



Directorate of Information and Public Relations, Punjab, India

ਸੂਚਨਾ ਤੇ ਲੋਕ ਸੰਪਰਕ ਵਿਭਾਗ ਪੰਜਾਬ, ਭਾਰਤ



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Home / Punjab issues advisory regarding home quarantine

Punjab issues advisory regarding home quarantine

Punjab issues advisory regarding home quarantine

Chandigarh, May 9:

The Punjab Government has issued advisory regarding the home quarantine of the returnees from within the country in the wake of COVID-19 pandemic.

Giving details here today, a spokesperson informed that Corona virus Disease 2019 (COVID -19) is a systemic disease caused by a novel Corona virus, transmitted in most instances through respiratory droplets, direct contact with cases and also through contaminated surfaces/objects. Since the virus is contagious, it is essential that all contacts of virus are quarantined and medically follow-up.

It is pertinent to mention that a contact is defined as an otherwise healthy person who has been in association with an infected person or a contaminated environment, either knowingly or unknowingly as to have himself/herself exposed to the Corona virus and is therefore at a higher risk of developing the disease. A contact in the context of COVID-19 is, a person living in the same household as a COVID-19 case, a person having had direct physical contact with a COVID-19 case or his/her infectious secretions without recommended personal protective equipment (PPE) or with a possible breach of PPE, a person who was in a closed environment or had face to face contact with a COVID-19 case at a distance of within 1 meter including air travel and the contact may have occurred at anytime within a 14 day period before the onset of illness in the case under consideration.

As per the advisory, detection of a travel related/unrelated suspect case of novel Corona virus Disease (COVID-19) should be followed by rapid isolation of such cases in designated health facilities and line listing of all contacts of such cases. Home quarantine is applicable to all such contacts of a suspect or confirmed case of COVID-19. It has been decided to home quarantine for 14 days for: (i) "all asymptomatic returnees" and, (ii) "symptomatic persons those who test negative" along-with regular follow-ups by the health teams. They are required to give an undertaking and strictly follow the guidelines for home quarantine.

The spokesperson said that some instructions should be meticulously followed by persons returning back to the state either from within the country or abroad so as to prevent the transmission of the disease:

- 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's advisable to maintain a distance of at least 1 meter between the two.
- Needs to stay away from elderly people, pregnant women, children and persons with co- morbidities within the household. Restrict his/her movement within the house. Under no circumstances attend any

Amritsar

CALENDAR

Barnala

Bathinda



Hoshiarpur

Jalandhar of Holidays

Kapurthala Punjab Corona Mobile App

Ludhiana

Punjab Chief minister Relief fund- COVID- 19

Mansa



Mohali

Patiala

Rupnagar CHIEF SECRETARY

Sangrur ISSUES-DETAILED

Sri Muktsar Sahib DIRECTIONS FOR

Sri Muktsar Sahib CONTAINMENT OF

Sri Muktsar Sahib COVID-19

Please share this list carrying essential phone numbers for each district

Inheritance Booklet 550th Birthday Guru Nanak Dev Ji

550yearsofgurunanakdevji

Govt. Official Telephone Directory 2020

social/religious gathering e.g. wedding, condolences, etc.

He/She should also follow the under mentioned public health measures at all times:

- Wash hands thoroughly with soap and water or with alcohol-based hand sanitizer frequently.
- Do not share household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off in the manner prescribed. Disposable masks are never to be reused.
- 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.
- Used mask should be considered as potentially infected.
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call Helpline No. 104/State Control Room No. 01722920074 / 08872090029.

Instructions for the family members of persons being home quarantined

- Only an assigned family member, who is healthy and is not suffering from any other disease, should be tasked with taking care of such person.
- Avoid shaking the soiled linen or direct contact with skin of the quarantined person.
- Use disposable gloves when cleaning the surfaces or handling soiled linen of the quarantined person.
- Wash hands after removing the gloves.
- Visitors should not be allowed
- In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14 days or till the report of such case turns out negative on lab testing.

Environmental sanitation

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

Duration of home quarantine

The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing.

NO.PR/20-639

GALLERY





CAPT AMARINDER LEADS BAIKAKHI PRAYERS WITH OWN ARDAS AT 11, THANKS PEOPLE FOR STAYING IN



Punjab Police DSP Rupinder Kaur Sra Distributing Sanitary Napkins To Women In Ludhiana Under The Dedicated PadAGirl Programme Launched By Community Affair Division (CAD) Of Punjab Police In Collaboration With NGOs, On Sunday. Over 3200 Packs Containing 25,



Corona Mobile APP



Punjab Chief Minister Captain Amarinder Singh Released A Booklet 'Because We Haven't Forgotten...' Along With A CD Of Documentary Film 'Jallianwala Bagh Punjab Da Dil' In Punjabi And Hindi Dedicated To Jallianwala Bagh Centenary Commemoration



PUNJAB INKS MoU WITH SINGAPORE'S CIG TO EXPLORE LEADERSHIP TRAINING, SHOWCASE STATE AS INVESTMENT DESTINATION



Punjab Chief Minister Captain Amarinder Singh During Fourth Day Of Budget Session Of Punjab Vidhan Sabha On Wednesday.



