

From

Director General Health Services,
Haryana, Panchkula.

To

All Civil Surgeons in the State

No. 32/3-IDSP-2020-2619-40

Dated: 11-05-2020

Subject: Regarding Revised Discharge Policy for COVID-19.

In reference to the subject cited above.

1. As you are aware presently, positive Patient of **COVID-19** are being discharged only after 14 days of monitoring along with following conditions:
 - Clinical clearance
 - Chest x-ray cleared
 - 2 samples taken apart 24 hrs. tested negative
2. In view of revised discharge policy received from MOHFW on Dated 08-05-2020. The revised policy has been formulated in alignment with guidelines on the 3 tier COVID facilities and the categorization of the patients based on clinical severity.
3. COVID-19 positive case developing severe illness will have to test negative through RT-PCR test before being discharged. Moderate cases of COVID-19 and Pre-symptomatic Mild/Very mild cases need not undergo tests before being discharged after resolution of symptoms. **However, it has been decided by the State that each and every patient before discharge may be tested negative once by RT-PCR.**
- 4. Pre-symptomatic Mild/Very mild cases admitted to a COVID Care Facility**
 - a. Patient may be tested negative once by RT-PCR.
 - b. He will undergo regular temperature and pulse oximetry monitoring.
 - c. The patient can be discharged after 10 days of symptom onset and no fever for 3 days (Afebrile for 3 days without any antipyretics)
 - d. At the time of discharge, the patient will be advised to follow the home isolation for further 7 days as per guidelines available at <https://www.mohfw.gov.in/pdf/GuidelinesforHomeIsolationfverymildpresymptomaticCOVID19cases.pdf>.

- e. At any point of time, prior to discharge from CCC, if the oxygen saturation dips below 95%, patient is moved to Dedicated COVID Health Centre (DCHC).
- f. After discharge from the facility, if he/she again develops symptoms of fever, cough or breathing difficulty he will contact the COVID Care Centre or State helpline 855-8893-911 or 1075.
- g. His/her health will again be followed up through tele-conference on 14th day.

5. Moderate cases admitted to Dedicated COVID Health Centre

5.1 The patient will be discharged 3 days after the resolving of the symptoms and maintains saturation above 95% for the next 4 days.

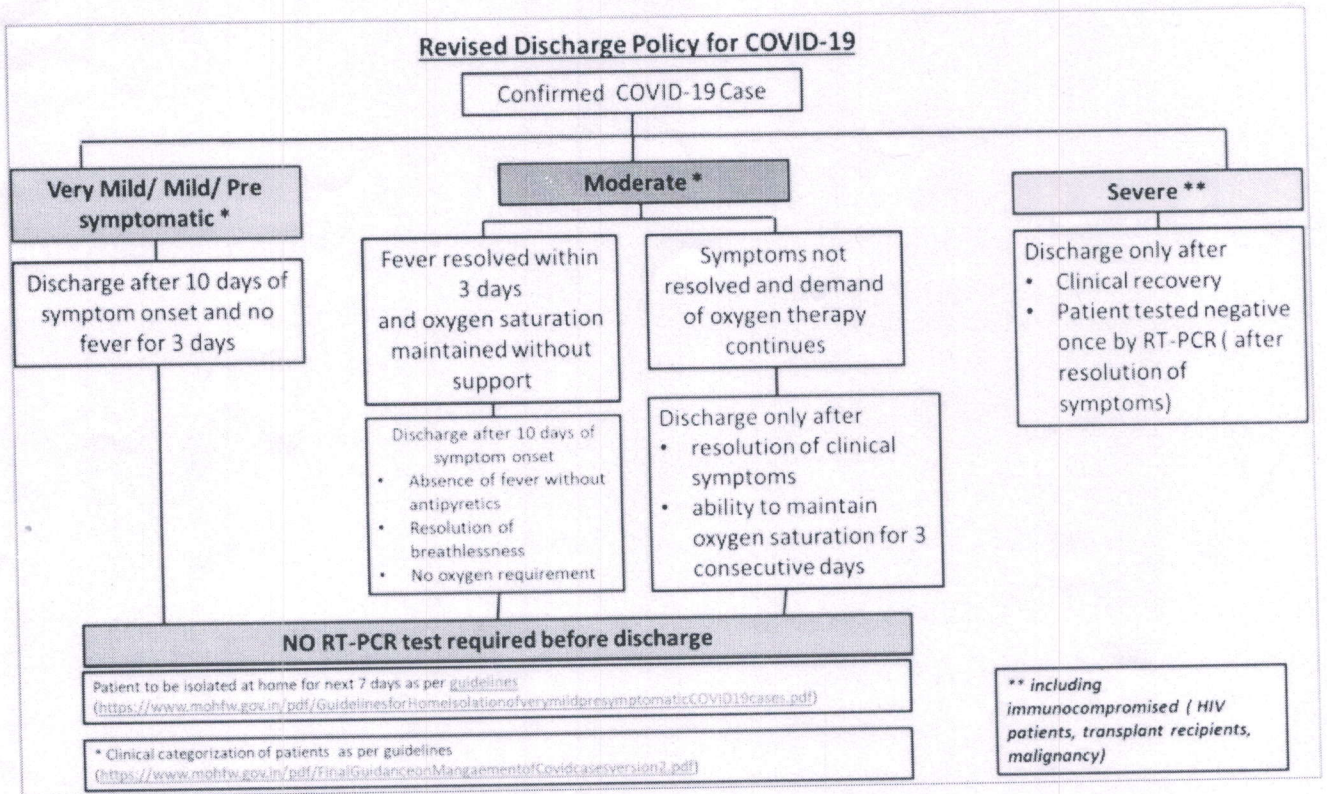
- Cases clinically classified as “moderate cases” will undergo monitoring of body temperature and Oxygen saturation.
- If the fever resolve within three days and the patient maintains saturation above 95% for the next 4 days (without Oxygen Support).
- Such patient will be discharged after 10 days of symptom onset in case of:
 - Absence of fever without antipyretics
 - Resolution of breathlessness
 - No oxygen requirement
- Patient may be tested negative once by RT-PCR.
- At the time of discharged the patient will be advised to follow the home isolation for 7 days as per guidelines available at <https://www.mohfw.gov.in/pdf/GuidelinesforHomeIsolationfveryildpresymptomaticCOVID19cases.pdf>.

