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Government of India  
Department of Health and Family Welfare  
Ministry of Health and Family Welfare  
D.O.No.Z-21020/14/2020-PH  
19-3-2020

Sub: Implementation of COVID-19 Home Quarantine Guidelines.

Dear Colleague,

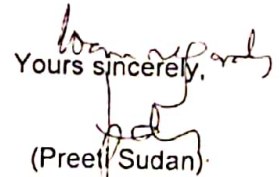
This is in continuation to my previous communication to you dated 17.3.2020 with regard to dealing with NCoronavirus/Covid-19.

It is due to the hard work put in by you and your team and due to our collective and constructive effort since January 2020 that we have been able to gear up to meet the challenge.

As a measure of surveillance, a large number of incoming international passengers and people who have come in contact with such passengers have been home quarantined. The incoming international passengers have also signed an undertaking for self-quarantine for COVID-19. It is important that home quarantine by all concerned is practiced in letter and spirit.

While we appreciate the tremendous work already done by you and your team to contain this disease, to supplement your efforts, it has been suggested that people who have been home-quarantined should undergo random checks. For this you could consider using the volunteers of National Disaster Management Authorities (NDMA) / Indian Red Cross Society, who are in the districts. The concerned District collectors may be requested to have this done. The guidelines for home quarantine are enclosed for ready reference. The reports of such random checks are required to be duly submitted to the State IDSP with reference to e-mail: [ncov2019@gov.in](mailto:ncov2019@gov.in) and National Centre for Disease, Government of India. It is reiterated that any person who does not comply with home quarantine will invite legal action and is liable to be penalised under the relevant provisions of Epidemic Disease Act (1897). The team sent by you for random checks may be sensitized on this

Thanks once again for all that you are doing.

Yours sincerely,  
  
(Preeti Sudan)

PA

Chief Secretaries/Administrators of States/UTs

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**Government of India**  
**Ministry of Health & Family Welfare**  
**Directorate General of Health Services**  
**(EMR Division)**

**Guidelines for home quarantine**

**Scope**

Detection of a travel related/unrelated suspect case of novel Coronavirus Disease (COVID-19) will be followed by rapid isolation of such cases in designated health facilities and line listing of all contacts of such cases. Home quarantine is applicable to all such contacts of a suspect or confirmed case of COVID-19.

This intervention will be limited to the initial phase of India reporting only (i) travel related cases and (ii) focal clusters arising from a travel related/unrelated case where cluster containment strategy is adopted (iii) Persons coming from COVID-19 affected areas where local and community transmission is evident.

**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.

**Instructions for contacts being home quarantined**

The home quarantined person should:

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.

- Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.

- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

He should also follow the under mentioned public health measures at all times:

- Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
- Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- 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.
- 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.
- Used mask should be considered as potentially infected.
- If symptoms appear (cough/fever/difficulty in breathing), hc/she should immediately inform the nearest health centre or call 011-23978046.

#### **Instructions for the family members of persons being home quarantined**

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

#### **Environmental sanitation**

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

### **Duration of home quarantine**

- a) 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