

## कार्यालय जिला एवं सत्र न्यायाधीश, बैतूल (म.प्र.)

पृष्ठा.क्रमांक 8444 / दो-12-11 / 2014

बैतूल, दिनांक 20/03/2020

### प्रतिलिपि यथा निर्देशित :-

1. श्री राकेश मोहन प्रधान, विशेष न्यायाधीश, (एट्रोसिटी) बैतूल।
2. श्री कमलेश कुमार इटावदिया, प्रथम अपर जिला न्यायाधीश, बैतूल
3. श्री अनुज त्यागी, द्वितीय अपर जिला न्यायाधीश, बैतूल
4. श्री महेन्द्र कुमार त्रिपाठी, तृतीय अपर जिला न्यायाधीश, बैतूल
5. श्री राजकुमार गुप्ता, प्र.अ.जि.न्या., बैतूल के न्यायालय के चतुर्थ अति.न्या.बैतूल
6. श्रीमति रेखा आर.चन्द्रवंशी, प्र.अ.जि.न्या.बैतूल के न्यायालय के तृतीय अति.न्या.बैतूल
7. श्री ए.के.दंदेलिया, प्र.अ.जि.न्या., बैतूल के न्यायालय के द्वितीय अति.न्या.बैतूल
8. श्री हरप्रसाद बंशकार, प्रथम अपर जिला न्यायाधीश, मुलताई
9. श्री सुशील कुमार जोशी, द्वितीय अपर जिला न्यायाधीश, मुलताई
10. श्री कृष्णदास महार, तृतीय अपर जिला न्यायाधीश, मुलताई
11. श्री चित्रेन्द्रसिंह सोलंकी, अपर जिला न्यायाधीश, भैसदेही
12. श्रीमति अनिता खजूरिया, मुख्य न्यायिक दंडाधिकारी बैतूल
13. श्री दीनानाथ वाडिवा, द्वितीय व्यवहार न्यायाधीश, वर्ग-1 बैतूल
14. श्रीमति सुनीता ताराम, चतुर्थ व्यवहार न्यायाधीश, वर्ग-1 बैतूल
15. श्रीमति रंजीता राव सोलंकी, व्यवहार न्यायाधीश, वर्ग-1 मुलताई
16. श्रीमति मंजूषा तेकाम, व्यवहार न्यायाधीश, वर्ग-1 भैसदेही
17. कुश्वेता खरे, द्वितीय व्यवहार न्यायाधीश वर्ग-2, बैतूल.
18. श्रीमति कमला गौतम, प्रथम व्यवहार न्यायाधीश, वर्ग-2 मुलताई
19. श्री विनोद अहिरवार, अति. व्यवहार न्यायाधीश, वर्ग-2 भैसदेही
20. श्री सिद्धार्थ शर्मा, अतिरिक्त व्यवहार न्यायाधीश, वर्ग-2 आमला
21. सुश्री प्रियंका कुशवाह, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के प्रथम अति.न्याया.बैतूल
22. कु.पूर्वी तिवारी, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के द्वितीय.अति.न्यायाधीश, बैतूल
23. श्री अजय उईके, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के तृतीय.अति.न्यायाधीश, बैतूल
24. श्री दीपेन्द्र मालू, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के चतुर्थ.अति.न्यायाधीश, बैतूल
25. श्री कौस्तुभ खेडा, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के पंचम.अति.न्यायाधीश, बैतूल
26. श्री आशीष मिश्रा, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के षष्ठम.अति.न्याया, बैतूल
27. श्री विशाल रिछारिया, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के सप्तम.अति.न्याया, बैतूल
28. श्री कृष्णा वोहरा, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के अष्टम.अति.न्यायाधीश, बैतूल
29. श्री अभिषेक साहू, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के नवम.अति.न्यायाधीश, बैतूल
30. श्री अंशुल चन्द्रा, प्र.व्य.न्या.वर्ग-2 बैतूल के न्याया.के दसम.अति.न्यायाधीश, बैतूल
31. स्टेनोग्राफर, न्यायालय- जिला एवं सत्र न्यायाधीश, बैतूल।

की ओर माननीय उच्च न्यायालय मध्य प्रदेश जबलपुर के परिपत्र क्रमांक बी/1738 दिनांक 20.03.2020 की की छायाप्रति ई-मेल आई डी पर सूचनार्थ प्रेषित।

संलग्न : उपरोक्तानुसार.

