



Department of Health & Family Welfare Services
Government of Karnataka

SOP for entry of persons from other States to Karnataka

Version 1.00

Dated: 5th May 2020

- 1.1 Government of India has taken a decision to allow Interstate travel of migrant workers, pilgrims, tourists, students, and other persons **stranded** in different states due to lockdown to return to their home states.
- 1.2 A large number of persons are expected to return from other states to Karnataka by road/ rail/ water. State is planning to quarantine all such persons. The quarantine guidelines framed as below will be applicable. Stranded persons from other States can enter Karnataka either in buses / private vehicles / trains.
- 1.3 The movement of vehicles from one state to another state transiting through Karnataka should not be stopped.

2.0 E-Pass from Seva Sindhu

- 2.1 Returnees from other States should produce **e-Pass** obtained from Seva Sindhu portal at the Border check post of Karnataka.
- 2.2 At the border check post the authenticity of **e-Pass** will be verified.
- 2.3 Persons arriving at the state border without **e-Pass** will not be allowed to enter into the State.

3.0 Entry and Medical Check up at the State border:

3.1 At the State Border

A check post with facilities of health screening, water supply, food, temporary shelter, adequate toilet facilities will be set up by the Deputy Commissioner at or near the entry point on the State Border on the lines of election mustering/de-mustering centre.

- 3.2 The State has notified entry and exit points for each border district. Deputy Commissioners should ensure that passenger vehicles enter into Karnataka only through these points.
- 3.3 The border district should make adequate number of counters for health screening, categorise passengers into symptomatic (category-I) and asymptomatic (category-II), stamp category-II passengers for quarantine within outer limit of 04 hours after their arrival at the designated centre.
- 3.4 Category-I persons will be quarantined in hospitals of border districts while Category-II persons from rural areas will be quarantined in schools. All category II persons who are resident of urban areas will be home quarantined.

2

- 3.5 Indelible ink stamping pad should be used by screening teams and passengers should be stamped on back of palm (left hand).
- 3.6 No person coming from other state by bus/train should be allowed to get down midway during the course of onward journey to the receiving district.
- 3.7 Those coming by 2 wheelers/cars/four wheelers from other states into Karnataka should be screened for health conditions and then accumulated into a group of 10-15 persons at the border check post and sent to the destination district along with bus headed for the same district.
- 3.8 Each bus from border district should be sent off to destination districts by seating an official (called nodal staff who can be police constable / male health worker / village accountant etc.) The nodal staff in the bus should carry the list of passengers of the destination districts. He/she should ensure that no passenger gets down mid-way and also all private vehicles tagged with the bus or taken along. The bus should go to the designated drop point of destination district (stadium / College ground or any other suitable place) and hand over returnees of the district along with papers for sending them to their homes. The destination district shall arrange suitable transport to drop the returnees to their homes in urban areas and designated schools in rural areas for facility quarantine. For returnees arriving by private vehicles the same stamping and quarantine procedure will apply.
- 3.9 The bus/private vehicle in which the passengers arrive into the state from other state should be used for dropping the returnees to their respective districts. Bus arrange by the district will then drop returnees to their homes / facility quarantine. Municipal Commissioner/Ward Officer/Chief Officer of the municipality or the Panchayat Development Officer of the Gram Panchayat should maintain a list of all such returnees for ensuring their quarantine, their health follow up and necessary tests as instructed by Government from time to time.
- 3.9 Deputy Commissioners shall be informed of the number of people coming to the district everyday from Seva Sindhu & the passes issued by originating districts & accordingly plan the arrangements at the entry point.
- 3.10 Food & Refreshments
- Foods and refreshments for the staffs and the returnees at the designated check posts, health screening centres shall be arranged by the Deputy Commissioner of the district.
- 3.11 Police Deployment
- To be arranged by respective SP/Commissioner of Police at check posts, screening centres, DCHC and DCH in consultation with Deputy Commissioner/BBMP Commissioner.
- 4.0 Screening at Receiving Centres in District:**
- 4.1 The team should have
- Handheld Thermal scanner
 - Appropriate masks
 - Pulse oximeter
 - Hand Sanitizer
 - Self-reporting form (*Annexure-1*)
 - Briefing with instructions - Guidelines for Home Quarantine (*Annexure-2*)

- g) Stamps and indelible ink for stamping of returnees.
- h) Computer/laptop/Mobile for necessary data entry along with computer operator and Wi-Fi Connection.

