Sub : Advisory to candidates recruited in the SSC CGLE 2017 – Instructions regarding guidelines on Covid-19 to be followed by the candidates while appearing for PET/Document Verification.

The following guidelines are issued for strict compliance by candidates with respect to the quarantine period to be observed and quarantine facilities available here while appearing for PET/Document Verification.

2. All candidates reaching after interstate travel appearing for PET/Document verification are advised to follow the guideline on Covid19 testing and quarantine/isolation issued by the Government of Kerala vide Order No.31/F2/2020/Health dated 03.06.2020 Part II in this regard (enclosed herewith).

3. For persons who have undertaken interstate travel the said guidelines stipulates a 14 days strict home quarantine and 14 days observation for symptoms and follow strict safety guidelines in this regard as per the guidelines cited above.

4. A certificate (ie., Quarantine Release Certificate ) for successful completion of quarantine period will be issued by the State health authorities after the 14 days of strict home quarantine.

5. In view of the above and the prevailing Covid-19 pandemic conditions in Kerala, all the candidates coming after interstate travel appearing for
PET/document verification are required to produce the said “Quarantine Release Certificate” issued by the State Health Authorities.

6. Candidates are advised to make their own arrangements for the quarantine period. (Details of quarantine facilities available in Kochi are given in the website https://norkaroots.org/en/covid-services.

7. In view of the pandemic conditions all the candidates are required to wear face masks, keep social distancing, observe respiratory hygiene, etc. as stipulated in this regard by the state health authorities.

(Sureshbabu P.G)
Assistant Commissioner (Prev)

Copy submitted to:

1. The Chief Commissioner of Central Tax, Central Excise & Customs, Thiruvananthapuram Zone
2. The Commissioner of Central Tax and Central Excise, Kochi
3. The Joint Commissioner (P&V), Central Tax and Central Excise, Kochi

Copy to:

1. The Superintendent(EDP) for uploading in the office website
2. The Hindi Officer for Hindi Version
COVID-19 (nCorona) Virus Outbreak Control and Prevention State Cell
Health & Family Welfare Department
Government of Kerala

REVISED GUIDELINE ON COVID-19 TESTING AND QUARANTINE / ISOLATION
No./31/F2/2020/Health – 3rd June 2020

The COVID-19 Pandemic has affected all countries with lakhs of people being affected and lakhs of deaths worldwide. New data from the world over has provided more insights into the dynamics of disease transmission prompting revision of the strategies for prevention and control.

In this background, the Revised Guideline on COVID-19 Testing and Quarantine/Isolation is issued. This advisory supersedes all previous guidelines pertaining to testing and quarantine/isolation.

Part-I

Testing Matrix

<table>
<thead>
<tr>
<th>Category</th>
<th>Description</th>
<th>Test to be applied</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>All symptomatic* patients who have undertaken international travel/interstate travel in the last 14 days</td>
<td>RT-PCR</td>
</tr>
<tr>
<td>2</td>
<td>All symptomatic* contacts (Primary &amp; Secondary) of laboratory confirmed cases</td>
<td>RT-PCR</td>
</tr>
<tr>
<td>3</td>
<td>Asymptomatic primary contacts of a laboratory confirmed case</td>
<td>Pooled RT-PCR testing, on day 8 from last contact</td>
</tr>
<tr>
<td>4</td>
<td>All patients with severe acute respiratory illness (SARI)</td>
<td>RT-PCR</td>
</tr>
<tr>
<td>5</td>
<td>All individuals with ILI from containment zones#</td>
<td>RT-PCR</td>
</tr>
<tr>
<td>6</td>
<td>All Guest workers (Migrants) with ILI</td>
<td>RT-PCR</td>
</tr>
<tr>
<td>7</td>
<td>All hospitalized patients (for Non-COVID symptoms) who develop ILI symptoms</td>
<td>RT-PCR</td>
</tr>
<tr>
<td>8</td>
<td>All symptomatic (ILI) health care workers/line workers (Community volunteers,</td>
<td>RT-PCR</td>
</tr>
<tr>
<td></td>
<td>Description</td>
<td>Test Type</td>
</tr>
<tr>
<td>---</td>
<td>-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>--------------------</td>
</tr>
<tr>
<td>9</td>
<td>ILI family clusters (two or more cases) and ILI in high risk population (Age more than 60 yrs, persons with co-morbidities, antenatal and immediate postnatal women)</td>
<td>RT-PCR</td>
</tr>
<tr>
<td>10</td>
<td>Asymptomatic prisoner brought to jail after parole/asymptomatic new prisoners brought to jail. (Refer: COVID-19- Advisory For Quarantine And Testing Of Prisoners Who Are Newly Incarcerated Or Returning To Jail After Parole. No.31/F2/2020/Health-20th May 2020)</td>
<td>Pooled RT-PCR testing</td>
</tr>
</tbody>
</table>
| 11| **A.** Symptomatic antenatal COVID suspects  
**B.** Asymptomatic antenatal women with travel history outside Kerala, between 5-14 days of arrival in Kerala  
**C.** Any COVID suspect on whom emergency surgery is being planned  
**D.** Any COVID suspected death which requires testing for further actions  
**E.** Any sick patients with SARI for whom an early test result will have a role in clinical management  
| 12| Patients coming from containment zones presenting as stroke in young, multi-vessel/large vessel stroke, Kawasaki like illness, multi system inflammatory syndrome, hyper-inflammatroy shock, toxic shock syndrome like illness in children and Acute Myocardial infarction. | RT-PCR             |
| 13| All patients posted for elective surgeries                                                                                                                                                               | Pooled RT-PCR      |
| 14| Symptomatic contact of an international/interstate traveller in the last 14 days                                                                                                                             | RT-PCR             |
| 15| Follow-up^ samples of laboratory confirmed hospitalised case;                                                                                                                                              | RT-PCR             |
- 1st follow-up samples to be taken on the 7th day from date of first positivity.
- Subsequent follow-up up samples to be taken 48 hrs apart
- When negative, next follow up sample to be taken after 24 hrs

