



Government of Karnataka

Directorate of Health and Family Welfare Services

Ananda Rao Circle, Bangalore-09

Advisory for travellers and their Family Members for discharge from the quarantine centres

In the wake of the Novel Corona virus outbreak, people who came to Karnataka from across the countries were quarantined in designated quarantine centres for 14 days.

Following guidelines are issued to guide the evacuees and their family members to guide them with respect to the discharge from the quarantine centres and follow up action in the community.

1. While travelling back home:

- Provide details of your stay for next 14 days including the contact numbers.
- Obtain list of District and State Surveillance Officers for follow up and reporting in case of any issues.
- Use triple layer surgical mask (follow correct use and disposal of mask as briefed during the stay in quarantine centre)
- Follow frequent hand-wash with soap and water or use alcohol based hand sanitizer.
- Use respiratory etiquettes (use tissue paper/ hand-kerchief to cover your nose and mouth, turn head away from the person facing of you, while coughing/ sneezing).
- Self-monitor your temperature twice daily.
- Retain the aircraft boarding pass / rail ticket / details of Journey by taxi (including contact number of drivers etc...)

2. After reaching home

- Avoid crowded places.
- Monitor your health for a period of next 14 days (after leaving the quarantine centre).
- Self-monitor body temperature twice daily.
- At all times:
 - Maintain personal hygiene.
 - Wash hands with soap and water frequently or use alcohol based hand sanitizer.
 - Use respiratory etiquettes (use tissue paper/ hand-kerchief to cover your nose and mouth, turn head away from the person facing of you, while coughing/ sneezing).

- Report to nearest health facility and State or District Surveillance officer if you develop fever, cough or difficulty in breathing.
- Allow attendance by health workers / respond to call received from Health functionaries. Keep their contact numbers handy.
- Inform about your health at the end of 14 days period to the Healthcare worker and State and District Surveillance Officer.

3. In case you develop fever, cough or difficulty in breathing any time after leaving the quarantine Centre (within next 14 days):

- Call the nearest health facility or health worker visiting you / talking to you besides informing the State and District Surveillance Officer.
- An identified care giver (among family members) will only attend to you. He / she will wear mask and wash hands, every time he/ she comes in contact with you.
- Use surgical triple layer mask immediately on realization of symptoms.
- Get admitted to the identified health facility as advised.
- The personal vehicle / ambulance / hired vehicle which was used for transportation also needs to be disinfected. (Contact the health facility for the disinfection procedure).
- Follow infection prevention and control practices at all times and places.
- If further assistance is required, Call (Toll free) 24/7 Health helpline "104" and / or Government of India's Control Room no. +91-11-23978046.

A. Advice to other family members at home:

- Wash your hands with soap and water frequently.
- If the person (discharged from the quarantine centre) develops symptoms inform the health worker and also the State and District Surveillance Officer.
- In case advised to shift the patient to a health facility:
 - Share list of all contacts till date with the treating doctor/ health care worker and the State and District Surveillance Officer.
 - Family members to be in home quarantine till either medical examination rules out Novel Corona virus infection or the result of sample is negative.
 - Proper disinfection of bedding / clothing / room / all personal belongings should be followed with 1% Sodium hypochlorite solution.

O. N. Patil
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