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## Advisory on Home Isolation (COVID -19) Version 2



By

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# BLUE CIRCLE MEDI SERVICES HEALTH CIRCULAR

## Advisory on “Isolation” (OMICRON VARIANT)

**Introduction:** The Omicron Variant has an unusually large number of mutations. This level of variation has led to concerns regarding its transmissible, immune system, evasion and vaccine resistance.

As cases of infection with the omicron variant of the corona virus multiply around the world, scientists are racing to characterize the heavily mutated variant to understand how it spreads and gauge new risks during this wave of the pandemic.

**As the COVID-19 situation will continue to remain dynamic the protocols may change accordingly.**

**Diagnostic Method:** The most accepted and commonly used method of diagnostic for SARS-CoV2 Variant is RT-PCR method. This method detects specific genes in the virus.

**Signs and Symptoms of OMICRON variant:** Signs and symptoms include respiratory symptoms and include fever, dry cough and shortness of breath. In more severe cases, infection can cause pneumonia, severe acute respiratory syndrome and sometimes death.

SYMPTOMS OF COVID-19 INCLUDING OMICRON VARIANT		
MOST COMMON SYMPTOMS	RARE SYMPTOMS	SERIOUS SYMPTOMS
FEVER	RUNNY NOSE/SNEEZING	BREATHLESSNESS
COUGH	DIARRHOEA	DIP IN O2 LEVEL
TIREDNESS	EYE IRRITATION	PERSISTENT CHEST PAIN
SORETHROAT	SKIN RASHES	MENTAL CONFUSION
HEADACHE		SYMPTOMS WORSNING

**Precaution:** Avoid non-essential travel and mass gatherings, and follow COVID appropriate behaviour, It is time to increase the pace of vaccination, urgently get vaccine, boosters and ensure vaccination for all.

### FOLLOW ALL FIVE RULES TO FIGHT COVID-19

Wear Masks

Wash Hands  
Frequently

Observe  
Respiratory  
Etiquette

Maintain  
Social Distance

Clean And  
Sanitize  
Workplace  
Frequently

#### Person eligible for Home/ Institutional Isolation ?

- The patient should be clinically assigned as mild/ asymptomatic case by the RAT/RTPCR test or treating doctor.
- A person who has come in contact with a patient/staying in the same household as patient with COVID -19.
- A care giver should be available to provide care on 24x7 basis. A communication link between the caregiver and doctor / hospital is a prerequisite for the entire duration of isolation.
- Elderly patients aged more than 60 years and those with co-morbid conditions such as Hypertension, Diabetes, Heart disease, Chronic lung /liver / kidney disease, Cerebro-vascular disease etc shall only be allowed isolation after proper evaluation by the treating doctor.
- Symptomatic with +ive report.

## **Asymptomatic cases :-**

The asymptomatic cases are laboratory confirmed cases, not experiencing any symptoms and having oxygen saturation at room air of more than 94%. Once the test is positive then home isolation or in case of students isolation in the hostel complex is recommended till RTPCR negative report is received.

- Asymptomatic patient must be in communication with a treating physician and promptly report in case of any deterioration.
- Continue the medications for other co-morbid illness after consulting the treating physician.
- Patients are advised to do warm water gargles or take steam inhalation twice a day.
- RTPCR is to be repeated after 5 days of the first test.

## **What to do if a person is positive with mild symptoms?**

- Clinically assigned mild cases are patients with upper respiratory tract symptoms (&/or fever) without shortness of breath and having oxygen saturation at room air of more than 94%.
- Patients must be in communication with a treating physician and promptly report in case of any deterioration.
- Continue the medications for other co-morbid illness after consulting the treating physician.
- Patients to follow symptomatic management for fever, running nose and cough, or as warranted.
- Patients may perform warm water gargles or take steam inhalation twice a day.
- RTPCR is to be repeated after 10 days of isolation.

## **When to seek medical attention?**

Patient / Care giver will keep monitoring health. Immediate medical attention must be sought if serious signs or symptoms develop. These could include ie.

- Any Influenza like illness (ILI) symptoms
- Difficulty in breathing,
- Dip in oxygen saturation (SpO<sub>2</sub> < 94% on room air)
- Persistent pain pressure in the chest,
- Symptoms are deteriorating in spite of medication.
- Mental confusion or inability to do daily chores of life.

