

GOVERNMENT OF MIZORAM
HEALTH & FAMILY WELFARE DEPARTMENT
MIZORAM SECRETARIAT BUILDING, MINECO, KHATLA, AIZAWL

NOTIFICATION

Aizawl, 14th March, 2022

No. D. 33011/39/2022-HFW(SOP)/Pt.II (ii) : In the interest of public service and in supersession of this Department's notification on Contact Tracing and related matters vide No.D.33011/39/2022-HFW(SOP)/(ii) dated 23.02.2022, and following the recommendations of the State Level Expert Team for Covid-19 Management meeting held on 23.02.2022, 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).
 - 7) 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:**

A. **Asymptomatic Primary High-Risk Contact**

- i. Asymptomatic Primary High-Risk Contact does not need Covid-19 testing but should monitor their health in home quarantine for 7 (seven) days from the last day of contact with Covid-19 positive person.
If symptoms develop during quarantined period, the person shall be tested with RAgT. If RAgT is negative, RT-PCR/Truenat test should be conducted immediately. If RT-PCR/Truenat test is negative again, the person shall continue to be quarantine for 7 (seven) days from the last day of contact with Covid-19 positive person.
- ii. Even if asymptomatic, elderly patients aged more than 60 years and those with co-morbid conditions such as Hypertension, Diabetes, Heart Disease, Chronic Lung/Liver/Kidney Disease, Cerebrovascular accident, Cancer, Transplant patient, PLHIV etc. should be tested with RT-PCR/Truenat test within 5 to 7 days from the last day of contact with Covid-19 positive person.
- iii. **Discharge protocol for primary high risk contact living with covid 19 positive in the same household (Home Isolation)**

a) **A covid-19 positive family member in home isolation may be discharged from home isolation after 7 days of being tested Covid-19 positive (provided that he/she does not develop fever within 3 days before the 7th day of being tested positive) even if other members of the family who are also in Home Isolation starts to develop Covid-19 symptom and are tested Covid-19 positive.**

b) **If symptom does not develop after 7 days of Isolation, such family put in home isolation may be discharged from home isolation.**

B. **For Contacts not living with Covid-19 patient in the same household:**

- i. Asymptomatic Primary High Risk contact does not need Covid-19 testing and home quarantine, but monitor their health and follow Covid-19 Appropriate Behaviour (CAB) strictly.
If symptom develops, the person shall be quarantined immediately and tested with RAgT. If RAgT is negative, RT-PCR/Truenat test should be conducted immediately. The person shall continue to be quarantined for 7 (seven) days even if RT-PCR/Truenat test is negative.
- ii. Even if Asymptomatic, elderly patients aged more than 60 years and those with co-morbid conditions such as Hypertension, Diabetes, Heart Disease, Chronic Lung/Liver/Kidney Disease, Cerebrovascular accident, Cancer, Transplant patient, PLHIV etc should be quarantined and tested with RT-PCR/Truenat test within 5 to 7 days from the last day of contact with Covid-19 positive person.

C. **Testing of Covid-19 recovered patient**

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 may be detected by RT-PCR test. Hence, if such person is a primary/high risk contact, he/she shall not be tested for 3 months after discharge if he/she does not develop any covid-19 symptom. Moreover, even if such person develops Covid-19 symptoms test shall be conducted only in consultation with his/her Doctor (Medical Officer)

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- 3.2 **Primary Low-Risk Contact:** These persons shall not be tested for Covid-19 if asymptomatic. They shall not be quarantined but shall monitor health and follow strict CAB.
- 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.

Sd/-R. LALRAMNGHAKA
Secretary to the Government of Mizoram,
Health & Family Welfare Department.

Memo No. D. 33011/39/2022 - HFW(SOP)/Pt.II (ii) : Aizawl, the 14th March, 2022
Copy to:

1. Secretary to the Governor, Govt. of Mizoram.
2. P.S to Chief Minister, Govt. of Mizoram.
3. P.S. to Deputy Chief Minister, Govt. of Mizoram.
4. P.S to Speaker/ Ministers/ Deputy Speaker/ Ministers of State/ Vice Chairman, State Planning Board/ Deputy Govt. Chief Whip/ Vice Chairman, Lunglei HPC.
5. P.S to MLA & Vice Chairman, H&FW Board.
6. Sr. PPS to Chief Secretary, Government of Mizoram.
7. PPS to Secretary, Health & Family Welfare Department.
8. PPS to Secretary, Home/DM&R Department
9. Principal Director, Health & Family Welfare Department.
10. Director, Health Services.
11. Director, Hospital & Medical Education.
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Health & Family Welfare Department.