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சுவசிரிபாய

SUWASIRIPAYA

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சுகாதார அமைச்சு

Ministry of Health

මගේ අංකය)
எனது இல)
My No.) DGHS/ COVID-19/347/2021

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Your No. :)

දිනය)
திகதி) 30-08-2021
Date)

DDG/NHSL,
DDG/NH Kandy,
Directors of All Hospitals,
Provincial and Regional Directors of Health Services,
Heads of Institutions of dedicated COVID-19 treatment facilities,
All other Heads of Institutions

Exit Strategy for COVID 19 Patients and Contacts

This is further to my letter No. DDG/LS/ED/Testing-Strategy/106/2021 dated 09/06/2021 on 'Revised Guidelines on Laboratory Testing Strategy for COVID-19', letter No. DGHS/COVID-19/ 347/2021 dated 10/08/2021 on 'Updated Discharge criteria from treatment facilities for COVID-19' and letter No. DGHS/COVID-19/ 347/2021 dated 04/08/2021 on 'Guideline for Integrated Home-Based Isolation and Management of Asymptomatic and Mild symptomatic COVID-19 Patients'.

1. COVID-19 Patients

1.1. Admitted to a Treatment Facility (Intermediate Care Centre/ Secondary or Tertiary Care Hospital)

They should follow the guidelines in the Letter of DGHS No. COVID-19/ 347/2021 dated 10/08/2021 on Updated Discharge criteria from treatment facilities for COVID-19.

1.2. Under Home Care Management System

1.2.1 Persons employed in patient care management services, field health services related to COVID surveillance and other government recognized essential services can be released from home isolation to report to work after 10 days from the date of RAT/ PCR positivity (or from the date of onset of symptoms), if they have improved from mild symptoms and were fever free for 48hrs without antipyretics. Exit PCR or RAT is NOT required.*

1.2.2 All persons who do not belong to above (1.2.1), can be released from home isolation after 14 days from the date of RAT/ PCR positivity (or from the date of onset of symptoms), if they have improved from mild symptoms and were fever free for 48hrs without antipyretics. Exit PCR or RAT is NOT required.*

* Those who have not improved mild symptoms and having fever for more than 48 hours should contact the Medical Officer of Health of the area for medical advice on further management.

2. Close Contacts of COVID-19 Patients

2.1. With Index Case outside the Household

2.1.1 Fully vaccinated close contacts, employed in patient care management services in hospitals, field health services related to COVID-19 surveillance in MOH offices can continue to work with serial RAT on day 3, 7 and 10 with strict adherence to recommended infection prevention and control measures.

2.1.2 Fully vaccinated close contacts, employed in other essential services recognized by government can be released from home quarantine to report to work after completion of 10 Days with a negative RAT or PCR done on Day 10.

2.1.3 All close contacts who do not belong to 2.1.1 or 2.1.2 above, can be released from home quarantine after 14 days. Exit PCR or RAT is NOT required, if they remain asymptomatic.

2.2. With Index Case in the Household

2.2.1 Fully vaccinated close contacts, employed in patient care management services in hospitals, field health services related to COVID surveillance in MOH offices and other essential services recognized by government can be released from home quarantine to report for work after completion of 14 Days (since the date of onset of symptoms of the index case or from the date of first positive PCR/RAT result of the index case) with a negative RAT or PCR done on Day 14.

If there are individual /individuals developing the symptoms subsequently in the same household, the 14 days of quarantine should be calculated from the date of onset of symptoms/test positivity of the last symptomatic /positive case in the household.

2.2.2 All close contacts who do not belong to 2.2.1 above, can be released from quarantine after 21 days (since the date of onset of symptoms of the index case or from the date of first positive PCR/RAT result of the index case). Exit PCR or RAT is NOT required.

If there are individual /individuals developing the symptoms subsequently in the same household, the 21 days of quarantine should be calculated from the date of onset of symptoms/test positivity of the last symptomatic /positive case in the household.

Please note that circular will be updated according to disease dynamics, vaccine coverage of the population and other technical considerations.

Please bring the contents of this circular to the notice of the staff at your institutions.



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Director General of Health Services
Cc:

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- 1) Hon. Minister of Health
- 2) Secretary of Health
- 3) Provincial Chief Secretaries
- 4) Commander of Army/ Head – COVID Taskforce
- 5) Additional Secretaries, Ministry of Health
- 6) All DDGs
- 7) Chief Epidemiologist