5.2 Patient on Oxygenation 3 days after resolving of fever and demand of oxygen therapy continues Such patients will be discharged only after

- resolution of clinical symptoms
- ability to maintain oxygen saturation for 4 consecutive days
- Patient may be tested negative once by RT-PCR.

6. Severe Cases including immunocompromised (HIV patients, transplant recipients, malignancy) Discharge criteria for severe cases will be based on

- Clinical recovery
- Patient may be tested negative once by RT-PCR. (after resolution of symptoms)



The copy of detailed document is enclosed herewith for your kind perusal and further necessary action.

Encls as below:

Discharged Policy & FAQ's

gsh
Director Health Services (IDSP)
Haryana Panchkula

No. 32/3-IDSP-2020-2641-42

Dated : 11-05-2020

A copy is forwarded to the followings for information please:

1. Worthy ACS(Health)
2. Director MER

gsh
Director Health Services (IDSP)
Haryana Panchkula

No. 32/3-IDSP-2020-2643-64

Dated : 11-05-2020

A copy is forwarded to the followings for compliance:

1. All DSOs

gsh
Director Health Services (IDSP)
Haryana Panchkula

Mohfw Document

Revised Discharge Policy for COVID-19

The revised discharge policy is aligned with the guidelines on the 3 tier COVID facilities and the categorization of the patients based on clinical severity (Available at:

<https://www.mohfw.gov.in/pdf/FinalGuidanceonMangaementofCovidcasesversion2.pdf>)

1. Mild/very mild/pre-symptomatic cases

Mild/very mild/pre-symptomatic cases admitted to a COVID Care Facility will undergo regular temperature and pulse oximetry monitoring. The patient can be discharged after 10 days of symptom onset and no fever for 3 days. There will be no need for testing prior to discharge.

At the time of discharge, the patient will be advised to follow the home isolation for further 7 days as per guidelines available at

<https://www.mohfw.gov.in/pdf/GuidelinesforHomeIsolationofverymildpresymptomaticCOVID19cases.pdf>).

At any point of time, prior to discharge from CCC, if the oxygen saturation dips below 95%, patient is moved to Dedicated COVID Health Centre (DCHC).

After discharge from the facility, if he/she again develops symptoms of fever, cough or breathing difficulty he will contact the COVID Care Centre or State helpline or 1075. His/her health will again be followed up through tele-conference on 14th day.