CAPT AMARINDER CONFERRED WITH 10th BCS 'IDEAL CHIEF MINISTER' AWARD FOR UNIQUE INITIATIVES TO BOOST STATE'S HOLISTIC GROWTH



Punjab Chief Minister Captain Amarinder Singh Receiving Cheques Worth US Dollar 16,000 From Chicago-Based NRIs Zorawar Singh Natt And Arjinder Singh Sandhu Towards The Chief Minister's Relief Fund, As Monetary Assistance To The Families



CAPT AMARINDER ANNOUNCES BRAVERY AWARD, FREE EDUCATION FOR AMANDEEP KAUR



Decrease In Arrival Of Migratory Birds In Country Is A Matter Of Concern: Sadhu Singh Dharmasot



Punjab Chief Minister Captain Amarinder Singh Presenting A Memento To A Group Of Specially-Abled Children Which Performed National Anthem During 71st Republic Day Function At SAS Nagar (Mohali) On Sunday.



Punjab Chief Minister Captain Amarinder Singh Presenting A Memento To The Budding Gatka Players On 71st Republic Day Function At SAS Nagar (Mohali) On Sunday.



Punjab Chief Minister Captain Amarinder Singh Along With Dignitaries Witnessing The Cultural Programme On 71st Republic Day Function At SAS Nagar (Mohali) On Sunday.



PUNJAB CEO DR. S. KARUNA RAJU RECEIVES BEST CEO NATIONAL AWARD- 2019 FROM HON'BLE PRESIDENT OF INDIA RAM NATH KOVIND DURING NATIONAL VOTERS' DAY FUNCTION AT MANEKSHAW CENTRE NEW DELHI ON SATURDAY.



CAPT AMARINDER MEETS NHAI CHAIRMAN, BOTH AGREE ON EXPEDITIOUS COMMENCEMENT OF WORK ON DELHI-



Speaker Rana KP Singh Release Table Calendar Dedicated To Sri Guru Nanak Dev Ji



Punjab Chief Minister Captain Amarinder Singh On Saturday Released The Punjab Government's Diary And Calendar For



AT PUNJAB CONGRESS PROTEST DHARNA, CM DECLARES 'WE WILL NOT TOLERATE ANY ATTEMPT TO TINKER WITH



Chief Guest Punjab Food, Civil Supplies & Consumer Affairs Minister Bharat Bhushan Ashu And His Wife Mamta Ashu Being

AMRITSAR-KATRA
EXPRESSWAY PROJECT



Dr. Ram Lal Jassi Assumes Charge As Vice Chairman Punjab Scheduled Castes Land Development & Finance Corporation In Presence Of Sadhu Singh Dharamsot



Mohinder Singh KP Assumes Charge Of Chairman Technical Education Board In The Presence Of Cabinet Ministers Channi & Aruna Chaudhary

The Year 2020. The New
Year Calendar Is
Dedicated To The Khulle
Darshan-Didar Of Sri
Darbar Sahib In Kartarpur,
Pakistan.



2nd KPS Gill Memorial Lecture NOTED US TERROR EXPERT DR CHALK WARNS OF USE OF SOCIAL PLATFORMS BY PAK TO ATTACK INDIAN ECONOMY, SAYS US PLAYING DOUBLE ROLE ON ISLAMABAD

CONSTITUTION'S
PREAMBLE'



JAPANESE AMBASSADOR MEETS CAPT. AMARINDER, DISCUSSES INVESTMENT OPPORTUNITIES IN PUNJAB

Honoured During The
State-Level Function
Organised On The
Occasion Of National
Consumer Day At Dr
Manmohan Singh
Auditorium, PAU



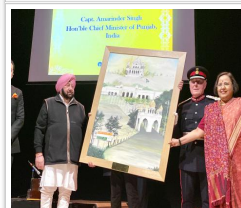
PUNJAB GOVT COMMITTED TO TRANSFORMING MSMEs INTO INDUSTRIAL GIANTS: VINI MAHAJAN



PPIS 2019 KICKS OFF WITH EXHIBITION SHOWCASING PRODUCTS OF TOP INDUSTRIES, MSMEs & STARTUPS



VIRASAT-E-KHALSA BAGS ANOTHER AWARD, GETS LISTED IN 'WORLD BOOK OF RECORDS'



