



COMMISSIONERATE

Health & Family Welfare Services

No. NVBDCP/EST7A/COVID-19/2020-21

Date: 13th November 2020

Revised guidelines for international returnees to Karnataka (Version 5)

- Ref:
1. Circular no. HFW 03 PRS 2020 regarding revised guidelines for international returnees to Karnataka (version 4) dated 07.08.2020
 2. Guidelines for international arrivals from Ministry of Health and Family Welfare-Government of India dated 05.11.2020.
 3. Proceedings of 49th COVID-19 Technical Advisory Committee meeting, Department of Health and Family welfare, Government of Karnataka dated 09.11.2020

In view of recent revision of guidelines for international arrivals from Ministry of Health and Family Welfare-Government of India vide reference above (2), the following revised guidelines are issued for international arrivals in Karnataka in supersession of guidelines issued on the subject dated 7th August 2020 (reference 1).

1. Before planning for travel:

- 1.1 All travellers shall submit self-declaration form on the online portal <https://www.newdelhiairport.in/airsuvidha/apfo-registration> at least 72 hours before the scheduled date of travel.
- 1.2 They should also give an undertaking on the portal or otherwise to Ministry of Civil Aviation, Govt. of India, through concerned airlines before they are allowed to undertake the journey that they would abide by the decision of the appropriate government authority to undergo facility quarantine or home quarantine or self-monitoring of their health for 14 days, or as warranted.
- 1.3 All international passengers arriving in Karnataka will have to undergo mandatory 14 days of home quarantine.
 - 1.3.1 However, travellers may seek exemption from home quarantine by submitting a negative RT-PCR test report. This test should have been conducted within 72 hours prior to undertaking the journey. The test report should be uploaded on the online portal (para 1.1) for

consideration. Each passenger shall also submit a declaration with respect to authenticity of the report and will be liable for criminal prosecution, if found otherwise. The test report could also be produced upon arrival at the point of entry airport in Karnataka.

1.3.2 International passengers arriving without an RT-PCR negative certificate and wishing to seek exemption from home quarantine may also avail the facility available at the airports to undergo RT-PCR testing (where such provisions exist)

1.3.3 All such passengers opting for exemption from home quarantine as in para (1.3.1) & (1.3.2) shall undertake self-monitoring of their health and will be exempted from home quarantine. However, if they develop any COVID-19 like symptoms, shall immediately seek medical consultation.

1.4 International passengers arriving without RT-PCR negative certificate and not opting for RT PCR test at airport (if facility is available) /arriving at an airport where testing facility is not available will have to undergo mandatory 14 days of home quarantine.

1.5 Only for compelling reasons/ cases of human distress such as pregnancy, death in family, serious illness and parent(s) with children of the age of 10 years or below and not having a negative RT-PCR report shall be permitted to self-monitor their health for 14 days from date of arrival in India. However, if they develop any COVID-19 like symptoms, shall immediately seek medical consultation.

2. Before Boarding

2.1 Do's and Don'ts about COVID-19 quarantine, testing, etc. shall be provided along with ticket to the travellers by the travel agencies concerned.

2.2 All passengers are advised to download Arogya Setu app, Quarantine watch app and Apathamitra App on their mobile devices. (<https://covid19.karnataka.gov.in/new-page/software/en>)

2.3 At the time of boarding the flight/ ship, only asymptomatic travellers shall be allowed to board after thermal screening.

2.4 Suitable safety measures such as environmental sanitation and disinfection shall be ensured at the airports/seaports.

2.5 During boarding and at the airports/ seaports, all possible measures for physical distancing, provision of hand sanitizers, etc. shall be ensured.

3. During Travel

3.1 Travellers who had not filled the self-declaration form on the portal shall fill the same in duplicate in the flight/ship and a copy of the same be given to health and immigration officials present at the airport/seaport. Alternatively, such travellers may submit self-declaration form on the portal - (<https://www.newdelhiairport.in/airsuvidha/apho-registration>) at arriving airport/seaport.

