

(6 Dec 2021)
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**GOVERNMENT OF MIZORAM
HEALTH & FAMILY WELFARE DEPARTMENT**

NOTIFICATION

Dated Aizawl, 31st Dec., 2021.

No. D. 33011/39/2021-HFW(SOP)/Pt. III: In the interest of public service and in supersession of this Department's notification on Contact Tracing and related matters vide even No. dated 6th October, 2021, the Competent Authority is pleased to notify the Revised Guidelines on Covid-19 Contact Tracing to be effective immediately until further order as follows:

1. **Explanation on Contact Tracing:** Contact Tracing for Covid-19 shall include those persons who came into contact with **symptomatic Covid-19 positive person** anytime between 2 (two) days prior to onset of symptoms of the said symptomatic person, and in case of contact with **asymptomatic Covid-19 positive person** – anytime between 2 (two) days prior to sample collection of the said asymptomatic person. The contact tracing shall include those who are in close proximity of within 2 (two) metres / 6 (six) feet in the same place as Covid-19 positive persons for a period of more than 15 (fifteen) minutes without any protective gears such as face mask, gloves, etc.
2. **Definition and classification of Covid-19 Contacts:** Covid-19 Contacts shall be classified as follows:
 - 2.1 **Primary High-Risk Contact:** Those who came into close contact with Covid-19 patient, e.g:-
 - (1) Touched body fluids of the patient such as sputum, blood, vomit, saliva, urine, faeces, etc. with bare hand or without any protective gears (face mask, gloves, etc).
 - (2) Touched (handshake, etc) or examined the body of Covid-19 patient without using PPE.
 - (3) Touched or cleaned the linens, clothes, or dishes of the Covid-19 positive person within 24 hours of use by the said person without using any protective measures, such as, gloves, hand sanitiser, hand washing, etc.
 - (4) Lives with Covid-19 patient in the same household.
 - (5) Anyone in close proximity (within 2 metres/ 6 feet) of the confirmed case.
 - (6) Passenger sitting in close proximity (within 2 metres/ 6 feet) of the Covid-19 positive person in the same vehicle (motor vehicle/ Train/aeroplane. etc).If a Covid-19 patient visits public places (e.g. Shop, ATM, Petrol Pump, etc.), the staff and other visitors of such places who do not use masks at the time of his visit shall be considered as Primary High-Risk Contact.

2.2 Primary Low-Risk Contact: Those who are in close proximity with Covid-19 positive person but not having any high-risk exposure, such as:-

- (1) Those who came into contact with Covid-19 positive person at a distance of more than 2 (two) metres/ 6 (six) feet for a period of more than 15 (fifteen) minutes.
- (2) Passenger sitting at a distance beyond 2 (two) metres/ 6 (six) feet of the Covid-19 positive person in the same vehicle (motor vehicle/Train/ Aeroplane).
- (3) Those who cannot be classified as High-Risk but who are in close proximity with Covid-19 patient for a period of more than 15 (fifteen) minutes.

2.3 Secondary Contact: Those who are not in close proximity with Covid-19 positive person, but are in close proximity with Primary High-Risk Contact for a distance of within 2 (two) metres/ 6 (six) feet for a period of more than 15 (fifteen) minutes and those living in the same household with a Primary High-Risk individual.

3. Conditions for Covid-19 Testing and Quarantine from Contact Tracing operation:

3.1 Primary High-Risk Contact:

- (1) Primary High-Risk Contact (PHRC) shall be quarantined from the date of suspicion of being infected with Covid-19 till the test result is ascertained. RT-PCR / TrueNat Test shall be conducted within 5 (five) to 10 (ten) days from the last day of contact with Covid-19 positive person.
- (2) If symptoms develop prior to the date fixed for RT-PCR/TrueNat tests, the person shall be tested with RAgT. If the RAgT result is negative, RT-PCR/TrueNat test should be conducted immediately. If RT-PCR/ TrueNat test result is again negative, the person shall continue to be quarantined and RT-PCR/TrueNat test should again be conducted after 5 (five) to 10 (ten) days of contact with Covid-19 positive person.
- (3) **Asymptomatic** Primary High-Risk Contact who are under quarantine, who, for any reason, *have not been tested* with RT-PCR / TrueNat shall be released from quarantine after 14 (fourteen) days without any Covid-19 test. For example:-

It is found that traces of Covid-19 virus can still remain in the body of a recovered Covid-19 patient till 3 (three) months from being discharged, which can be detected by RT-PCR test. Hence, if such person is a Primary High-Risk Contact, he/she shall not be tested if he/she does not develop any Covid-19 symptoms. Moreover, even if such person develops Covid-19 symptoms, test shall be conducted only in consultation with his/her doctor (medical officer). Beside such cases, if any other reason arises where tests cannot be conducted, the above procedures may be followed.

3.2 Primary Low-Risk Contact: These persons shall be tested for Covid-19 within 5 (five) to 10 (ten) days from the last day of contact with Covid-19 positive person,

in the same manner prescribed for Primary High-Risk Contact (**Para 3.1 above**). However, such persons shall not be quarantined, but they shall monitor themselves for any sign/symptoms of Covid-19 till the test results are ascertained.

- 3.3 Secondary Contact:** These persons shall strictly monitor their health till the result of the Primary High-Risk Contact with whom they were in close contact is ascertained, and in the meantime, they shall strictly adhere to the CAB. If the test result of the Primary High-Risk is positive, these Secondary Contacts shall become Primary Contact, and shall accordingly be quarantined/tested as such.



(R. LALRAMNGHAKA)

Secretary to the Government of Mizoram,
Health & Family Welfare Department.

Memo No. D. 33011/39/2021-HFW(SOP)/Pt. III : Dated Aizawl, the 31st Dec., 2021.

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Secretary to the Government of Mizoram
Health & Family Welfare Department.