INSTRUCTIONS FOR PERSONS UNDER HOME QUARANTINE

- The recommended duration of quarantine for Covid-19 is up to 14 days from the date of arrival in Srinagar.
- The 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.
- The quarantined person needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household and restrict his/her movement within the house.
- The quarantined person should wash hand as often thoroughly with soap and water at least 20 seconds at a time 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 mask preferably surgical mask at all the time.
- Masks used by patients should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
- If symptoms appear (cough/ fever/ sore throat/ difficulty in breathing), he/she should immediately inform the nearest health centre/RRT (Rapid Response team) members.
- It is mandatory to register on the health surveillance application on cell phones and follow the instructions as given. (Annexure I)

INSTRUCTIONS FOR FAMILY MEMBERS OF PERSONS UNDER HOME QUARANTINE

- Only an assigned family member should be tasked with taking care of the person under quarantine.
- The care taker should use disposable gloves when cleaning the surfaces or handling soiled linen.
- Hands should be washed after removing gloves. Shaking the soiled linen or direct contact with skin should be avoided.
- Clean and disinfect frequently touched surfaces in the quarantined person’s room (e.g. bed frames, tables etc.) daily with 1%Sodium Hypochlorite Solution.
- Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants.
- Clean the clothes and other linen used by the person separately using common household detergent and dry.
INSTRUCTIONS FOR HOME QUARANTINE OF TRAVELERS RETURNING FROM OUTSIDE KASHMIR DIVISION (FOR PEOPLE RESIDING IN DISTRICT SRINAGAR)

Annexure I

INSTRUCTIONS FOR USING MOBILE SURVEILLANCE APPLICATION

1) Download Corona Surveillance J & K (Srinagar’s Official App) application from play store or through the link provided using smart phones only at your designated place of home quarantine.

2) Enroll on the application using same phone number shared with health authorities at the time of registration.

3) The installation/login through your concerned phone number should be done at the designated place of stay for home quarantine.

4) After enrollment an automated tracking system gets activated and the person is not allowed to move beyond a set perimeter.

5) Person Under Home Surveillance (PUHS) has to keep the cell phone/GPS and mobile data switched on for all the days under Home quarantine.

6) It is necessary to send your biometric attendance/geo-tagged(selfie) after every 6 hours to the database.

7) Any violation in the above mentioned instructions may account to offence which will be dealt strictly under law and the person violating may be shifted for administrative quarantine.