## **When to discontinue Isolation ?**

Patient under home/institution isolation will end isolation after 7 days have passed from onset of symptoms (or from date of sampling) and no fever for more than 3 days. There is no need for testing after the home isolation period is over. However it is the requirement of the institution to get a negative RTPCR report.

## **Process to be followed in Isolation center.**

- The isolation area can be divided into 2 sections, section A for Influenza Like Illness (ILI) / symptomatic cases and section B for confirmed (positive) cases.
- All ILI cases will be initially admitted in section A of isolation, their RTPCR test will be done on the 5th day, if the result is negative then they will be sent back to the hostel but if the result is positive then they will be shifted to section B of isolation.
- All the cases in section B will stay in the isolation center for 7 days.
- Regular vital will be checked twice daily for all the patients.
- Symptomatic medication will be given to the patients.
- Patients with symptoms must take rest and drink plenty of fluids.
- Patients in isolation are required to wear mask and disinfect their mask before discarding them.
- Respiratory etiquette and hand hygiene must be followed by everyone all the time.
- Patients may do gargles and take steam inhalation, till symptoms subside.
- On the 7th day or if there are no symptoms for more than 3 days. RTPCR is to be repeated and students are allowed to go back to the hostel in case of a negative report.

## MANAGING THE PATIENTS IN THE ISOLATION CENTER

S.NO	COMPLAINT	STEPS TO BE FOLLOWED	TEST AT THE TIME OF DISCHARGE FROM ISOLATION CENTER
1	BREATHLESSNESS	<ul style="list-style-type: none"> <li>➤ Not recommended for Isolation,</li> <li>➤ Directly refer to hospital</li> </ul>	-
2	FEVER	<ul style="list-style-type: none"> <li>➤ 7 Days self quarantine with medical supervision or</li> <li>➤ Untill Symptoms subside, eg. No symptoms for more than 3 days (which ever is longer)</li> </ul>	Rapid Antigen Test (RTPCR Test if no improvement after medication)
3	COUGH	<ul style="list-style-type: none"> <li>➤ 7 Days self quarantine with medicines or untill symptoms subside (which ever is longer)</li> </ul>	Rapid Antigen Test if other symptoms are visible. (RTPCR Test if no improvement after medication)
4	LOSS OF TASTE OR SMELL	<ul style="list-style-type: none"> <li>➤ 7 Days quarantine or untill symptoms subside (which ever is longer)</li> </ul>	RTPCR 2 <sup>nd</sup> day of symptom
5	TIREDDNESS	<ul style="list-style-type: none"> <li>➤ 3 Days self quarantine if clubbed with other symptoms or untill symptoms subside (which ever is longer)</li> </ul>	Rapid Antigen Test 3 <sup>rd</sup> day (RTPCR Test if no improvement after medication)
6	COLD (RUNNY NOSE/SNEEZING)	<ul style="list-style-type: none"> <li>➤ 3 Days self quarantine or untill symptoms subside (which ever is longer)</li> </ul>	Rapid Antigen Test 3 <sup>rd</sup> day (RTPCR Test if no improvement after medication)
7	SORETHROAT	<ul style="list-style-type: none"> <li>➤ 3 Days self quarantine or untill symptoms subside (which ever is longer)</li> </ul>	Rapid Antigen Test 3 <sup>rd</sup> day (RTPCR Test if no improvement after medication)
8	DIARRHOEA	<ul style="list-style-type: none"> <li>➤ 3 Days self quarantine or untill symptoms subside (which ever is longer)</li> </ul>	Rapid Antigen Test if other symptoms are clubbed (RTPCR Test if no improvement after medication)
9	EYE IRRITATION	<ul style="list-style-type: none"> <li>➤ Seek medical advise, 3 Days self quarantine if clubbed with other symptoms or untill symptoms subside (which ever is longer)</li> </ul>	Rapid Antigen Test if other symptoms are clubbed (RTPCR Test if no improvement after medication)
10	SKIN RASHES	<ul style="list-style-type: none"> <li>➤ Seek medical advise, 3 Days self quarantine if clubbed with other symptoms or untill symptoms subside (which ever is longer)</li> </ul>	Rapid Antigen Test if other symptoms are clubbed (RTPCR Test if no improvement after medication)

**Testing and following COVID appropriate behaviour is essential need of the hour.**