4.2 Categorization of passengers should be done by the team.

4.3 The team should ensure that returnees download the following apps on their smart phones necessarily.

- a) **ArogyaSetu**: <https://play.google.com/store/apps/details?id=nic.goi.aarogyasetu> .
- b) **Quarantine Watch**: <https://play.google.com/store/apps/details?id=com.bmc.qrtnwatch>.
- c) **Apthamitra**: <https://play.google.com/store/apps/details?id=com.kargov.apthamitra>.

4.4 The team should do the stamping on back of the left palm for “Home Quarantine” indicating also, the date on which the Quarantine ends.

5.0 Categorisation for Passengers:

5.1 All the passengers arriving from other states should be compulsorily screened for symptoms of COVID-19. Deputy Commissioner of the bordering district will deploy personnel from health and other departments.

5.2 For all Persons: At the health Counter.

- o Thermal scanning will be done
- o Pulse oximeter reading will be taken
- o Each person must fill a self- reporting form Annexure.1 which will be verified by the health team
- o History of co-morbidity will be taken (*Hypertension, Diabetes Mellitus, Asthma or any lung disease, history of organ transplantation, Cancer, on immuno-suppressants, liver disease, kidney disease, Heart Disease, Tuberculosis etc.*)

5.3 Categorization will be done as follows.

- **Category I:** Symptomatic on arrival (i.e. person with temperature ≥ 99.5 °F or ≥ 37.5 °C or with Symptoms of cold, cough, breathlessness or with SpO₂ < 90).
- **Category II:** Asymptomatic on arrival.

5.4 The Category – I returnees should be taken to Dedicated Covid Health Centre (DCHC) or Dedicated Covid Hospital (DCH) of the bordering districts depending on their medical condition.

5.5 The list of high-risk States in the country will be issued by the Department of Health & Family Welfare every Monday. The Deputy Commissioners should ensure that the returnees of rural area are quarantined in institutions by prioritising the returnees in following order. The returnees from high risk States should be kept in institutional quarantine in residential schools. The list of high risk States as on 04.05.2020 is given in Annexure-7.

- a. Residential Schools
- b. High Schools
- c. Elementary Schools

5.6 The schools selected for quarantining should have well ventilated and airy rooms, availability of potable water & clean toilets. The cots & bedding shall be provided by the Gram Panchayat/ family members of the returnees. The laundry of the quarantined persons should be placed in 1% hypochlorite upto 30 minutes & later washed in detergent solution. The quarantine person can wash his/her clothes. GP will make arrangement for the food of the returnees. Every individual should use separate utensils. As far as possible each returnee should be given an individual room.

5.7 The various protocols of institutional quarantine, cleaning of premises, bio-medical waste disposal etc. should be diligently followed. The GP will make a daily phone call to the quarantine persons enquiring about their health especially presence of any symptoms of cold, cough, fever, breathlessness, sore throat etc. In case of person reports these symptoms he/she should be taken to the nearest fever clinic for triage and subsequent sample drawn.

5.8 Returnees to Urban areas:

The Deputy Commissioners will quarantine the returnees at their homes. All the norms of home quarantine shall be followed by such persons. They should be stamped on the back of their left palm with home quarantine stamp indicating the date of completion of home quarantine.

6.0 Quarantine / Isolation Period:

6.1 Category I passengers are taken to Covid institution for necessary follow-up and they will be kept in isolation for 14 days, followed by 14 days of self-reporting period.

6.2. 14 days of **institution quarantine** in schools for all category II persons who are resident of **rural areas** followed by 14 days of self-reporting period.

