In Continuation of the revised guidelines for Home Isolation of very mild/presymptomatic/asymptomatic cases of COVID-19 notified vide Circular No. NHMHP-IDSP/1/2020-IDSP-Section-Part (2)-5210 dated 23rd July 2020, the following additional guidelines needs to be adhered by all the concerned for the COVID-19 positive patients who are under Home Isolation:

1. For COVID-19 Positive Patients opting for Home Isolation, one of the mandatory criteria shall be that the patient will undertake e-OPD consultation daily (at least one e-consultation per day) via e-sanjeevani OPD mobile app which can be downloaded through play store on any android based smart phone so that the status of his/her health can be monitored on day to day basis.

2. The Chief Medical Officer shall ensure that the COVID-19 Positive patients in Home Isolation are provided with the pamphlet explaining steps for registering for e-OPD Consultation in the Home Isolation Kit so that patient is able to register himself/herself for e-OPD Consultations (Copy Enclosed).

3. The e-OPD Doctor on duty shall enquire about symptoms like fever, cough, sore throat, diarrhea etc., Spo2 and medications being taken and status of comorbidity, if any on a day to day basis. The doctor in duty shall guide the patient about management as required. The doctors deployed at e-OPD hubs shall be trained by the State Level COVID Clinical team regarding the management protocols for COVID-19.

4. The Chief Medical Officer shall share the line list of all the COVID-19 Positive patients in home isolation to the IDSP division (idsphmhp1@gmail.com), Health and Wellness Division (spomhhp@gmail.com) and 104 call centre (manish.kainth@piramalswasthya.org) on daily basis before 5 PM daily.

5. The 104 call centre shall send voice SMS messages to all the COVID-19 Positive patients in home isolation who are not undertaking the e-OPD consultations on day to day basis to encourage the use of tele-consultation. The list of such patients shall be provided by the Health and Wellness Centre Division, NHM after comparison of the lists received from Chief Medical Officers and the available information on the e-sanjeevani OPD portal.
6. In case the patient is not able to register himself/herself for e-OPD consultation, the health care worker attached to that patient shall help him/her for registration and encourage him/her to undertake the e-consultation services to monitor the well being of the concerned.

7. This shall be in addition to the measures being taken by the Districts for surveillance and health monitoring of COVID-19 patients in home isolation.

Secretary (Health) to the Government of Himachal Pradesh

Endst. No. As above Dated Shimla-9 the
Copy for information and necessary action to:

1. The Special Secretary (Health) to the Govt. of Himachal Pradesh.
2. The Director Health Services, Himachal Pradesh for information.
3. The Director of Medical Education and Research, Himachal Pradesh.
4. All the Deputy Commissioners, Himachal Pradesh.
5. All the Chief Medical Officers in Himachal Pradesh.
6. All the District Surveillance Officer, Himachal Pradesh.
7. State Level COVID Clinical Team, Himachal Pradesh.
8. SPO Health and Wellness Centres, NHM, Himachal Pradesh
9. SPO e-Health, NHM, Himachal Pradesh
10. Sh. Manish Kainth, Project Head, 104 Comprehensive Call Centre, Himachal Pradesh.

Secretary (Health) to the Government of Himachal Pradesh
ई—संजीवनी ओपीडी सेवाओं का उपयोग करने के लिए कदम

1. किसी भी ऐड्रॉइड बेसड स्मार्ट फोन पर Google Play Store से ई—संजीवनी ओपीडी एप डाउनलोड करें और इंस्टॉल करें।
2. ऐप खोलें और रोगी पंजीकरण विकल्प पर क्लिक करें।
3. आपके द्वारा उपयोग किया जा रहा एक मान्य मोबाइल नम्बर दर्ज करें और “ओपीडी भेजें” विकल्प पर क्लिक करें।
4. एसएमएस के माध्यम से प्राप्त ओपीडी दर्ज करें।
5. नाम, आयु, लिंग आदि जैसे मूल विकल्प दर्ज करें और अगले पर क्लिक करें।
6. अपना पता दर्ज करें, “सामान्य ओपीडी”, “हिमाचल प्रदेश राज्य e-sanjeevani OPD” का चयन करें और जनरेट टोकन पर क्लिक करें।
7. आपको एसएमएस के माध्यम से अपनी रोगी आईडी और टोकन नम्बर प्राप्त होगा।
8. प्राप्त टोकन नम्बर और अपना पंजीकृत मोबाइल नम्बर भरें और लॉगिन पर क्लिक करें।
9. डॉक्टर के उपलब्ध होने पर ही टेलिकन्सलेटेशन की सेवा शुरू होगी।
10. टेलिकन्सलेटेशन पूरी होने के उपरान्त, निर्धारित ई—पत्र को पंजीकृत मोबाइल नम्बर पर प्राप्त लिंक के माध्यम से डाउनलोड कर सकेंगे।