



Trashiyangtse/COVID-19/01/2022/6275

22<sup>nd</sup> March, 2022

## NOTIFICATION

Pursuant to the Press Release from the Prime Minister's Office, dated 19<sup>th</sup> March 2022 on progressive relaxations and subsequent revised SOP on Testing and Quarantine Protocol, the following relaxation shall come into force with immediate effect:

### Travel and Quarantine:

1. Domestic travellers from high-risk to low-risk areas shall undergo Home Quarantine (HQ) for 7 days instead of the facility quarantine.
2. Before going into home quarantine, travellers need to register using ePass system or call Help Desk at 1010 for assistance.
3. All travelers need to get tested one day before entering HQ. The test day will be considered as day zero.
4. After the completion of day 7 Home Quarantine, the ePass system will approve the travel.
5. Travellers from Thimphu and Paro shall undergo home quarantine for one week upon arrival.

### Testing

1. For testing, travelers should visit the nearest BHUs, Flu Clinics or Health centres.
2. All essential goods carrying drivers including trucks, bus, utility and taxi drivers shall undergo rapid antigen test after every two weeks.

### Breach of Protocol

1. Home quarantine shall be cancelled for any breach of the Home Quarantine SOP.
2. After cancellation of Home Quarantine an additional 7 days of Home Quarantine will be required for travel.



**Management of positive cases:**

1. As per the SOP for management of positive cases, all positive cases shall be either isolated at home, in isolation facility or in COVID-19 hospital based on the severity of the cases and clinical assessment.

**Reverse Isolation:**

1. Three Reverse Isolation Facility (RIF) have been identified in the Dzongkhag and two activated so far.
2. Elderly and senior citizens who are vulnerable to Covid are earnestly encouraged to avail Reverse Isolation Facility where dedicated health professionals and personal caregivers, in coordination with relevant health facilities will ensure the wellbeing of the individuals in isolation.

While progressive relaxations are being made, the general public are urged to adhere to all COVID-19 safety protocols such as use of face mask, practicing hand washing and avoiding unnecessary mass gatherings. Please visit nearest flu clinics or any other identified locations should you have any flu-like symptoms.

(Baburam Sherpa)  
INCIDENT COMMANDER  
COVID-19 TASK FORCE, T/YANGTSE