6.3. 14 days of **home quarantine** for all category II persons who are resident of **urban areas** followed by 14 days of self-reporting period.

7.0 Testing Protocol:

7.1 Swab testing for RT-PCR for all persons (both Nasal and Throat swabs should be taken and kept in media).

- a) Category I will be tested immediately at DCHC.
- b) Category II persons will be tested on 12th day of arrival. The district administration will either get category II person to approved Swab Collection Centres (SCC) and draw swabs or use mobile swab collection vehicles to collect swabs from such people. All necessary precautions while collecting samples shall be followed in either of the cases.
- c) It shall be ensured that the data entry is done in GOI software at Swab Collection Centre (either stationary or mobile).

8.0 Actions for each Category:

8.1 **Action for Category I:** - Segregated from other persons and sent to **Dedicated COVID Health Centre (DCHC)** for swab test and isolation.

- a) If tested **Positive-** Will be shifted to **Dedicated COVID Hospital (DCH).**

b) **If Negative:**

- These patients with symptoms will be kept at DCHC for 7 days and will be tested again between 5 to 7 days.
- c) If tested **positive** on 7th day, will be isolated at DCH and treated accordingly.
- d) If tested **negative** on 7th day, the person will be continued in the health facility for another 7 days where he/she will be tested on 12th day.

8.2 Action for Category II: All persons from rural areas are sent for 14-days institution quarantine in schools and tested on 12th day. All persons from urban areas are sent for 14-day home quarantine and tested on 12th day.

- a) If tested Positive- Will be shifted to Dedicated COVID Hospital (DCH)
- b) *Anytime during home quarantine/ institution quarantine or during reporting period-* if they develop symptoms they should be tested immediately.

9.0 Notice to the Returnee and the Neighbour:

9.1 Notices shall be issued to the neighbours of the returnee (*Annexure-5*) and his/her mobile/landline number should be recorded in software. This will be applicable only for home quarantine persons.

9.2 Also, one notice shall be pasted at the home of the returnee at a prominent place (*Annexure-6*).

10.0 Bio-medical Waste management

To be followed strictly as per MoHFW-GOI and CPCB guidelines

<https://www.mohfw.gov.in/pdf/National%20Guidelines%20for%20IPC%20in%20HCF%20-%20final%281%29.pdf>

<https://ncdc.gov.in/WriteReadData/l892s/63948609501585568987.pdf>

11.0 Enforcement of Home Quarantine (see Annexure-2)

- a) Category II persons will be stamped at the screening centre and released to 14 days of home quarantine
- b) Every passenger should sign an undertaking regarding home quarantine (*Annexure-3*).
- c) The details of the person shall be recorded in the concerned software.
- d) Instructions for home quarantine will be provided to all the passengers (hand-out) (*Annexure-4*).
- e) A home quarantine sticker shall be pasted on door/home of the passenger (*Annexure-5*)
- f) Neighbours will be informed, and their contact number shall be collected (*Annexure-6*).
- g) Telephonic Counselling sessions should be held for all the home quarantined persons by mental health team.
- h) They will be monitored by concerned health staff for 14 days. If they develop Fever/ Cough/ Difficulty in breathing within 14 days of home quarantine, they should immediately call **14410 (Apthamitra Helpline)** for further management.
- i) IVRS Follow-up outbound calls will continue for all passengers during home quarantine period.

- j) Ring Fencing of mobile number by district administration to ensure strict home quarantine
 - a. COVID-19 Quarantine Alert System (CQAS) has been approved by GOI for Authorised –secure-Reasonable tracking of Corona positive or potential cases vide letter dated 29th March 2020
 - b. Contact Number of the passengers should be shared with SSU-COVID for enforcing ring fencing and follow-up
- k) Quarantine Watch App: Daily selfie upload
 - a. Each passenger must download the app from Google play store and upload selfie every day on the app
- l) Every district should ensure functional “Home quarantine enforcement squads” to take action on those not following home quarantine. If person is found to be not following home quarantine at any time, district administration can take decision to shift such person to facility quarantine apart from appropriate legal action.