यारस्ते-जिला एवं सत्र न्यायाधीश  
बैतूल (म.प्र.)



**HIGH COURT OF MADHYA PRADESH**  
**PRINCIPAL SEAT AT JABALPUR**

// CIRCULAR //

No. B / 1738

Dated 20/03/2020

In view of the outbreak of the Novel Coronavirus (COVID-19) and the advisory issued by the Government of India, following precautionary measures are being put in place, to avoid the spread of Novel Coronavirus (COVID-19) infection and to avoid mass gathering in the High Court premises:

- 1) All staff of the High Court are hereby directed that no public dealing shall be entertained after 03:00 pm.
- 2) Filing Section will not accept any petitions/applications/documents etc. after 03:00 p.m.
- 3) If any staff member is suffering from the symptoms like flue, cough, cold, fever etc., he/she shall immediately contact Doctor and he/she or his/her colleague shall inform the Registrar General accordingly.
- 4) Staff members, as far as possible, will maintain a minimum distance of one metre among them during working hours.
- 5) All common areas shall be sanitized daily between 09:30 am to 10:00 am and after 06:00 pm onwards, by the appropriate agency.
- 6) All canteens, photocopy shops and other shops situated within the High Court premises shall remain completely closed till 31/03/2020.

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- 7) All Advocates, their staff members and litigants are advised to avoid gathering/assembling at any spot and to leave the premises as soon as their official work is over.
- 8) Bar Associations are also requested to issue advisory for the safety of Bar members, their staff and litigants.
- 9) Registrar (Administration) will ensure the cleanliness and sanitisation in the premises.
- 10) In addition to above, guidelines issued by the Central Government, State Government and Hon'ble the Supreme Court in this behalf shall also be complied by all concerned in letter & spirit.

These guidelines be complied strictly. Any violation of the aforementioned guidelines shall be viewed seriously.

  
(Rajendra Kumar Vani) 19/3/2020  
Registrar General

**मध्यप्रदेश शासन**  
**लोक स्वास्थ्य एवं परिवार कल्याण विभाग**  
**मंत्रालय**

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क्रमांक 36/प्र.स./स्वा/सत्रह/ मंडि-तीन

भोपाल, दिनांक 15/03/2020

प्रति,

1. अपर मुख्य सचिव/प्रमुख सचिव/सचिव  
मध्य प्रदेश शासन,  
शासन के समस्त विभाग,  
समस्त विभागाध्यक्ष
2. समस्त संभागायुक्त/ कलेक्टर मध्य प्रदेश
3. समस्त मुख्य कार्यपालन अधिकारी, जिला पंचायत/जनपद पंचायत

विषय:- COVID-19 (कोरोना वायरस) के संबंध में दिशा निर्देश।

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COVID-19 (कोरोना वायरस) संक्रमण विश्व के 135 देशों में फैल चुका है तथा लगभग डेढ़ लाख लोग इससे प्रभावित हैं। विश्व स्वास्थ्य संगठन द्वारा COVID-19 (कोरोना वायरस) रोग के फैलने की गंभीर स्थिति को देखते हुए इसे महामारी (Pandemic) घोषित किया गया है।

2/ उपरोक्त परिस्थिति को देखते हुए आज दिनांक 15.03.2020 राज्य शासन द्वारा निर्णय लिया गया है कि :-

1. स्कूलों और कॉलेजों को 31 मार्च 2020 तक बंद किया जाए।
2. सिनेमा हॉल तथा मैग्जि हॉल को 31 मार्च 2020 तक बंद किया जाए।
3. सार्वजनिक पुस्तकालयों, वाटर पार्क, जिम तथा स्वीमिंग पूल को 31 मार्च 2020 तक बंद रखे जाने के लिये आदेश जारी किये जाए।
4. आगनवाडियों को 31 मार्च 2020 तक बंद किये जाने हेतु आदेश प्रसारित किये जाए।
5. कर्मचारियों की वायो-मेट्रिक उपस्थिति को 31 मार्च 2020 तक बंद किया जाए।
6. आधिकारिक यात्रा, प्रशिक्षणों तथा सार्वजनिक समारोहों को 31 मार्च 2020 तक स्थगित किया जाए।
7. धार्मिक समारोहों को कम से कम करने के लिए धार्मिक प्रमुखों से आग्रह किया जाए।

