

# Guidelines to contain Covid-19 in case of exposure to a patient

SARS-nCoV-2019 virus is a highly infectious virus that spread primarily through the droplets of body fluids of an infected person, mainly while the person cough or sneeze. Breathing in the aerosol containing the virus or touching face, especially nose after touching a contaminated surface could lead to infection. This document mainly contains some guidelines to rationalise the contact type and its duration so that classification of the risk associated with anyone coming in contact with an infected person can be made. Bear in mind that data is still insufficient to clearly define the above parameters.

## Risk profiling of contacts

Contacts are persons who have been exposed to a confirmed case without wearing personal protection equipment (PPE), anytime between 2 days prior to onset of symptoms (in the positive case) and the date of isolation (or maximum 14 days after the symptom onset in the case). Wearing PPE such as a mask and frequent disinfection of hands could minimise the risk of infection.

### High-risk contact

- face-to-face contact in any setting within two metres of a case for 15 minutes or more
- direct contact with the body fluids of a case
- living in the same household or household-like setting (eg., shared section in a hostel) with a case
- having been in a closed environment (eg, a classroom, hospital waiting room, mess hall etc.) within 2 metres of a case for 15 minutes or more
- having been seated on a public transport other than aircraft within 2 metres of a case (this would mean 2 seats in any direction)

### Low-risk contact

- Any person with exposure to an infected person who does not meet the criteria for a close contact.

Arogyasetu App is being extensively used by Government of India in contact tracing.

### References

<https://www.mohfw.gov.in/pdf/GuidelinesonpreventivemeasuresstocontainspreadofCOVID19inworkplacesettings.pdf>

<https://www.health.govt.nz/our-work/diseases-and-conditions/covid-19-novel-coronavirus/covid-19-health-advice-general-public/contact-tracing-covid-19#close>

### In case of contact

1. Please intimate the medical Unit immediately and contact [tfccovid19@iitmandi.ac.in](mailto:tfccovid19@iitmandi.ac.in), if you suspect that you had any type of contact with a suspected/ confirmed Covid-19 patient.