All Deputy Director Generals
Director, Quarantine
Chief Epidemiologist
Provincial Directors of Health Services
Regional Directors of Health Services
Directors/ Medical Superintendents of all Hospitals
Heads of quarantine/isolation/ intermediate care centres
Regional Epidemiologists
Medical Officers of Health

Quarantine measures during and after mandatory/extended quarantine period or after discharge from isolation/intermediate care centres/hospitals during the pandemic of COVID-19

As per the current guidelines of Sri Lanka, all passengers arrived from overseas are mandatorily quarantined at institutions for 14 days. These passengers undergo COVID-19 detection testing on Day 1 of arrival and Day 10th -12th of arrival to Sri Lanka. When discharging the persons from quarantine institutions (centre/hotel), they have stayed a minimum of 14 days in those places. Close contacts of the positive persons detected from Sri Lanka are mandatorily home/institutional quarantined for 14 days. COVID-19 detection testing is done between 11th to 14th day of quarantine period for these contacts. Quarantine period is extended if any positive person is detected among the persons undergoing quarantine.

COVID-19 confirmed patients are managed at isolation centres/intermediate care centres and hospitals. In addition, some individuals, despite being noninfectious, continue to test positive for COVID-19 by PCR and takes time to develop antibodies.

Considering the current updated scientific knowledge on infectivity of SARS CoV-2, following should be adopted when quarantine or discharge of persons after mandatory/extended quarantine period or from isolation/intermediate care centres/hospitals.

A. Close contacts of COVID-19 positive persons detected from Sri Lanka should be allowed to quarantine in a hotel or any other institution approved by area Medical Officer of Health and National Operations Center for Control of COVID-19 in addition to currently practiced home quarantine or centre based quarantine during the mandatory/extended quarantine period.
In charge person of the premises should inform the local authority about quarantining to arrange garbage collection.

B. Quarantine criteria after mandatory/extended quarantine period or discharge from isolation/intermediate care centres/hospitals

<table>
<thead>
<tr>
<th>Category</th>
<th>Home quarantine after mandatory/extended quarantine period/discharge from isolation centres/intermediate care centres/hospitals</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. <strong>Overseas returnees</strong> when discharged after mandatory/extended quarantine period from Quarantine Hotels/Centers</td>
<td>Should undergo home quarantine for 14 days once discharged from mandatory quarantine period</td>
</tr>
<tr>
<td>2. <strong>Close contacts of positive persons detected from Sri Lanka</strong> when discharged after mandatory/extended quarantine period from Quarantine Hotels/Centers</td>
<td>Should not undergo home quarantine for 14 days once discharged from mandatory/extended quarantine period</td>
</tr>
<tr>
<td>3. <strong>Close contacts of positive persons detected from Sri Lanka</strong> when discharged from mandatory/extended <strong>Home Quarantine period</strong></td>
<td>Should not undergo home quarantine further once discharged from mandatory/extended home quarantine period</td>
</tr>
</tbody>
</table>
| 4. **COVID-19 confirmed patients** who are managed at isolation centres/intermediate care centres/ hospitals, when discharged from these places | • Asymptomatic/mild/moderate disease patients should **not undergo** home quarantine once discharged.  
• Severe disease / immunocompromised patients should **undergo** home quarantine until 21 days from the diagnosis. This period includes the period stayed at the hospital. The balance period to be home quarantined should be indicated in the diagnosis card at the time of discharge. |

If home quarantine is indicated, only the index person should be home quarantined and follow strict home quarantine guidelines issued by the Ministry of Health. Other members of the household should not be home quarantined with the index person.

[Signature]

Dr. ASEL A. GUNAWARDENA  
Director General of Health Services  
Ministry of Health  
“Suwasiripaya”

Dr Asela Gunawardane  
Director General of Health Services  
385 Rev. Baddegama Wimalawansa Thero Maw,  
Colombo 10.

Copies:  
Secretary, Ministry of Health  
Additional Secretary (PHS)/(MS), Ministry of Health  
Head, National Operations Center for Control of COVID-19