8. 20 से अधिक लोगों की सभाओं के आयोजन को रोकने के लिए कानूनी दायित्व दिया जाएगा।
9. विशेष बैरियाँ एवं आपदा स्थिति में निपटने हेतु अनिवार्य विनीय प्रावधान किया जाएगा।

मध्य प्रदेश के राज्यपाल के नाम में  
तथा आदेशानुसार

(डॉ. पल्लवी जैन गोविल)

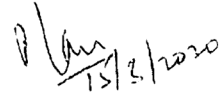
प्रमुख सचिव,  
लोक स्वास्थ्य और परिवार कल्याण विभाग  
मध्यप्रदेश शासन

पु.क्रमांक-37/मंत्र/ मेडि-तीन

भोपाल, दिनांक 15/03/2020

प्रतिलिपि :-

1. प्रमुख सचिव, मुख्यमंत्री, मंत्रालय भोपाल।
2. सचिव, राज्यपाल, मध्य प्रदेश, भोपाल।
3. प्रमुख सचिव, विधानसभा, मध्यप्रदेश।
4. उप सचिव, मुख्य सचिव, मध्य प्रदेश।
5. विशेष सहायक, माननीय मंत्रीजी, लोक स्वास्थ्य एवं परिवार कल्याण, मध्यप्रदेश।
6. नियंत्रक, खाद्य एवं औषधि संचालनालय, भोपाल।
7. समस्त संभागीय संचालक/मुख्य चिकित्सा एवं स्वास्थ्य अधिकारी/मिविल सर्जन सह-मुख्य अस्पताल अधीक्षक की ओर सूचनार्थ प्रेषित।

  
15/3/2020

प्रमुख सचिव,

लोक स्वास्थ्य और परिवार कल्याण विभाग  
मध्यप्रदेश शासन

**SUPREME COURT OF INDIA**

(Admn. General Branch)

F. No. 212/MISC/PF/2020/SCA(G)

Date: 14.03.2020

**CIRCULAR**

In view of the advisory issued by the Government of India cautioning against mass gathering(s), to avoid the spread of Novel Coronavirus (COVID-19) infection and to avoid gathering which are considered unsafe, following precautionary measures are being put in place:

- 1) Non-essential visits to the Supreme Court premises are discouraged and accordingly the entry of casual visitors shall remain restricted until further orders;
- 2) All cafeterias, including the Departmental Canteen, are being advised to remain closed until further orders;
- 3) The Guided Tour of the Supreme Court shall remain suspended & Supreme Court Museum shall remain closed to visitors, both until further orders;
- 4) All licensed vendors are being asked to compulsorily stock alcohol-based sanitizer(s) with dispenser(s), for use by customers as and when required;
- 5) All common areas including restrooms, corridors, staircases, etc. shall be sanitized after 6.00 p.m. and hence stakeholders are requested to vacate their respective offices/establishments and exit the premises preferably by 5.30 pm ;
- 6) All stakeholders who may have a travel history to the affected areas/countries, as may be notified from time to time by the Government(s), or who may have symptoms of fever, sore throat, cough, runny nose or breathing difficulty, are advised to self-restrain themselves from presently visiting the Supreme Court premises;

P.T.O...

- 7) All entrants to the Supreme Court premises may be required to subject themselves to thermal-screening and persons detected with high body temperature would be denied entry and further, may be subject to the SOP prescribed by the Government of India, Ministry of Health from time to time; in this regard, all concerned may note that the Government of NCT of Delhi has already invoked the relevant provisions of the Epidemic Diseases Act, 1897 and notified **The Delhi Epidemic Diseases, COVID-19 Regulations, 2020** thereunder vide No. F. 51/DGHS/PH-IV/COVID-019/202-215 dated 12.03.2020; **(copy enclosed)**
- 8) Lawyers and litigants from across the country who would presently like to avoid travel or a visit to the Supreme Court of India, may write to the Registry by email to **office.regj1@sci.nic.in**, apprising such fact and details of their case(s) with request that their matter(s) may not be listed until the aforesaid restrictions remain in force;
- 9) All entrants, including lawyers/litigants/clerks entering Courts, would be advised not to crowd at any spot and to exit the premises as soon as their official business has ended, thereby helping themselves and others remain safe;
- 10) All concerned may refer to the aforesaid Regulations, more particularly on 'screening' and 'dealing with suspect and symptomatic cases', and also refer to **Guidelines for 'Home Quarantine', Guidelines for 'Use of masks by public'** and the 'Do's and Don'ts' issued by the Ministry of Health and Family Welfare, Govt. of India, and co-operate in ensuring compliance thereof. **(Copies enclosed)**

This issues with the approval of the Competent Authority.

