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சுவசிரிபாய  
SUWASIRIPAYA

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சுகாதார அமைச்சு  
MINISTRY OF HEALTH

මගේ අංකය ) DGHS/COVID-19/347/2021  
எனது இல )  
My No. )  
ඔබේ අංකය )  
உமது இல )  
Your No : )  
දිනය )  
திகதி ) 2021.12.13  
Date )

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

### **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 04/08/2021 on 'Guideline for Integrated Home-Based Isolation and Management of Asymptomatic and Mild symptomatic COVID-19 Patients', letter No. DGHS/COVID-19/347/2021 dated 10/08/2021 on 'Updated discharge criteria from treatment facilities for COVID-19' and letter No DDG/E&OH/OH/08/2021-II on 'Exit strategy for COVID-19 positive employees'.

My letter No. DGHS/COVID-19/347/2021 dated 30.08.2021 on "Exit strategy for COVID-19 Patients and Contacts" and letter No. DGHS/D(EOH)/36 dated 15/10/2021 on "Screening and testing strategy for COVID-19 for employees in workplaces" are hereby cancelled.

#### **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 No. DGHS/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 employees 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 48hrs 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 offices of the Medical Offices of Health (MOH)** can continue to work with serial RAT on day 3 and 7 with strict adherence to recommended infection prevention and control measures.

2.1.2. **All fully vaccinated\*\* close contacts** who do not belong to 2.1.1 can be released from home quarantine to **report to work** after completion of 7 days with a negative RAT done on Day 7.

2.1.3. All **partially vaccinated or unvaccinated** close contacts can be released from home quarantine to **report to work** after completion of 10 days with a negative RAT done on Day 10.

2.1.4. Close contacts who do not belong to 2.1.1, 2.1.2 or 2.1.3, 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, for the purpose of reporting to work**, can be released from home quarantine after completion of 10 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 done on Day 10.

If there are individual / individuals developing the symptoms subsequently in the same household, the 10 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 Close contacts who do not belong to 2.2.1 above, can be released from quarantine after 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 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.

\*\* Fully vaccinated persons should get the recommended doses of the vaccine to consider as fully vaccinated and should have completed two weeks after the vaccination



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