

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

Aizawl, the 14th March, 2022

NOTIFICATION
(Guidelines for Covid-19 test)

No. D. 33011/39/2022-HFW (SOP)/Pt.II (i) : In supersession of this office even no. dated 23.02.2022 and following the recommendations of the State Level Expert Team for Covid-19 Management meeting dated 23.02.2022, the following guidelines are hereby notified for strict compliance by all concerned with immediate effect until further order:-

1. **Persons to be tested for Covid-19:** All persons belonging to the following categories shall be tested for Covid-19 as follows:
 - 1.1 All persons entering the State of Mizoram, as per the standing SOP, **Revised Standard Operating Procedures (SOPs) for Covid-19 tests at the entry points of the State of Mizoram** issued vide No.D.33011/39/2021-HFW (SOP)/Pt.4/H: dt.14.10.2021 for screening at Entry Points.
 - 1.2 All persons who have **symptoms of Covid-19** (regardless of vaccination status of prior Covid-19 infection, etc), such as fever, sore throat, cough, rhinitis, diarrhoea, anosmia (reduced or loss of sense of smell) and shortness of breath (SOB), should be tested immediately with Rapid Antigen Test (RAgT).
 - 1.3 **Primary High-Risk Contact:**
 - A. **Primary High-Risk Contact living with Covid 19 patient in the same household**
 - 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 quarantined 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)

- 1.4 Persons who have been advised by their healthcare provider or authority concerned for Covid-19 test.

2. Testing:

- 2.1 Record of sample collection shall include the **date and time** (hour and minutes) of the collection and the same shall also be indicated in the Test result/certificate.

2.2 **Confirmatory test (re-test) is not required for any positive RAgT test result.**

- 2.3 If the result of RAgT test of a **symptomatic person** is **negative**, he/she should be tested again with RT-PCR / TrueNat immediately.

- 2.4 If any **symptomatic person** tested **negative** with RT-PCR/ TrueNat has **fever with temperature of > 100.40 F, or SpO2 (blood oxygen level) of <93% or worsening cough**, he/ she should be referred to the **nearest Hospital/ Doctor.**

- 2.5 **All positive and negative results** of covid-19 tests shall be **uploaded** in the **ICMR portal** by the testing agency **on the same day of the test** positively.

- 2.6 **All persons tested positive for Covid-19 by any method**, including, **self-test**, shall report the matter to the Local/ village Level Task Force concerned, and **seek/follow advice** from the nearest CMO/MO concerned or the Helpline at telephone Nos. **102/ 0389 23233361 0389 2322336t 0389 2318336.**

3. **No dead body of any person should be tested for Covid-19.**

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

2021-07-14
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Memo No. D. 33011/39/2022-HFW(SOP)Pt.II (i) :

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, Deputy Govt. Chief Whip, Vice Chairman, Lunglei HPC, Vice Chairman, State Planning Board.
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. All Deputy Commissioners, Mizoram.
10. Principal Director, Health & Family Welfare Department.
11. Director, Health services.
12. Director, Hospital & Medical Education.
13. Director, Zoram Medical College, Falkawn.
14. Director, Information & Public Relations for wide circulation.
15. Mission Director, NHM.
16. All Medical Superintendents.
17. All Chief Medical Officers.
18. Controller, Printing & Stationeries with five (5) spare copies for publication in the Official Gazette.
19. Web Manager, IT Section, Directorate of Health Services.
20. Guard file.


(JOSEPHINE ZONUNSANGI)

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