12 Return passes

- 12.1** Deputy Commissioners will issue passes for the return journey of vehicles which have come to drop the passengers.

13 Miscellaneous

- 13.1** Many stranded persons have entered the State either walking / through two wheelers etc. & there is a need to trace, carry out health screening & then quarantine them. The municipality / GP should take the lead in identifying such persons & organize health screening at jurisdictional PHC. The same process as explained above applies to such persons also.


Commissioner,

Health & Family Welfare Services.

Annexure 1: Self Reporting Form for inter State passengers



Department of Health and Family Welfare Services

SELF REPORTING FORM

All persons coming to Karnataka from other States are required to fill-up this proforma (in duplicate)

Personal information

Address in Karnataka

1	Name of the passenger			
2	Age		3. Gender	
4	Seat no.		5. Bus/Train no.	
6	Aadhar no.			
7	Date of Arrival			
8	Origin of Journey			
9	Final destination and details			
1	House Number			
2	Street/ Village			
3	Taluka			
4	District/ City			
5	State			
6	Pin Code			
7	Landline Number			
8	Mobile Number			
9	E-mail ID			

a. Are you suffering from any of the following symptoms?

Fever:	Yes	No
Cough:	Yes	No
Sore throat:	Yes	No
Difficulty in breathing:	Yes	No

b. Did You download ArogyaSetu App: Yes No

c. Did you download Quarantine watch App: Yes No

d. Did you download Apthamitra App: Yes No

e. Did you consume any Paracetamol drug
before coming to the State: Yes No

In case you develop symptoms such as fever and cough within 28 days, call **Apthamitra helpline number 14410**.

Annexure 2: Guidelines for Home Quarantine



COMMISSIONERATE Health & Family Welfare Services

COVID-19 (NOVEL CORONA VIRUS) GUIDELINES FOR HOME QUARANTINE

Home quarantine (restricted home stay on health grounds) is implemented to prevent the spread of infection in the community. This is applicable to contacts (apparently healthy persons) of a travel related /unrelated suspect or confirmed case of COVID-19. Guidelines issued periodically by Government will provide further details in this regard.

I. INSTRUCTIONS TO THE PERSON HOME QUARANTINED

Do's

1. 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 is advisable to maintain a distance of at least 1 meter between the two.
2. Wash hands as often thoroughly with soap and water or with alcohol-based hand sanitizer.
3. Restrict his/her movement within the house
4. Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused. Used mask should be considered as potentially infected.
5. Masks used by patients /care givers/close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
6. If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call ~~105~~ (24X7 help line).

14410

Don'ts

1. Stay away from elderly people, pregnant women, children and persons with co-morbidities like diabetes, hypertension, asthma and other serious illnesses within the household.
2. Under no circumstances attend any social/religious gatherings like wedding, condolences, etc.
3. Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.

Contd.,

Annexure 2 (Continued):

**COVID-19 (NOVEL CORONA VIRUS)
GUIDELINES FOR HOME QUARANTINE**

II. INSTRUCTIONS TO THE FAMILY MEMBERS OF PERSONS BEING HOME QUARANTINED

1. Only an assigned family member should be tasked with taking care of the home quarantined person.
2. Avoid shaking the soiled linen or coming in direct contact with skin
3. Use disposable gloves when cleaning the surfaces or handling soiled linen
4. Wash hands thoroughly with soap and water after removing gloves
5. Visitors should not be allowed
6. In case the person being quarantined becomes symptomatic i.e. develops fever, cough, breathlessness, etc., all his close contacts will be home quarantined and followed up for an additional 14 days or till the report of the case (symptomatic person) turns out negative on lab testing.

III. ENVIRONMENTAL SANITATION

1. Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% sodium hypochlorite solution
2. Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
3. Clean the clothes and other linen used by the person separately using common household detergent and dry

IV. DURATION OF HOME QUARANTINE

The home quarantine period is for 14 days.

V. DURATION OF REPORTING PERIOD

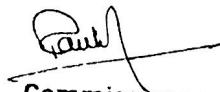
After home quarantine, the person should follow 14 days of reporting where he / she calls the ~~104~~ helpline (24x7) to inform the health status.