2. Moderate cases admitted to Dedicated COVID Health Centre (Oxygen beds)

2.1. Patients whose symptoms resolve within 3 days and maintains saturation above 95% for the next 4 days

Cases clinically classified as “moderate cases” will undergo monitoring of body temperature and oxygen saturation. If the fever resolve within 3 days and the patient maintains saturation above 95% for the next 4 days (without oxygen support), such patient will be discharged after 10 days of symptom onset in case of:

- Absence of fever without antipyretics
- Resolution of breathlessness
- No oxygen requirement

There will be no need for testing prior to discharge.

At the time of discharge, the patient will be advised to follow the home isolation for 7 days as per guidelines available at <https://www.mohfw.gov.in/pdf/GuidelinesforHomeIsolationofverymildpresymptomaticCOVID19cases.pdf>).

2.2. Patient on Oxygenation whose fever does not resolve within 3 days and demand of oxygen therapy continues

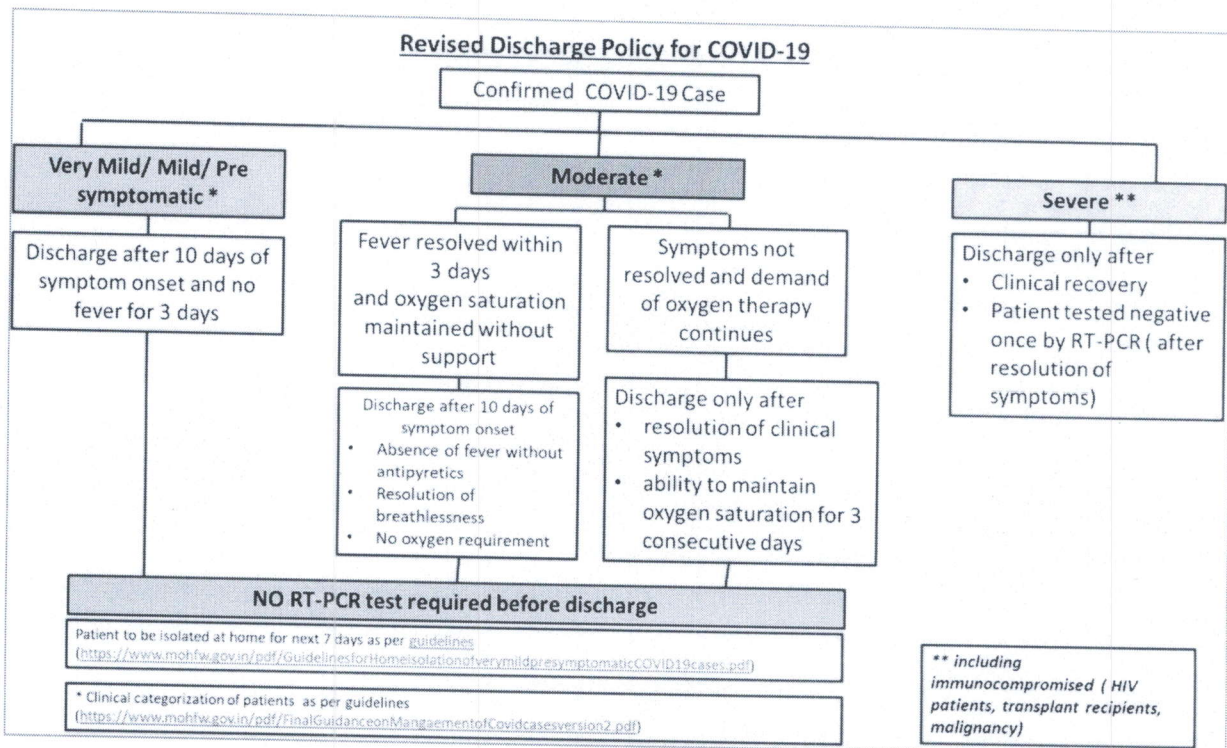
Such patients will be discharged only after

- resolution of clinical symptoms
- ability to maintain oxygen saturation for 3 consecutive days

3. Severe Cases including immunocompromised (HIV patients, transplant recipients, malignancy)

Discharge criteria for severe cases will be based on

- Clinical recovery
- Patient tested negative once by RT-PCR (after resolution of symptoms)



MoHFW Document.

Frequently Asked Questions (FAQs) on Revised Discharge Policy, dated 8th May, 2020

A revised discharge policy for COVID-19 cases was issued by MoHFW on 8th May, 2020. (Available at: <https://www.mohfw.gov.in/pdf/ReviseddischargePolicyforCOVID19.pdf>). The policy was prepared in consultation with ICMR and is in line with the MoHFW's guidelines on the categorization of the patients based on clinical severity and their management in the 3 tier COVID facilities (Available at: <https://www.mohfw.gov.in/pdf/FinalGuidanceonMangaementofCovidcasesversion2.pdf>).