Sd/-

(Dr. Sushil Kr. Sharma)  
Assistant Registrar (AG)

Encl. As above



(TO BE PUBLISHED IN PART-IV OF DELHI GAZETTE EXTRA ORDINARY)  
GOVERNMENT OF NATIONAL CAPITAL TERRITORY OF DELHI  
HEALTH & FAMILY WELFARE DEPARTMENT  
9TH LEVEL, A-WING, DELHI SECRETARIAT, IP ISLAH, NEW DELHI - 110 002

No. F. 51/DCHS/PH-IV/COVID-19/ 2020-21 Date: 17/3/2020  
(CD-000597848)

NOTIFICATION

In exercise of the powers conferred under Section 2, 3 & 4 of The Epidemic Diseases Act, 1897, The Lt. Governor of Delhi is pleased to issue following regulations COVID-19 (Corona Virus Disease - 2019).

1. These regulations may be called The Delhi Epidemic Diseases, COVID-19 Regulations, 2020.
2. "Epidemic Disease" in these regulations means COVID-19 (Corona Virus Disease 2019)
3. Authorized Persons under this act are Secretary (Health & FW), Director General Health Services (DCHS), at State Level and District Magistrate, Chief District Medical Officer (CDMO), Sub-Divisional Magistrate (SDM) and District Surveillance Officer (DSO) in the districts and officers as authorized by Department of Health & Family Welfare Department, Govt. of NCT of Delhi.
4. All Hospitals (Government & Private) should have flu corners for screening of suspected cases COVID-19 (Corona Virus Disease 2019)
5. All Hospitals (Government & Private) during screening of such cases shall record to ascertain history of travel of the person if he/she has travelled to any country or area where COVID-19 has been reported. In addition the history of coming in contact with a suspected or confirmed case of COVID-19 shall be recorded.
  - i) In case the person has any such history in last 14 days and the person is asymptomatic then the person must be kept in home quarantine for 14 days from the day of exposure
  - ii) In case the person has any such history in last 14 days and the person is symptomatic as per case definition of COVID-19, person must be isolated in a hospital and will be tested for COVID-19 as per protocol.
  - iii) Information of all such cases should be given to office of CDMO of the respective District immediately.
6. No person/institution/organization will use any print or electronic media for information regarding COVID-19 without prior permission of the Department of Health & Family Welfare, Govt. of NCT of Delhi. This is to avoid spread of any rumour or unauthenticated information regarding COVID-19. In case any person/ institution /organization is found indulging in such activity, it will be treated as a punishable offence under these regulations.



17/3/2020

7. No Private Laboratory has been authorized to take or test samples for COVID-19 in the NCT of Delhi. All such samples will be collected as per guidelines of Government of India and these will be sent to designated laboratory by the Nodal Officer by the designated hospitals of the Department of Health & Family Welfare Department, Govt. of NCT of Delhi of the concerned District under intimation to District Surveillance Officer (DSO) of concerned District.
8. If any person with a history of travel in last 14 days to a country or area from where COVID-19 has been reported, develop symptoms, he must contact the State/District control rooms (as per Annexure-I) so that necessary measures if required may be initiated by the Department of Health & Family Welfare, Govt. of NCT of Delhi.
9. All persons with a history of travel to a country or area from where COVID-19 has been reported in last 14 days, but who do not have any symptoms of cough, fever, difficulty in breathing, should isolate themselves at home. Such persons must take precautions to avoid contact with any person including family members for 14 days from the date of arrival from such area.
10. Authorized persons as per section 3 of these regulations are authorized under this act to admit a person and isolate the person if required in case he/she has a history of visit to an area where COVID-19 is endemic and the concerned person is symptomatic.
11. If there are sufficient reasons, cause or information to suspect or believe that any persons could be infected with COVID-19 and his continued presence in a premises is hazardous to the public safety, it shall be lawful for a Surveillance Personnel to enter any such premises, after giving reasonable opportunity to the owner/occupier, for the purpose of surveillance of instances of fever or cough or respiratory difficulty, enquire into or undertake physical examination, as he/she thinks fit, and such person(s) shall be bound to cooperate and render all possible assistance to facilitate such surveillance, inspection, enquiry and examination.
12. If consequent upon such inquiry, inspection, examination or otherwise, Surveillance Personnel has reason to believe or suspect that such a person could be infected with COVID-19, the Surveillance Personnel may direct/arrange to put that person(s) in home quarantine or direct/escort that persons(s) to an 'Institutional Quarantine Facility' or an 'Isolation Facility'.
13. It shall be mandatory for Medical Officers in Government Health Institutions and registered Private Medical Practitioners, including AYUSH practitioners, to notify such person(s) to the concerned District Surveillance Unit, along with duly filled up self declaration forms, who, within their knowledge, are having travel history to COVID-19 affected countries as per the extant guidelines and are having complaints of fever or cough or respiratory difficulty or even without any signs and symptoms of the Epidemic disease.



