

## Omicron variant of SARS-COV-2: Indian National Guidance & Advisory, 01 Jan 2022

Key bullet points from a National Level Clinical Meet on 01.01.2022 led by:

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1. Omicron variant wave of COVID-19 has started with cases rapidly increasing across India. The next 6-8 weeks will be critical given our vast population
2. This variant is highly infectious and transmissible with equal rate of spread amongst both vaccinated and unvaccinated – **it will affect everyone including entire households**
3. Vaccinated: mild symptoms are more common  
Unvaccinated: can expect disease progression, worsening of symptoms, and complications
4. **The public is strongly recommended to**
  - a. Observe and Follow all appropriate COVID-19 preventative strategies such as wearing face masks, regular hand wash / sanitization / social distancing
  - b. Avoid large crowds: weddings / malls / enclosed spaces etc
  - c. Encourage work from home
  - d. IF it's necessary to work from the office: ensure safety measures including:
    - i. Limit the number of people attending
    - ii. Wear masks at all times
    - iii. Provide adequate spacing of desks, and sanitize spaces
    - iv. AVOID travel: locally and internationally
5. **All cases of cough / cold / sore throat / flu-like symptoms / upper & lower respiratory symptoms irrespective of vaccination status – SHOULD BE SUSPECTED TO HAVE OMICRON AND MUST NOT** come to office / work / schools / colleges / public spaces, etc.

Individuals with these symptoms should **IMMEDIATELY** isolate and quarantine themselves, and contact a doctor who regularly treats COVID-19 patients

6. IF SYMPTOMATIC, immediately get RT PCR test done

IF ASYMPTOMATIC and have been in contact with person(s) who have tested positive within 5 days of coming in contact with you, then get RT PCR test 48 hours after contact. Or earlier if symptoms manifest. This guidance is irrespective of vaccination status.

7. **Latest treatment recommendation for mild cases with early presentation of symptoms (< 5 days from onset of symptoms):**

- a. MOLNUPIRAVIR (200 mg) tablet 4-0-4 x 5 days for 18 yr & older, irrespective of vaccination status
  - i. **Approved by US FDA, UK, and India**
  - ii. **Requires doctor's prescription and a positive test**
  - iii. **No role for this treatment after 7 days of symptom onset**

8. Quarantine duration for RT PCR Positive patients (symptomatic or asymptomatic):

- a. **Fully vaccinated (2 doses received)** – 7 days of isolation and quarantine + doctor's prescription with 5 day course of Molnupiravir and Medical Certificate for Leave

**Repeat RT PCR test on Day 7.** If Negative, can resume work. If Positive, remain in home isolation and quarantine and repeat RT PCR test every 72 hours till a negative test result.

- b. **Partially vaccinated (1 dose) or unvaccinated** – minimum 15 days of home isolation and quarantine + doctor's prescription and Medical Certificate of Fitness.

**Repeat RT PCR test on Day 15.** If Negative, can come out of isolation and quarantine. If Positive, requires Pulmonologist Consult and hospital evaluation.

9. Those who test Covid-19 Positive may **resume work** ~~XXXXX~~ **ONLY after**

- a. **Negative RT PCR test for SARS-COV-2 [COVID-19]**
- b. **Doctor's Medical Certificate**, which states employee is fit to resume work / student is fit to resume studies

10. Those who test **Positive for the Omicron variant** require:

- a. Pulmonologist / Covid Intensivist Consult
- b. Negative RT PCR test for SARS-COV-2
- c. Doctor's Medical Certificate prior to resuming work

----- This guidance is subject to updates based on new evidence -----