person opts for CCC

Algorithm for deciding Home isolation