3.2 Suitable announcement about COVID-19 including precautionary measures to be followed shall be made at airports/seaport and in flights/ships and during transit.

3.3 While on board the flight/ ship, required precautions such as wearing of facemasks, environmental hygiene, respiratory hygiene, hand hygiene etc. are to be observed by airline/ ship staff, crew, and all passengers.

4. On arrival

4.1 De-boarding should be done by ensuring physical distancing of 2 meters.

4.2 Screening and categorisation of passengers at health counters:

4.2.1 All the passengers arriving at points of entry (airport & seaport) will be compulsorily screened for symptoms of COVID-19 (fever, cough, cold, sore throat, loss of taste, loss of smell, weakness, body ache, diarrhoea, difficulty in breathing, etc.) and self-declaration form shall be obtained from each passenger in duplicate (Annexure-1)

4.2.2 Screening at point of Entry

- i. Self-reporting form verification
- ii. Thermal scanning (body temperature shall be $\leq 37.5^{\circ}\text{C}$ / $\leq 99.5^{\circ}\text{F}$)
- iii. Pulse oximeter reading (SpO_2 shall be $\geq 95\%$)
- iv. Briefing with instructions
- v. Categorization
- vi. Check downloads of "Arogya Setu App", "Quarantine Watch App" and "Apthamitra App".

4.3 Categorization of passengers shall be done as follows:

4.3.1. Category I: Symptomatic passenger on arrival

4.3.2. Category II: Asymptomatic passenger on arrival

5. Actions based on categorization of passengers:

5.1 Category I :Symptomatic passengers (fever, cough, cold, sore throat, loss of taste, loss of smell, weakness, body ache, diarrhoea, difficulty in breathing and specify, if any other)

5.1.1 Action for Category I: - Segregated from other passengers and sent to Dedicated COVID Health Centre (DCHC) for COVID testing

- 3 swabs (1 nasopharyngeal swab in VLB for RAT and 1 Nasopharyngeal + 1 Throat swab in VTM for RT-PCR) shall be taken from the passenger.
- If tested Positive by Rapid Antigen Test: Triage shall be done for home isolation or shift to COVID Hospital in Govt. or Pvt. as applicable.

- If tested Negative by Rapid Antigen Test: Isolate and manage clinically. Sample (1 Nasopharyngeal + 1 Throat swab in VTM) shall be tested by RT-PCR.
 - If Positive: Triage shall be done for home isolation or shifted to COVID Hospital in Govt. or Pvt. as applicable.
 - If Negative: shall seek medical consultation and self-monitor their health for 14 days.

5.2 Category II: Asymptomatic passengers

- Action for Category II:
 - All such passengers opting for exemption from home quarantine as in para (1.3.1) & (1.3.2) shall undertake self-monitoring of their health for 14 days and will be exempted from home quarantine. However, if they develop any COVID-19 like symptoms, shall immediately seek medical consultation.
 - International passengers arriving without RT-PCR negative certificate and not opting for RT PCR test at airport (if facility is available) /arriving at an airport where testing facility is not available, will have to undergo mandatory 14 days of home quarantine.

6. International passengers arriving at seaports

6.1 International Passengers arriving through seaports will also have to undergo the same protocol as above, except that facility for online registration is not available for such passengers currently.

6.2 Such passengers shall submit the self-declaration form to the concerned authorities of Government of India at seaports on arrival.

7. Note:

7.1 Passengers who have landed in other states and arriving in Karnataka

- 7.1.1 If symptomatic, shall self-isolate and undergo rapid antigen/RT-PCR testing for COVID-19 after reaching respective district.
- 7.1.2 If asymptomatic and carrying a valid RT-PCR negative certificate, such passengers shall be exempted from home quarantine and shall undertake self-monitoring of their health for 14 days from date of arrival in India. However, if they develop any COVID-19 like symptoms, shall immediately seek medical consultation.
- 7.1.3 If asymptomatic passengers are arriving without RT-PCR negative certificate and not opting for RT PCR test at airport (if facility is available) /arriving at an airport where testing facility is not available, will have to

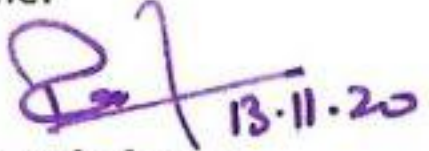
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undergo mandatory 14 days of home quarantine from the date of arrival in India.