FAQs

1. What was earlier criteria for discharging COVID-19 patients

The earlier criteria for discharging rt-PCR positive were (a) chest radiograph has cleared and (b) two consecutive negative test results on rt-PCR.

2. What is the new discharge policy for COVID-19 patients?

For mild/very mild/pre-symptomatic cases

- Patient can be discharged after 10 days of symptom onset and no fever for 3 days
- No need for testing prior to discharge
- Patient will be advised to follow home isolation for a further 7 days after discharge

For moderate cases

- Patient can be discharged (a) if asymptomatic for 3 days and (b) after 10 days of symptom onset
- No need for testing prior to discharge
- Patient will be advised to follow home isolation for a further 7 days after discharge

For severe cases

- Clinical recovery
- Patient tested negative once by RT-PCR (after resolution of symptoms)

3. Why was the discharge policy changed?

Several countries have changed the criteria for discharge from 'test based strategy to 'symptom based strategy' or 'time based 'strategy. A review of ICMR laboratory surveillance data also indicated that after initial rt-PCR positive results, patients became negative after a median duration of 10 days. Recent studies have also suggested that the viral load peaks in the pre-symptomatic period (2 days before symptoms) and goes down over the next 7 days.

4. How then it will be established that a patient is cured of the disease?

Being cured of a disease may have different connotations for general public, treating doctors and the virologists. Unless there is a fear of resurgence of infection and subsequent transmissibility of an infection, resolution of clinical manifestation is usually taken as an evidence for cure.

5. Is there a risk of transmission from patients discharged based on the revised criteria?

Available evidence does not indicate any increase in the risk of transmission from patients discharged based on the revised discharge criteria. The revised criterion also specifies that such patients will follow home isolation for a further 7 days.

6. What precautions the patient should undertake during home isolation?

It has to be remembered that provision for home isolation of pre-symptomatic/very mild/mild confirmed cases of COVID-19 has been made, provided that such patients are assessed to be eligible for the same in terms of their clinical status and feasibility to successfully isolate in home environment settings. This should be done after signing a self-declaration form by the patient.

Such patients (with no co-morbidities) should at all times use triple layer medical mask. Patient must stay in the identified room and away from other people in home, especially elderlies and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc. They should maintain strict personal hygiene and self-monitor his/her health with daily temperature monitoring and report promptly if develops any deterioration of symptom.

Detailed eligibility criteria and advisory for such patients is available at <https://www.mohfw.gov.in/pdf/RevisedguidelinesforHomeIsolationofverymildpresymptomaticCOVID19cases10May2020.pdf>

7. Is there a need to get tested after the home isolation period is over?

No. As per the latest revised discharge policy, there is no need for testing prior to discharge all pre-symptomatic/very mild/mild confirmed cases of COVID-19 after 10 days of symptom onset and no fever for 3 days. Therefore it stands to reason, that no testing is also needed for patients undergoing home isolation (pre-symptomatic/very mild/mild confirmed cases) after the home isolation period is over.

8. What does the current discharge policy mean for patients who are being home isolated?

As detailed above, as far as testing is concerned, there is no need for testing after the home isolation period is over. However, (as the current discharge policy advises patients to remain in home isolation for a 7 days period after discharge), the period of home isolation would end after 17 (10+7) days of symptom onset and no fever for 10 (3+7) days. The Home Isolation Guidelines as at <https://www.mohfw.gov.in/pdf/RevisedguidelinesforHomeIsolationofverymildpresymptomaticCOVID19cases10May2020.pdf> should be strictly followed.

9. Does this policy apply to those undergoing home or facility quarantine?

Discharge policy is meant for patients (symptomatic/pre-symptomatic) diagnosed (using rt-PCR testing) to be suffering from COVID-19. Quarantine (home or facility) is meant for asymptomatic/healthy persons who may have been exposed to the COVID-19 infection but are not manifesting any symptoms. Therefore there is no question of discharge of such persons. However their stay under quarantine period will remain 14 days from the date of last exposure. The MHA Guidelines dated 5th May, 2020 as available at <https://www.mha.gov.in/sites/default/files/MHA%20SOPs%20Dt.%205.5.2020%20reg%20movement%2>

0of%20Indian%20nationals%20stranded%20outside%20the%20country%20and%20of%20specified%20persons%20to%20travel%20abroad.pdf should be followed.