



**COVID-19 (nCorona) Virus Outbreak Control and Prevention State Cell**

**Health & Family Welfare Department**

**Government of Kerala**

**REVISED DISCHARGE GUIDELINES FOR COVID-19 PATIENTS**

**No.31/F2/2020 Health- 14<sup>th</sup> October 2020.**

**Reference:** 1. Amendment to the revised discharge guidelines for COVID-19 Patients dated 1<sup>st</sup> July 2020- No 31/F2/2020/H&FW 21<sup>st</sup> July 2020 available at <https://dhs.kerala.gov.in/wp-content/uploads/2020/07/Guidelines-Amendment-to-the-Revised-Discharge-Guidelines-of-COVID-patients.pdf>

The following modifications has been made in the amendment to the revised discharge guidelines for COVID-19 patients (reference-1) admitted in health care institutions in Kerala State.

- **Category B** patients shall undergo rapid antigen test on **10<sup>th</sup>** day since onset of symptoms if they are asymptomatic on day of testing OR if symptoms persist after ten days, test one day after resolution of symptoms.
- **Category B & C** patients should be clinically stable with no excessive fatigability / exertional desaturation to be eligible for discharge among other criteria.

**The table below summarises the revised discharge guidelines for COVID-19 patients:**

CATEGORY	DAY OF 1 <sup>ST</sup> FOLLOW UP TEST	RAPID ANTIGEN TEST RESULT	DISCHARGE	QUARANTINE
Asymptomatic	10 <sup>th</sup> day since first positive result	Negative	<b>Discharge</b>	Avoid Non-Essential travel and social contact (like family visits, attend marriages,
		Positive	Repeat rapid antigen test every alternate day till	



			negativity for discharge	functions or work) for 7 days after Discharge. Adequate rest to be taken.
<b>CAT-A</b>	<b>10<sup>th</sup></b> day since onset of symptoms if asymptomatic on day of testing  OR  -If symptoms persist after ten days, test one day after resolution of symptoms	Negative	<b>Discharge if:</b> - Completed 10 days since onset of symptoms -No symptoms since last 3 days	Avoid Non-Essential travel and social contact (like family visits, attend marriages, functions or work) for 7 days after Discharge. Adequate rest to be taken.
		Positive	-Repeat rapid antigen test every alternate day till negativity for discharge.	
<b>CAT-B</b>	<b>10<sup>th</sup></b> day since onset of symptoms if asymptomatic on day of testing  OR  -If symptoms persist after ten days, test one day after resolution of symptoms	Negative	<b>Discharge if:</b> -Completed 10 days since onset of symptoms -No symptoms since last 3 days -Clinically stable (no excessive fatigability / exertional desaturation)	Avoid Non-Essential travel and social contact (like family visits, attend marriages, functions or work) for 7 days after Discharge. Adequate rest to be taken.
		Positive	Repeat rapid antigen test every alternate day till negativity for discharge.	
<b>CAT-C or Disease in Immunocompromised (HIV positive, transplant recipients, Malignancy)</b>	<b>14<sup>th</sup></b> day since onset of symptoms if asymptomatic on day of testing	Negative	<b>Discharge if:</b> -Completed 14 days since onset of symptoms - No symptoms since last 3 days	Avoid Non-Essential travel and social contact (like family visits, attend



	OR  -If symptoms persist after 14 days, test one day after resolution of symptoms - or as per Physician's orders		-Clinically stable (no excessive fatigability/ exertional desaturation)	marriages, functions or work) for 7 days after Discharge. Adequate rest to be taken.
		Positive	Repeat rapid antigen test every alternate day till negativity for discharge	

*Rajm*  
**Principal Secretary**