



Tel: +9180-2287 4039
+9180-2235 4085
Fax : +9180-2228 5591
e-mail : com-hfws@karnataka.gov.in

COMMISSIONERATE

Health & Family Welfare Services

No: DD/SSU/Circular-06/2020-21

Date: 15.09.2020

REVISED CIRCULAR

- Sub** : Revised quarantine and testing protocol for primary/high risk contacts and secondary/low risk contacts
- Ref** : 1. SOP for implementation and management of contact tracing for COVID-19 dated 14.04.2020.
2. Circular No. SSU/COVID-19/07/2020-21 regarding revised quarantine protocol for primary and secondary contacts dated 08.05.2020.
3. Guidelines for contact tracing of COVID-19 cases in community settings from NCDC-GOI dated 13.07.2020.
4. ICMR-GOI advisory on Strategy for COVID-19 Testing in India dated 04.09.2020.
5. Proceedings of the Karnataka state COVID-19 32nd Technical Advisory Committee meeting dated 07-09-2020.

In view of evolving situation of COVID-19 pandemic, more scientific information about the disease, newer diagnostics and therapeutics have become available. In this context, it is proposed to revise the quarantine and testing protocols for 'contacts' of COVID-19 as follows.

1. Definition of Contact:

A contact is a person who is likely to acquire infection from a positive case through any of the known modes of transmission.

- Anyone exposed to a symptomatic COVID-19 case, from 2 days before to 14 days after the onset of symptoms, if not isolated earlier.
- For asymptomatic or pre-symptomatic cases, the period for contact tracing is taken as 2 days before to 14 days after the date of sample collection, if not isolated earlier.
- The duration (>15 minutes), the proximity (<1 meter) and the nature (use of appropriate PPE), etc. of exposure are important considerations in defining a contact.

1.1 Definition of primary/high-risk contact:

- A. Lives in the same household as the COVID-19 positive person
- B. Anyone in close proximity (within 1 meter/3 feet) of the confirmed positive case without appropriate PPE
- C. Touched or cleaned the linens, clothes, or utensils of the COVID-19 positive person
- D. Had direct physical contact with Covid positive person including physical examination without PPE
- E. Passenger in close proximity (within 1 meter) of a conveyance with a symptomatic person who later tested positive for COVID-19
- F. Touched body fluids of the patient without appropriate PPE like respiratory secretions, blood, vomit, saliva, urine, faeces, etc.

1.2. Definition of Secondary/low-risk contact:

- Any contact not fitting into the above high risk contact description
- Please note: Low Risk Contacts do not mean NO RISK contact; equal emphasis in tracing must be given for secondary/low risk contacts as they may be potential sources for transmitting the infection

1.3 For the purpose of guiding field activities the following are the settings where contact tracing shall be done:

Contact Setting	Probable Contacts
Household	<ul style="list-style-type: none">• Family members• Visiting relatives• Domestic help residing in the premises• Nursing personnel or other care takers
Work place	<ul style="list-style-type: none">• Co-workers• Cafeteria• Support staff such as lift man, cleaners, security personnel, peons, etc.
Community	<ul style="list-style-type: none">• Milk/vegetable vendors, etc.• Chemists• Neighbours, friends• Hotels and restaurants
Travel	<ul style="list-style-type: none">• Flight/train/bus/taxi/auto rickshaw etc.• co-travellers and driver• Ambulance drivers
Mass Gatherings	<ul style="list-style-type: none">• Social (marriage, parties, funeral, etc.)• Religious meetings• Conferences
Institution	<ul style="list-style-type: none">• Quarantine facilities• Prisons• Hostels/day-care homes/ schools and colleges, etc.

Health care setting	<ul style="list-style-type: none"> • Health care workers
Others	<ul style="list-style-type: none"> • Contacts identified through Aarogya Setu App or any other application • Any other identified during history taking
*Whenever in doubt, it is prudent to consider an exposed person as a contact	

2. Quarantine and testing protocols for contacts:

2.1 Primary/ high risk contacts:

A. Quarantine:

- i. The primary/high risk contacts shall be advised home quarantine for 7 days
- ii. In case home quarantine is not feasible, institutional quarantine shall be advised

B. Testing:

- i. If the primary/high risk contact is symptomatic, the person shall be immediately tested for COVID-19
- ii. If primary/high risk contact is asymptomatic, the person shall be tested twice for COVID-19:
 - a. Tested once immediately (day 0) and on 7th day after high risk exposure to a Covid positive case.
 - b. If the test result is positive, person shall be treated as per existing protocol
 - c. If the test result is negative, such primary/high risk contact shall be in self-reporting period for another 7 days. During self-reporting, the person shall strictly comply with all COVID-19 precautions while at home/travel/workplace. They shall report immediately, if they develop any symptoms of COVID-19 or call Apathmitra helpline 14410

2.2 Secondary/ Low Risk Contacts:

A. Quarantine:

- i. No quarantine is required
- ii. They shall be in self-reporting period for 14 days. During self-reporting period:
 - a. They shall be advised to use facemask at all times
 - b. They shall be advised to practice physical distancing, cough etiquettes and hand hygiene

- c. They shall be advised to immediately call Apthamitra helpline 14410, if they develop any symptoms of COVID-19
- d. If they develop symptoms of COVID-19 during the self-reporting period, they shall be tested

B. Testing:

- i. If the secondary/low risk contact is symptomatic during the self-reporting period, the person shall be immediately tested for COVID-19
- ii. If secondary/low risk contact is asymptomatic, no test for COVID-19 is required


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Commissioner

Health and Family Welfare Services

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5. Director, Medical Education Department.
6. District Health and Family welfare officers/ District Surgeons of all districts.

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3. Additional Chief Secretary-Health and Family Welfare.
4. Principal Secretary, Medical Education.
5. Mission Director, National Health Mission.