14410

- VI. Any failure to follow home quarantine and other instructions will result in an offense punishable under Epidemic Diseases Act, 1897 and other regulations issued by Government of Karnataka.**

Be a responsible citizen, follow home quarantine.

STAY HOME-BE SAFE



Commissioner
Health and Family Welfare Services.

Annexure 3: Undertaking for 14 days home quarantine

Undertaking on Home Quarantine

I Son/Daughter/Wife of, resident of do hereby voluntarily undertake to maintain strict home quarantine at all times for the prescribed period of 14 days from During this period I shall monitor my health and those around me and interact with the assigned surveillance team/with the call centre (14410) in case, I suffer from any symptoms or any of my close family contacts develops any symptoms of COVID-19. I have been explained in detail about the precautions that I need to follow while I am under home quarantine. I am liable to be acted on under the prescribed law (National Disaster Management Act 2005, Epidemic Disease Act 1897, Indian Penal Code 1860 etc) for any non-adherence to home quarantine protocol.

Signature _____

Date _____

Contact Number _____

Annexure -4

(Notice to the person under Home Quarantine)

To

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Subject: Advice to follow home quarantine – reg.

World Health Organization (WHO) has declared the recent Novel Coronavirus (COVID-19) as **Public Health Emergency of International Concern (PHEIC)** which has affected almost all the **countries/ territories** including India till date. WHO has characterized COVID-19 as a **Pandemic** on 11th March 2020. In this context, Karnataka state has strengthened all surveillance and containment measures against the possible spread of disease.

Physical distancing and breaking the chain of spread are potent solutions to stop the spread of the virus.

You have been advised home quarantine for a period of 14 days from the date of Arrival to the State. Following are the salient features of Home quarantine.

1. You have to stay in well ventilate single room and should maintain the distance of 1 meter from family members and others
2. Wash hands as often thoroughly with soap and running water.
3. Restrict your movement within the house. You shall never venture outside the house.
4. Wear triple layer surgical masks at all times. The mask should be changed every 6-8 hours. It should be disposed off by first disinfecting using ordinary bleach solution (5%) or sodium Hypochlorite solution (1%) and then by burning or deep burial.
5. You should stay away from elderly people, pregnant women, infants and people with co-morbid conditions like, Diabetes, Hypertension, Asthma, person with organ transplant etc.
6. Should not attend any social / religious gatherings.

You are requested to complete your period of home quarantine. In case you develop symptoms of Cold, Cough, Fever and Breathlessness you are requested to contact toll free **helpline Apthamitra – 14410.**

Failing to stay in home quarantine will result in suitable action against you under various provisions of NDMA, IPC, Epidemic Disease Act etc.

Help us in our fight against Covid-19.

Deputy Commissioner and District Magistrate

Annexure 5



ಆರೋಗ್ಯ ಮತ್ತು ಕುಟುಂಬ ಕಲ್ಯಾಣ ಸೇವೆಗಳು
Health & Family Welfare Services

ನಿರಂತರ ಸಾಂಪ್ರದಾಯಿಕವಾಗಿ, ಪ್ರಗತಿಪೂರ್ವಕವಾಗಿ, ಸುವ್ಯವಸ್ಥಿತವಾಗಿ ಮತ್ತು ನೈಸರ್ಗಿಕ ಸಮೃದ್ಧಿಯಲ್ಲಿ

ಪ್ರವೇಶಿಸಿದ ವೈರಸ್ (ಕೋವಿಡ್-19) ತಡೆಗಟ್ಟಲು ಮತ್ತು ನಿಯಂತ್ರಿಸುವುದಿಗಾಗಿ
Prevention and Control of Novel Coronavirus (Covid-19) Disease

ನಿರಂತರ ಸಾಂಪ್ರದಾಯಿಕವಾಗಿ, ಪ್ರಗತಿಪೂರ್ವಕವಾಗಿ, ಸುವ್ಯವಸ್ಥಿತವಾಗಿ ಮತ್ತು ನೈಸರ್ಗಿಕ ಸಮೃದ್ಧಿಯಲ್ಲಿ
HEALTHY TOGETHER MOVE