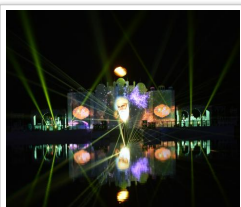
HIGH COMMISSIONER OF INDIA TO UK RUCHI GHANASHYAM PRESENTING A HAND PAINTED PHOTOGRAPH OF SRI KARTARPUR SAHIB GURDWARA TO PUNJAB CHIEF MINISTER CAPTAIN AMARINDER SINGH DURING A SPECIAL FUNCTION ORGANIZED BY INDIAN DIASPORA TO MARK 550TH BIRTH ANNIVERSARY



Health Minister S. Balbir Singh Sidhu Hands Over Appointment Letters To 74 Medical Lab Technicians



STUPENDOUS FLOATING MULTIMEDIA LIGHT AND SOUND SHOW DRAWS UNPRECEDENTED RUSH OF PEOPLE



Floating Light And Sound Show At SUKHNA LAKE Chandigarh



The President Of India Ram Nath Kovind, Governor Punjab VP Singh Badnore And Punjab Chief Minister Captain Amarinder Singh, Rajasthan Chief Minister Ashok Gehlot, Patiala Member Parliament Preneet Kaur, Cultural Affairs Minister Charanjit Singh Channi



Prime Minister Mr. Narendra Modi Being Received By Punjab Governor Mr. VP Singh Badnore And Chief Minister Captain Amarinder Singh At Bussawal Village In Sultanpur Lodhi On Saturday.



CAPT AMARINDER SINGH HOPES CORRIDOR WOULD LEAD TO PEACEFUL ENVIRONMENT BETWEEN BOTH COUNTRIES LEADING TO EASY ACCESS TO OTHER GURDWARAS



Prime Minister Narendra Modi Along With Punjab Governor VP Singh Badnore And Chief Minister Captain Amarinder Singh Inaugurating The Integrated Check Post At Dera Baba Nanak To Mark The Opening Of Kartarpur Corridor On Saturday.



PM ALONG WITH CAPTAIN AMARINDER PARTAKES LANGAR IN PUNJAB GOVERNMENT PANDAL



ਪੰਜਾਬ ਦੇ ਵਿੱਤ ਮੰਤਰੀ ਮਨਪ੍ਰੀਤ ਸਿੰਘ ਬਾਦਲ ਲਲਿਤ ਹੋਟਲ ਚੰਡੀਗੜ੍ਹ ਵਿਖੇ 'ਪੰਜਾਬ ਇਨੋਵੇਸ਼ਨ ਅਤੇ ਤਕਨਾਲੋਜੀ ਸਮਿੱਟ 2019' ਦੌਰਾਨ



CAPT AMARINDER USHERS IN WEEK-LONG 550TH PRAKASH PURB CELEBRATIONS AT SULTANPUR LODHI WITH GURU GRANTH SAHIB SAROOP SEWA



PUNJAB GOES TOTALLY HI-TECH AS CAPT AMARINDER LAUNCHES EOFFICE FOR ELECTRONIC FILE MOVEMENT



CAPTAIN AMARINDER SINGH LAUNCHES VERKA'S PIO NATURAL VANILLA MILK & CHEALTED MINERAL MIXTURE



Balbir Singh Sidhu Gives Appointment Letters To 519 Community Health Officers



CAPT AMARINDER LAUNCHES 1ST OF ITS KIND 'PUNJAB JOB HELPLINE' FOR UNEMPLOYED YOUTH



A ROOM SEEPED IN VALOUR - CAPT AMARINDER'S ODE TO 2 SIKHS



MANPREET BADAL SEEKS EARLY RELEASE OF GST ARREARS FROM NIRMALA SITHARAMAN



CAPT AMARINDER SEEKS WB SUPPORT TO HELP PUNJAB'S FARMERS SHIFT TO ALTERNATE CROPS TO BOOST INCOME & SAVE WATER



PUNJAB INKS MoU WITH INDUSTRIAL ASSOCIATIONS & GNDEC-LUDHIANA TO PROMOTE RESEARCH & INNOVATION



MORE THAN 8800 VISITORS VISIT LIGHT & SOUND SHOW ALONG WITH DIGITAL MUSEUM IN LUDHIANA



CABINET MINSTER CHARANJIT SINGH CHANNI AND BALBIR SINGH SIDHU LAUNCHED 4-MONTH ELABORATE PROGRAMME TO COMMEMORATE GURU SAHIB'S MEMORY



PUNJAB CM SEEKS INVESTMENT FROM US COMPANIES IN MEETING WITH NEW JERSEY SENATOR



Ghar Ghar Rozgar & Karobar Mission' Scheme, Punjab Chief Minister On Saturday Declared All-Out Efforts To Identify The Poorest Of The Poor Jobless In Villages For Employment, Even As He Announced A Free Coaching Scheme For Candidates To Prepare For Group



CAPT AMARINDER MOOTS
A PUNJAB IRAN CHAMBER
OF COMMERCE TO BOOST
TRADE, INVITES IRANIAN
ENVOY TO 550TH
PRAKASH PURB

Updated On: 05/09/2020 - 18:02

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