

GOVERNMENT OF MEGHALAYA
HEALTH & FAMILY WELFARE DEPARTMENT

No. Health.99/2020/164

Dated Shillong the 7th May, 2021

GUIDANCE FOR EARLY DIAGNOSIS AND EARLY TREATMENT OF COVID-19

COVID-19 is a respiratory virus that attaches itself to the throat, the airway and the lungs. It uses the human body as a factory to reproduce itself.

First, the virus attacks the throat and air way and then enters the lungs. This leads to the development of symptoms like **sore throat and dry cough**. At the same time, the body's defence mechanism (immune system) is activated and one develops **high fever** as the body tries to create a hostile environment to kill the virus. People may also **experience fatigue, muscle pain, and headache**. Some persons may also **lose their sense of smell**. These symptoms are considered mild.

Next, the virus travels to the lungs. When the lungs are infected, the body reacts and inflammation sets in. As the air sacs of the lungs get inflamed, the capacity of the lungs to take oxygen is reduced, and this reduces the oxygen supply to the blood. Here, infected persons start to experience **shortness of breath** along with the other symptoms mentioned above.

When the body doesn't recover, more organs of the body are affected. In response to this, the body produces an excess amount of cytokines. Cytokines help the body fight off and kill infections, but too many cytokines overwhelm the body and create what is known as a "cytokine storm." The cytokine storm is connected to lung damage, multiple organ failure, and dangerously high blood pressure among many other issues. The more time passes without recovery, the more damaged the lungs become and this means less oxygen is going to the vital organs of the body, finally leading to death.

There is no cure for the COVID-19 virus and the *best way to prevent illness* is to avoid being exposed to this virus. ***Early diagnosis and early treatment is the most effective strategy to restrict progression of the disease to dangerous levels where it may be difficult for the body to recover.***

1. The first step is to take all precautions to try and avoid getting infected. This can be done by following simple COVID appropriate behaviour which involves wearing double layered masks, maintaining social distancing, practicing respiratory and hand hygiene.
2. Despite following the COVID appropriate behaviour, even if one gets infected, there is no need to panic. The next step to follow would be to monitor oneself and medically address noticeable symptoms like fever, sore throat, cough, etc., by following few **Do's and Don'ts**. Keep oneself informed about important self help practices like proning, using pulse oximeter, deep breathing exercises, etc.,
3. It is important to keep monitoring the symptoms closely and look out for warning signs like shortness of breath, persistent high fever and seek immediate medical advice to avoid any delay in treatment.

While COVID-19 vaccines can help reduce severity of the virus, and also provide protection in the long run, for the time being, staying informed about the virus, its effects and consequences and equipping ourselves with scientific knowledge to keep its progress in check is the best choice that can be made.

In view of the ensuing COVID-19 pandemic, the **Guidance Note for Early Diagnosis and Early Treatment of COVID-19** incorporating **do's** and **don'ts** is hereby issued for the information and guidance of all residents of the State, especially those residing in containment area where the COVID positivity rate is high.

Sd/-

(Sampath Kumar, IAS)

Principal Secretary to the Government of Meghalaya,
Health & Family Welfare Department.

Memo No. Health.99/2020/164-A

Dated Shillong the 7th May, 2021.

Copy to :-

1. The Secretary to the Governor of Meghalaya, Shillong for kind information of the Hon'ble Governor.
2. The Private Secretary to the Chief Minister, Meghalaya, Shillong for kind information of the Hon'ble Chief Minister.
3. The Private Secretary to Deputy Chief Minister, Meghalaya, Shillong for kind information of the Hon'ble Deputy Chief Minister.
4. The Private Secretary to Health Minister, Meghalaya, Shillong for kind information of Minister.
5. Private Secretaries to all Ministers, Meghalaya, Shillong for kind of Hon'ble Minister.
6. Private Secretary to Chief Secretary for kind information of the Chief Secretary.
7. The Additional Chief Secretaries/ Principal Secretaries/ Commissioners & Secretaries/ Secretaries of all the Department, Government of Meghalaya.
8. The Mission Director, National Health Mission, Meghalaya, Shillong.
9. The Director of Health Services (MI), Meghalaya, Shillong.
10. The Director of Health Services (MCH &FW)/ (Research), Meghalaya, Shillong.
11. The Director of Information & Public Relation for wide circulation in the Print/Electronic media of the State.
12. The State Informatics Officer, NIC, Meghalaya, Shillong for information and necessary action.
13. The Deputy Commissioners,
East Khasi Hills, **Shillong**/ West Khasi Hills, **Nongstoin**
South West Khasi Hills, **Mawkyrwat**./ Ri Bhoi District, **Nongpoh**
West Jaintia Hills, **Jowai** / East Jaintia Hills, **Khliehriat**
West Garo Hills, **Tura** / East Garo Hills, **Williamnagar**
South Garo Hills, **Baghmara**/ North Garo Hills, **Resubelpara**
South West Garo Hills, **Ampati**