* Symptoms like Mild Sore throat/Cough/Rhinitis/Diarrhoea with or without Fever
# List of containment zones are available on the daily bulletin; https://dhs.kerala.gov.in/
^ Follow up samples are those subsequent samples taken from a laboratory confirmed hospitalised case

NB: 1. ILI case is defined as one with acute respiratory infection with fever ≥ 38°C and cough
  2. SARI is defined as one with acute respiratory infection with fever ≥ 38°C and cough requiring hospitalization.
**Part-II**

**Quarantine / Isolation Matrix**

<table>
<thead>
<tr>
<th>Group</th>
<th>Description</th>
<th>Quarantine/Isolation</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Laboratory confirmed case of COVID-19</td>
<td>14 days of home isolation from day of discharge. (Two consecutive negative follow-up samples taken 24 hours apart required for discharge).</td>
</tr>
</tbody>
</table>
| 2     | a. Persons who have undertaken international travel / interstate travel in the last 14 days  
      | b. Primary HIGH risk contact                                                  | 14 days strict home quarantine followed by 14 days observation for symptoms for all members in home quarantine. During observation period, they are required to avoid all non-essential travel and practice strict adherence to mask use, practice personal and hand hygiene. Cough and sneeze hygiene should be practiced. Any symptoms during this period should be reported to DISHA. |
| 3     | a. Primary LOW risk contact                                                 | 14 days of home quarantine. Any symptoms during this period should be reported to DISHA.              |
|       | b. Symptomatic health care worker with contact with a confirmed case with breach in PPE- EVEN IF TESTED NEGATIVE |                                                                                                          |
| 4     | a. Secondary contact                                                        | For 14 days avoid all non-essential travel and practice strict adherence to mask use, practice personal, cough, sneeze and hand hygiene. Avoid community/social contact. Any symptoms during this period should be reported to DISHA. |
|       | b. Local contacts of people coming from country/area with community/local transmission |                                                                                                          |
Part-III

Classification of contacts

Primary Contact: Any person who has come in contact with a laboratory confirmed case of COVID-19.

Secondary Contact: Any person who has come in contact with a primary contact.

High Risk (HR) Contact:
1. Contact with a confirmed case of COVID-19.
2. Travelers who have visited an area of hospital where COVID-19 cases are being treated.
3. Travel to a locality where active COVID-19 community spread is suspected or clustering of confirmed COVID-19 cases are detected in the last 14 days.
4. Touched body fluids of patients (respiratory tract secretions, blood, vomitus, saliva, urine, faeces).
5. Had direct physical contact with the body of the patient including physical examination without PPE.
6. Touched or cleaned the linens, clothes or dishes of the patient.
7. Close contact, within 3 feet (1 metre) of the confirmed case.
8. Co-passengers in an airplane/vehicle seated in the same row, 3 rows in front and behind of a confirmed COVID-19 case.

Low Risk (LR) Contact:
1. Shared the same space (same classroom/same room for work or similar activity and not having high risk exposure to the confirmed/suspected case).
2. Travel in the same environment (bus/train) but not having high risk exposure as cited above.
3. Any traveller not satisfying high risk criteria.

Principal Secretary