7.2 International passengers of other states arriving in Karnataka, if asymptomatic shall be allowed to go to respective states with advice of home quarantine for 14 days

7.3 Business travellers, short-term travellers and students who are writing exams in Karnataka shall carry a negative RT-PCR test report which should have been conducted within 72 hours prior to undertaking the journey, shall be exempted from home quarantine. They shall undertake self-monitoring of their health for 14 days from date of arrival in India. If they develop any COVID-19 like symptoms, shall immediately seek medical consultation.

7.4 The cost of COVID-19 test if done, shall be paid by the passengers themselves as per guidelines issued by Government of Karnataka from time to time.



Commissioner

Health & Family Welfare Services

To,

1. Airport Health Authority of Bengaluru & Mangaluru
2. Seaport Health Authority of Mangaluru & Karwar
3. Commissioner, BBMP
4. Mrs. Meena Nagaraj, IAS, Special Officer, BIA
5. Deputy Commissioner of all the Districts
6. Chief Executive Officer of all the Zilla Panchayaths
7. DH & FWO / RCHO/DSOs of all Districts

Copy for information to:

1. Chief Secretary to GoK
2. ACS to Hon'ble Chief Minister
3. Additional Chief Secretary & Development Secretary, GoK
4. Mission Director, NHM, Bengaluru
5. PS to Hon'ble Minister of HFW & Medical Education
7. Director, H & FWS, Bengaluru / Director, Medical Education, Bengaluru.

Annexure 1: Self Declaration Form



**Ministry of Health and Family Welfare, Government of India
&
Government of Karnataka**

**For all international travelers arriving in Karnataka
(to be presented at the health/immigration counter)**

Self-Reporting Form

<https://www.newdelhiairport.in/airsuvidha/apfo-registration>

All international travellers coming to Karnataka are required to fill-up this proforma. You are requested to provide the following information to safeguard your own health.

Personal information of travellers		Contact details	
1. Name		1. House No.	
2. Age		2. Street / Village	
3. Gender		3. Taluk	
4. Flight No.		4. District	
5. Seat No.		5. State	
6. Passport No.:		6. Pin Code:	
7. Origin of Journey:		7. Residence landline no.	
8. Date of Arrival:		8. Mobile No.	
9. Final destination details		9. Email id	

a. Are you suffering from any of the following symptoms?

1. Fever	7. Loss of smell
2. Cough	8. Loss of taste
3. Cold	9. Diarrhoea
4. Sore throat	10. Difficulty in breathing
5. Weakness	11. Any other (Specify):
6. Body ache	

b. Did You download Arogya setu app Yes No

c. Did you download Quarantine watch app: Yes No

d. Did you download Apathamitra app: Yes No

e. Do you have any of these? Please tick all those applicable

Hypertension <input type="checkbox"/>	Diabetes Mellitus <input type="checkbox"/>	Asthma or any lung disease <input type="checkbox"/>
Cancer <input type="checkbox"/>	Liver Disease <input type="checkbox"/>	Kidney disease <input type="checkbox"/>
Heart Disease <input type="checkbox"/>	Tuberculosis <input type="checkbox"/>	On immuno-suppressants <input type="checkbox"/>
Organ transplant <input type="checkbox"/>	Others specify _____	

f. Onward journey details (Specify Place, Date and Mode of Travel): _____

In case you develop symptoms such as fever, cough, cold, sore throat, weakness, body ache, loss of smell, loss of taste, diarrhoea, difficulty in breathing, etc. within 14 days, call toll free Apathamitra helpline number 14410 or login details in Arogya Setu app. Call operator will tell you whom to contact further. In the meanwhile, keep yourself isolated in your house/room.