14. If the owner or occupier(s) of any premises or any individual suspected/confirmed with COVID-19, refuses to take measures for prevention or treatment i.e., Home quarantine/Institutional Quarantine/Isolation or any such person refuses to co-operate with, render assistance to or comply with the directions of the Surveillance Personnel, the concerned District Magistrate having jurisdiction and specifically authorized by the District Magistrate in this regard, may pass an appropriate order and may proceed with proceedings under Section 133 of the Code of Criminal Procedure, 1973 (2 of 1974) or take any other coercive action as deemed necessary and expedient for enforcing such cooperation and assistance. In case of a minor, such Order shall be directed to the guardian or any other adult member of the family of the minor.

15. All advisories issued/to be issued by the Government of India on COVID-19 will ipso-facto be treated as directions under this Act in NCT of Delhi.

16. If cases of COVID-19 are reported from a defined geographic area, the Authorized Person(s) with the approval of State Task Force constituted for containment of COVID-19 shall have the right to implement following containment measures, but not limited to these, in order to prevent spread of the disease:

- i) Sealing of the geographical area.
- ii) Banning entry and exit of population from the containment area.
- iii) Closure of schools, offices and banning public gatherings.
- iv) Banning vehicular movement in the area.
- v) Initiating active and passive surveillance of COVID-19 cases.
- vi) Hospital isolation of all suspected cases.
- vii) Designating any Government building as containment unit for isolation of the cases.
- viii) Staff of all Government departments will be at disposal of District administration of the concerned area for discharging the duty of containment measures.
- ix) Any other measure as directed by Department of Health & Family Welfare, Govt. of NCT of Delhi.

17. With the concurrence of Health & Family Welfare Department of Govt. of NCT of Delhi, District Disaster Management Committee headed by District Magistrate is authorized for planning strategy regarding containment measures for COVID-19 in their respective districts. The District Magistrate may co-opt more officers from different departments for District Disaster Management Committee for this activity under these regulations.

18. **Penalty:** Any person /institution/organization found violating any provision of these regulations shall be deemed to have committed an offence punishable under section 188 of Indian Penal Code (45 of 1860). Principal



Secretary/Secretary, Health & Family Welfare or District Magistrate of a District may penalize any person/institution/organization if found violating provisions of these regulations or any further orders issued by Government under these regulations

19. **Protection to person acting under ACT** No suit or legal proceeding shall lie against any person for anything done or intended to be done in good faith under this act unless proved otherwise.
20. These regulations shall come into force immediately and shall remain valid for a period of one year from the date of publication of this notification.

By order and in the name of  
Lt. Governor of National Capital Territory of Delhi



(Ajay Bisht)

Deputy Secretary (Health & FW)

