



**COVID-19 (nCorona) Virus Outbreak Control and Prevention State Cell**

**Health & Family Welfare Department**

**Government of Kerala**

**REVISED GUIDELINE ON COVID-19 TESTING AND QUARANTINE / ISOLATION**

**No./31/F2/2020/Health – 3<sup>rd</sup> June 2020**

The COVID-19 Pandemic has affected all countries with lakhs of people being affected and lakhs of deaths worldwide. New data from the world over has provided more insights into the dynamics of disease transmission prompting revision of the strategies for prevention and control.

In this background, the Revised Guideline on COVID-19 Testing and Quarantine/ Isolation is issued. This advisory supersedes all previous guidelines pertaining to testing and quarantine/isolation.

**Part-I**

**Testing Matrix**

Category	Description	Test to be applied
1	All symptomatic* patients who have undertaken international travel /interstate travel in the last 14 days	RT-PCR
2	All symptomatic* contacts (Primary & Secondary) of laboratory confirmed cases	RT-PCR
3	Asymptomatic primary contacts of a laboratory confirmed case	Pooled RT-PCR testing, on day 8 from last contact
4	All patients with severe acute respiratory illness (SARI)	RT-PCR
5	All individuals with ILI from containment zones#	RT-PCR
6	All Guest workers (Migrants) with ILI	RT-PCR
7	All hospitalized patients (for Non-COVID symptoms) who develop ILI symptoms	RT-PCR
8	All symptomatic (ILI) health care workers/ front line workers (Community volunteers,	RT-PCR

	Police personnel, ASHA) involved in containment and mitigation of COVID-19	
9	ILI family clusters (two or more cases) and ILI in high risk population (Age more than 60 yrs, persons with co-morbidities, antenatal and immediate postnatal women)	RT-PCR
10	Asymptomatic prisoner brought to jail after parole/asymptomatic new prisoners brought to jail. (Refer: COVID-19- Advisory For Quarantine And Testing Of Prisoners Who Are Newly Incarcerated Or Returning To Jail After Parole. No.31/F2/2020/Health-20 <sup>th</sup> May 2020)	Pooled RT-PCR testing
11	<b>A.</b> Symptomatic antenatal COVID suspects <b>B.</b> Asymptomatic antenatal women with travel history outside Kerala, between 5-14 days of arrival in Kerala <b>C.</b> Any COVID suspect on whom emergency surgery is being planned <b>D.</b> Any COVID suspected death which requires testing for further actions <b>E.</b> Any sick patients with SARI for whom an early test result will have a role in clinical management (Refer: Advisory on TrueNat Beta CoV testing at Government Laboratories, No.31/F2/2020/Health-25 <sup>th</sup> May 2020 & Advisory COVID-19- Testing Augmentation- Xpert SARS-CoV-Testing-Reg no.31/F2/2020/Health/-24 <sup>th</sup> April 2020)	XPert/ TRUENAT
12	Patients coming from containment zones# presenting as stroke in young, multi-vessel/large vessel stroke, Kawasaki like illness, multi system inflammatory syndrome, hyper-inflammatory shock, toxic shock syndrome like illness in children and Acute Myocardial infarction.	RT-PCR
13	All patients posted for elective surgeries	Pooled RT-PCR
14	Symptomatic contact of an international/interstate traveller in the last 14 days	RT-PCR
15.	Follow-up^ samples of laboratory confirmed hospitalised case;	RT-PCR

	<ul style="list-style-type: none"><li>-1<sup>st</sup> follow-up samples to be taken on the 7<sup>th</sup> day from date of first positivity.</li><li>-Subsequent follow-up up samples to be taken 48 hrs apart</li><li>-When negative, next follow up sample to be taken after 24 hrs</li></ul>	
--	---	--

\* -Symptoms like Mild Sore throat/Cough/Rhinitis/Diarrhoea with or without Fever

#- List of containment zones are available on the daily bulletin;

<https://dhs.kerala.gov.in/>

^ - Follow up samples are those subsequent samples taken from a laboratory confirmed hospitalised case

NB: 1. ILI case is defined as one with acute respiratory infection with fever  $\geq 38^{\circ}\text{C}$  and cough

2. SARI is defined as one with acute respiratory infection with fever  $\geq 38^{\circ}\text{C}$  and cough requiring hospitalization.

Part-II

Quarantine / Isolation Matrix

Group	Description	Quarantine/Isolation
1	Laboratory confirmed case of COVID-19	14 days of home isolation from day of discharge. (two consecutive negative follow-up samples taken 24 hours apart required for discharge).
2	<p>a. Persons who have undertaken international travel /interstate travel in the last 14 days</p> <p>b. Primary HIGH risk contact</p>	14 days strict home quarantine followed by 14 days observation for symptoms for all members in home quarantine. During observation period, they are required to avoid all non-essential travel and practice strict adherence to mask use, practice personal and hand hygiene. Cough and sneeze hygiene should be practiced. Any symptoms during this period should be reported to DISHA.
3	<p>a. Primary LOW risk contact</p> <p>b. Symptomatic health care worker with contact with a confirmed case with breach in PPE- EVEN IF TESTED NEGATIVE</p>	14 days of home quarantine. Any symptoms during this period should be reported to DISHA.
4	<p>a. Secondary contact</p> <p>b. Local contacts of people coming from country/area with community/local transmission</p>	For 14 days avoid all non-essential travel and practice strict adherence to mask use, practice personal, cough, sneeze and hand hygiene. Avoid community/social contact. Any symptoms during this period should be reported to DISHA.

### Part-III

#### Classification of contacts

**Primary Contact:** Any person who has come in contact with a laboratory confirmed case of COVID-19.

**Secondary Contact:** Any person who has come in contact with a primary contact.

#### **High Risk (HR) Contact:**

1. Contact with a confirmed case of COVID-19.
2. Travelers who have visited an area of hospital where COVID- 19 cases are being treated
3. Travel to a locality where active COVID-19 community spread is suspected or clustering of confirmed COVID-19 cases are detected in the last 14 days.
4. Touched body fluids of patients (respiratory tract secretions, blood, vomitus, saliva, urine, faeces).
5. Had direct physical contact with the body of the patient including physical examination without PPE.
6. Touched or cleaned the linens, clothes or dishes of the patient
7. Close contact, within 3 feet (1 metre) of the confirmed case
8. Co-passengers in an airplane /vehicle seated in the same row, 3 rows in front and behind of a confirmed COVID19 case

#### **Low Risk (LR) Contact:**

1. Shared the same space (same classroom/same room for work or similar activity and not having high risk exposure to the confirmed/suspected case)
2. Travel in the same environment (bus/train) but not having high risk exposure as cited above.
3. Any traveller not satisfying high risk criteria

  
**Principal Secretary**