} For information
and widespread
dissemination of
the Guidance

14. Joint Director of Health Services (MCH & FW) I/c IDSP, Meghalaya, Shillong.

15. District Medical & Health Officer,

East Khasi Hills, **Shillong**/ West Khasi Hills, **Nongstoin**

South West Khasi Hills, **Mawkyrwat.**/ Ri Bhoi District, **Nongpoh**

West Jaintia Hills, **Jowai** / East Jaintia Hills, **Khliehriat**

West Garo Hills, **Tura** / East Garo Hills, **Williamnagar**


South Garo Hills, **Baghmara**/ North Garo Hills, **Resubelpara**

South West Garo Hills, **Ampati**/

} For information
and widespread
dissemination
of the Guidance

16. All Administrative Department/Heads of Department.

By order, etc.


7/5/2021
(I. G. MOMIN)

Joint Secretary to the Government of Meghalaya,
Health & Family Welfare Department

Which Group do you belong to?

1 Not Tested or Tested Negative **AND** Have Symptoms

You have NOT yet tested for COVID or tested negative BUT You have some of the following symptoms: Fever, Sore Throat, Body Aches, Diarrhoea, Loss of Taste or Smell, Dry Cough

To Dos:

Get Tested & Take Precautions:

- Stay at home, wear a mask, and maintain distance from other family members.
- Drink a lot of warm water and other fluids like soup and juices.
- Steam Inhalation
- Do proning if SpO2 below 94% (see Annex 1)
- Eat nutritious food

Medicines

1. Paracetamol if you have fever

2. Ivermectin

Dosage: Take tablet with or after food for 5 days

Adults: 12 mg tablet x Once a day

Children (6-12 yrs): 6 mg tablet x Once a day

3. Vitamin C

Dosage: Take tablet after food for 10 days

Adults: 500 mg tablet x 2 times a day

Children (6-12 yrs): 500 mg tablet x Once a day

4. Antibiotics may be added as prescribed by the consulting doctor

Monitor

Monitor fever using a thermometer and oxygen level using a pulse oximeter four times a day.

Consult your doctor or call 14410 if your oxygen level drops below 94% or if you have trouble breathing.

2 Tested Positive for COVID **AND** Have **No** Symptoms

You have tested Positive for COVID BUT have no noticeable symptoms

To Dos:

Take Precautions

- Stay at home, wear a mask, and maintain distance from other family members.
- Drink a lot of warm water and other fluids like soup and juices.
- Steam Inhalation
- Do breathing exercises
- Eat nutritious food

Medicines

1. Vitamin C

Dosage: Take tablet after food for 10 days

Adults: 500 mg tablet x 2 times a day

Children (6-12 yrs): 500 mg tablet x Once a day

Monitor

Keep an eye out for any symptoms such as fever or weakness.

Consult your doctor or call 14410 if any symptoms emerge.

3 Tested Positive for COVID **AND** Have Symptoms

You have tested Positive for COVID AND have some of the following symptoms: Fever, Sore Throat, Body Aches, Diarrhoea, Loss of Taste or Smell, Dry Cough

To Dos:

Take Precautions

- Stay at home, wear a mask, and maintain distance from other family members.
- Drink a lot of warm water and other fluids like soup and juices.
- Steam Inhalation
- Do proning if SpO2 below 94% (see Annex 1)
- Eat nutritious food

Medicines

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Monitor

Monitor fever using a thermometer and oxygen level using a pulse oximeter four times a day.

Consult your doctor or call 14410 if your oxygen level drops below 94% or if you have trouble breathing.

ANNEX 1: PRONING

Proning is a medically approved technique to help improve breathing comfort and oxygen levels.

***Use Proning when** you experience shortness of breath or when your SpO2 level drops below 94*

***Avoid Proning** in conditions like pregnancy, major cardiac conditions and unstable spine, femur or pelvic fracture*

PRONING POSITIONS

Keep switching between these three positions every 30 minutes. And try to keep the room well ventilated.