No. F. 51/DGHS/PH-IV/COVID-19/202-215

Date: 12-03-2020

**Copy to:**

1. Addl. Chief Secretary (Transport), Govt. of Delhi
2. Addl. Chief Secretary (Home), Govt. of Delhi
3. Commissioner of Police
4. Chairman, NDMC
5. Pr. Secretary to Hon'ble LG, Raj Niwas, Delhi
6. Additional Secretary to Hon'ble CM, Govt of Delhi
7. OSD to Hon'ble Minister of Health
8. OSD to Chief Secretary, Govt. of Delhi
9. All Pr. Secretaries/Secretaries//HODs/Heads of all Autonomous Bodies/Institutions/Colleges under Govt. of NCT of Delhi
10. Secretary (GAD), Govt. of NCT of Delhi
11. Director General Health Services, Govt. of NCT of Delhi, Delhi - 32
12. All the District Magistrates, Govt. of NCT of Delhi
13. Director, Directorate of Family Welfare, GNCT of Delhi, New Delhi
14. All MSs/Directors of all Hospitals under Govt. of NCT of Delhi.
15. All Chief District Medical Officers, Govt. of NCT of Delhi



(Ajay Bisht)

Deputy Secretary (Health & FW)

**Government of India**  
**Ministry of Health & Family Welfare**  
**Directorate General of Health Services**  
**(EMR Division)**

**Guidelines for home quarantine**

**Scope**

Detection of a travel related/unrelated suspect case of novel Coronavirus Disease (COVID-19) will be followed by rapid isolation of such cases in designated health facilities and line listing of all contacts of such cases. Home quarantine is applicable to all such contacts of a suspect or confirmed case of COVID-19.

This intervention will be limited to the initial phase of India reporting only (i) travel related cases and (ii) focal clusters arising from a travel related/unrelated case where cluster containment strategy is adopted (iii) Persons coming from COVID-19 affected areas where local and community transmission is evident.

**Definition of contact**

A contact is defined as a healthy person that has been in such association with an infected person or a contaminated environment as to have exposed and is therefore at a higher risk of developing disease.

A contact in the context of COVID-19 is:

- A person living in the same household as a COVID-19 case;
- A person having had direct physical contact with a COVID-19 case or his/her infectious secretions without recommended personal protective equipment (PPE) or with a possible breach of PPE;
- A person who was in a closed environment or had face to face contact with a COVID-19 case at a distance of within 1 metre including air travel;

The epidemiological link may have occurred within a 14-day period before the onset of illness in the case under consideration.

**Instructions for contacts being home quarantined**

The home quarantined person should:

Stay in a well-ventilated single-room preferably with an attached/separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.

- Needs to stay away from elderly people, pregnant women, children and persons with co-morbidities within the household.

- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

He should also follow the under mentioned public health measures at all times:

- Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
- Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.
- Masks used by patients / care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
- Used mask should be considered as potentially infected.
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call 011-23978046.

#### **Instructions for the family members of persons being home quarantined**

- Only an assigned family member should be tasked with taking care of the such person
- Avoid shaking the soiled linen or direct contact with skin
- Use disposable gloves when cleaning the surfaces or handling soiled linen
- Wash hands after removing gloves
- Visitors should not be allowed
- In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14 days or till the report of such case turns out negative on lab testing

#### **Environmental sanitation**

- a) Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
- b) Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants
- c) Clean the clothes and other linen used by the person separately using common household detergent and dry.

### **Duration of home quarantine**

- a) The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing

**Ministry of Health and Family Welfare  
Directorate General of Health Services  
[Emergency Medical Relief]**

**Novel Coronavirus Disease (COVID-19)**

**Guidelines on use of masks by public**

**1. Introduction**

A new disease named novel coronavirus (COVID-19) emerged in early December 2019 in China and has now spread to over 90 countries. As on 9<sup>th</sup> March 2020, India has reported 42 cases mostly among those who had travelled from affected countries. It causes a minor illness in majority of patients with symptoms of fever and or cough. A small proportion of such persons may progress to severe disease with difficulty in breathing.

It is spread by an infected person with COVID coughing and the droplets from his cough infecting others in close vicinity (less than 1 metre).

Any such new disease invariably related to cough leads to suggestions from various quarters, especially in social media, to use mask by general public to prevent the disease.

**2. Purpose of this document**

The purpose of this document is to give correct evidence based information to general public on use of mask.

**3. Medical masks**

Medical masks of different size and shapes are available in the market. The common ones are flat pleated masks of woven fabric which covers the nose and mouth and affixed behind the head with straps/ elastic fasteners. There are also conical or duck bill shaped masks with valves (or without valves) that fit in the contour of face over the nose and mouth, but are costlier.

**4. Use of masks by general public**

**4.1. Persons having no symptoms are not to use mask**

Medical masks should not be used by healthy persons who are not having any symptoms because it creates a false sense of security that can lead to neglecting other essential measures such as washing of hands.