WE ARE UNDER
HOME
QUARANTINE.
NOT TO VISIT THE HOUSE

ನಾವಿಗೇ ಗೃಹ ಕ್ವಾರಂಟಿನ್ ನಲ್ಲಿ ಇದ್ದೇವೆ
ಮನೆಗೆ ಭೇಟಿ ನೀಡಬಾರಿ

ಇಂದ :
FROM

ವರೆಗೆ:
TO

ಹೆಸರು :
NAME

ಸದಸ್ಯರ ಸಂಖ್ಯೆ:
NO OF PERSONS

ನಾವೆಲ್ಲರೂ ಒಟ್ಟುಗೂಡಿ ಕೋವಿಡ್ ವೈರಸ್ ವಿರುದ್ಧ ಹೋರಾಡೋಣ
Let's all get together and fight against coronavirus

ಹೆಚ್ಚಿನ ಮಾಹಿತಿಗಾಗಿ 14410 ಸಹಾಯವಾಣಿ ಸಂಖ್ಯೆಗೆ
For more details contact 14410 helpline

Annexure -6

(Notice to neighbors / Secretary of Apartment Owners Associations)

Acknowledgement

The above notice has been issued to on Date and following acknowledge the receipt of the same.

Name of the neighbour: Mobile No. Email id: Signature:	Name of the Notice Serving staff: Designation: Signature:
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(The receipt is to be kept in the Office and progress on the issuance of the notice should be sent on daily basis to Deputy Commissioner/ BBMP Commissioner)

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To
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Subject: Information regarding presence of Persons under home quarantine in your neighborhood / Apartment.

World Health Organization (WHO) has declared the recent Novel Coronavirus (COVID-19) as **Public Health Emergency of International Concern (PHEIC)** which has affected almost all the **countries/ territories** including India till date. WHO has characterized COVID-19 as a **Pandemic** on 11th March 2020. In this context, Karnataka state has strengthened all surveillance and containment measures against the possible spread of disease.

Physical distancing and breaking the chain of spread are potent solutions to stop the spread of the virus. As per our information the following persons have entered the district from Covid-19 affected State and they have been advised to follow Home Quarantine.

Sl. No.	Name of the Person	Date of Arrival	Foreign country visited	Address	Mobile Number

The above persons have been advised home quarantine for a period of 14 days from the date of Arrival to the District. Following are the salient features of Home quarantine.

1. The person has to stay in well ventilate single room and should maintain the distance of 1 meter from family members and others
2. Wash hands as often thoroughly with soap and running water.
3. Restrict his/her movement within the house. He/she shall never venture outside the house.

4. *Wear triple layer surgical masks at all times. The mask should be changed every 6-8 hours. It should be disposed off by first disinfecting using ordinary bleach solution (5%) or sodium Hypochlorite solution (1%) and then by burning or deep burial.*
5. *The person should stay away from elderly people, pregnant women, infants and people with co-morbid conditions like, Diabetes, Hypertension, Asthma, person with organ transplant etc.*
6. *Should not attend any social / religious gatherings.*

Your persuasion and vigilance on above persons will help the State in combating the spread of Covid-19. ***In case you find the above persons violating the norms of Home quarantine you are requested to advise them and if the persons don't respond to your persuasion inform toll free helpline of the District -..... Quarantine Enforcement Squads have been formed to take action on such violators. You are requested inform us (All your communications will be kept confidential)***

Help us in our fight against Covid-19.

Deputy Commissioner and District Magistrate

Annexure.7

Risk Assessment of States in the country dated: 04.05.2020

I. High Risk

1. Maharashtra
2. Gujarat
3. Delhi
4. Tamilnadu
5. Rajasthan

II. Moderate Risk

1. Madhya Pradesh
2. Uttar Pradesh
3. Andhra Pradesh
4. Punjab
5. Telangana