Caution: Avoid proning for an hour after meals

Position 1

Keep your head below body level



Position 2

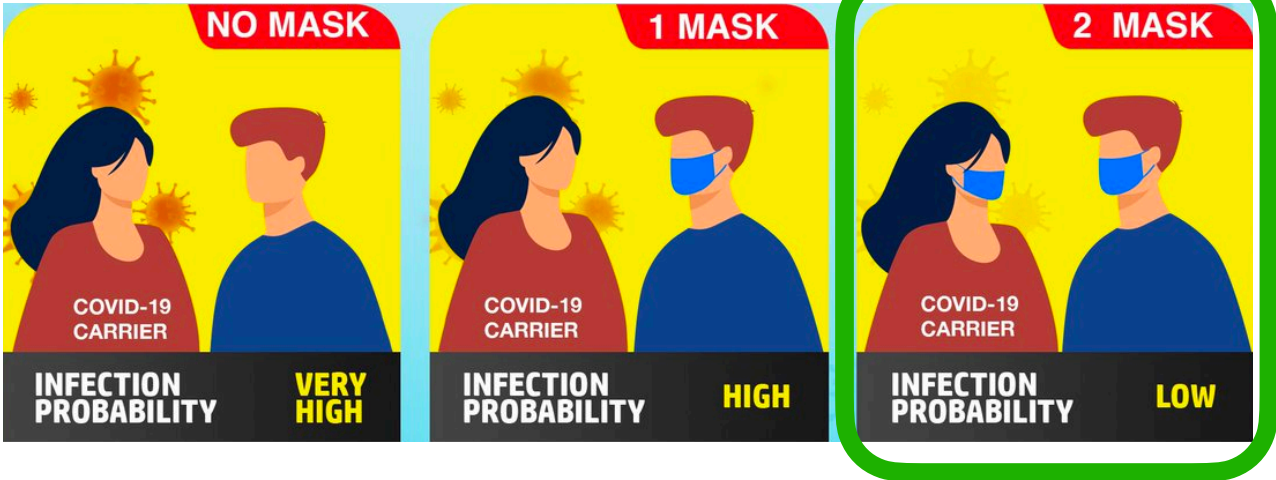


Position 3



1

Everyone should wear a mask



2

Wear a Double-Mask



Surgical Mask

+



Cloth Mask

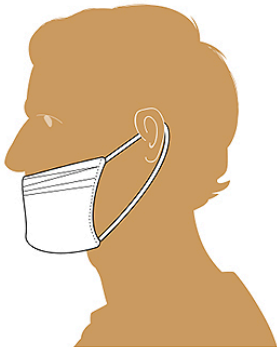
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Double Mask

3

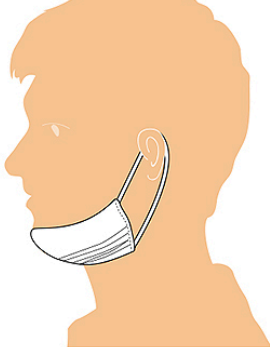
Wear your mask properly



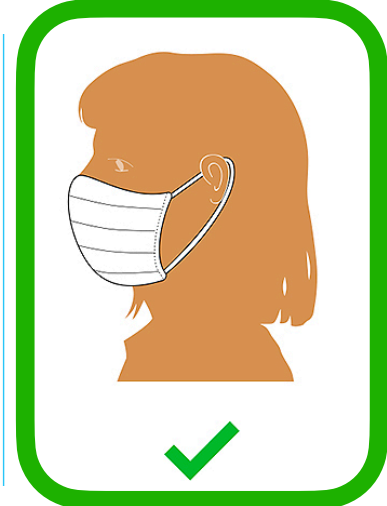
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Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For caregivers



Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.

Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

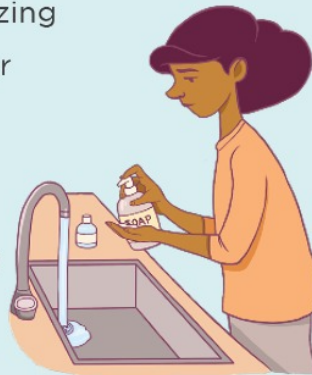
Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

All members of the household

Wash hands with soap and water regularly, especially:

- after coughing or sneezing
- before, during and after you prepare food
- before eating
- after using the toilet
- before and after caring for the ill person
- when hands are visibly dirty



Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.



When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.



Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appear, call your health care facility immediately.