Further, there is no scientific evidence to show health benefit of using masks for non-sick persons in the community. In fact erroneous use of masks or continuous use of a disposable mask for longer than 6 hours or repeated use of same mask may actually increase risk of getting an infection. It also incurs unnecessary cost.



In such situation, more effective steps are:

- i. Wash hands frequently with soap and water for 40 seconds. An alcohol based hand sanitizer with 70% alcohol must be used for 20 seconds. If hands are dirty or soiled, do not use alcohol based hand sanitizer, but wash hands preferably with soap and water.
- ii. While coughing or sneezing cover nose and mouth with handkerchief, paper tissue. If handkerchief or tissue paper is not available cough into the flexed elbow. Dispose of tissue immediately after use and wash hands.
- iii. Refrain from touching **face, mouth, nose and eyes**.
- iv. Stay at least a metre away from those coughing or sneezing.
- v. Monitor your body temperature.

#### **4.2. When and who should use medical masks (apart from health care worker).**

4.2.1. When a person develops cough or fever.

Use of medical three layer masks when ill, will prevent your infection from spreading to others. However you also need to wash your hands frequently to avoid spreading infection to others.

4.2.2. While visiting a healthcare facility.

4.2.3. When you are caring for an ill person.

4.2.4. Close family contacts of such suspect/confirmed cases undergoing home care should also use Triple layer medical mask.

#### **4.3. Duration for which a medical mask will remain effective**

A medical mask, if properly worn, will be effective for 8 hours. If it gets wet in between, it needs to be changed immediately.

#### **4.4. Correct procedure of wearing triple layer mask**

While wearing a medical mask, the steps given below needs to be followed. If you do not follow them, you may get infected from the mask itself. These steps are:

- Unfold the pleats; make sure that they are facing down.
- Place over nose, mouth and chin.
- Fit flexible nose piece (a metallic strip that can easily be located) over nose-bridge.

- Secure with tie strings (upper string to be tied on top of head above the ears lower string at the back of the neck.)
- Ensure there are no gaps on either side of the mask, adjust to fit.
- While in use, avoid touching the mask.
- Do not let the mask hanging from the neck.
- Change the mask after six hours or as soon as they become wet.
- Disposable masks are never to be reused and should be disposed off.
- While removing the mask great care must be taken not to touch the potentially contaminated outer surface of the mask
- To remove mask first untie the string below and then the string above and handle the mask using the upper strings.

#### **4.5. Disposal of used masks**

Used mask should be considered as potentially infected. Masks used by patients / care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.

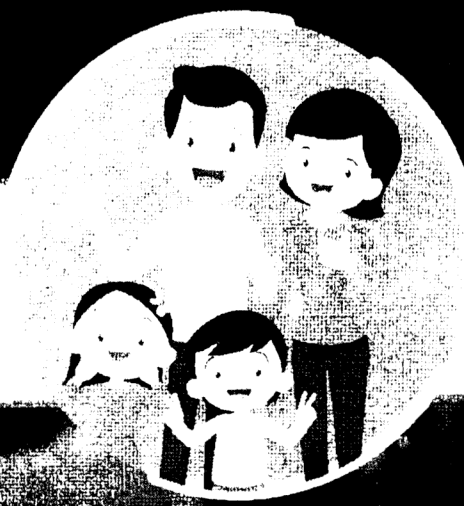


Ministry of Health & Family Welfare  
Government of India



Help us to  
help you

# NOVEL CORONAVIRUS (COVID-19)



## Protect yourself and others! Follow these Do's and Don'ts

### Do's



Practice frequent hand washing. Wash hands with soap and water or use alcohol based hand rub. Wash hands even if they are visibly clean



Cover your nose and mouth with handkerchief/tissue while sneezing and coughing



Throw used tissues into closed bins immediately after use



See a doctor if you feel unwell (fever, difficult breathing and cough). While visiting doctor wear a mask/cloth to cover your mouth and nose



If you have these signs/symptoms please call State helpline number or Ministry of Health & Family Welfare's 24X7 helpline at 011-23978046



Avoid participating in large gatherings

### Don'ts



Have a close contact with anyone, if you're experiencing cough and fever



Touch your eyes, nose and mouth



Spit in public

## Together we can fight Coronavirus

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