



National Health Mission
SDA Complex, Kasumpti, Shimla-9
Himachal Pradesh
Dated: Shimla-171009, the



CIRCULAR

To manage the positive cases of COVID-19, the clinician incharge for COVID 19 ,IGMC Shimla has made recommendations regarding the management protocol, Diet plan for the COVID-19 positive patients and referral/triage protocol of COVID-19 positive patients in the three tier system from the lower centres (DCCC) to the higher centres (DCHC) or to DCH (Copy of the the protocol attached).

All concerned are required to follow the same for the clinical management and ensure availability of appropriate equipments like pulse oxymeter, sphygmomanometer, temperature measuring devices, oxygen concentrators etc. at appropriate levels of care. Further, it is instructed that whenever a COVID-19 positive patient is shifted/referred to higher centre, the Nodal person of the higher centre must be informed by the Nodal person of the lower centre.

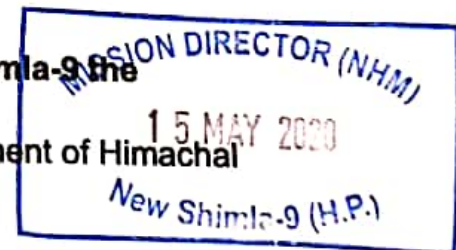
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Additional Chief Secretary (Health) to the
Himachal Pradesh

Endst. No. As above

Dated Shimla-9 the

Copy for information and necessary action to:

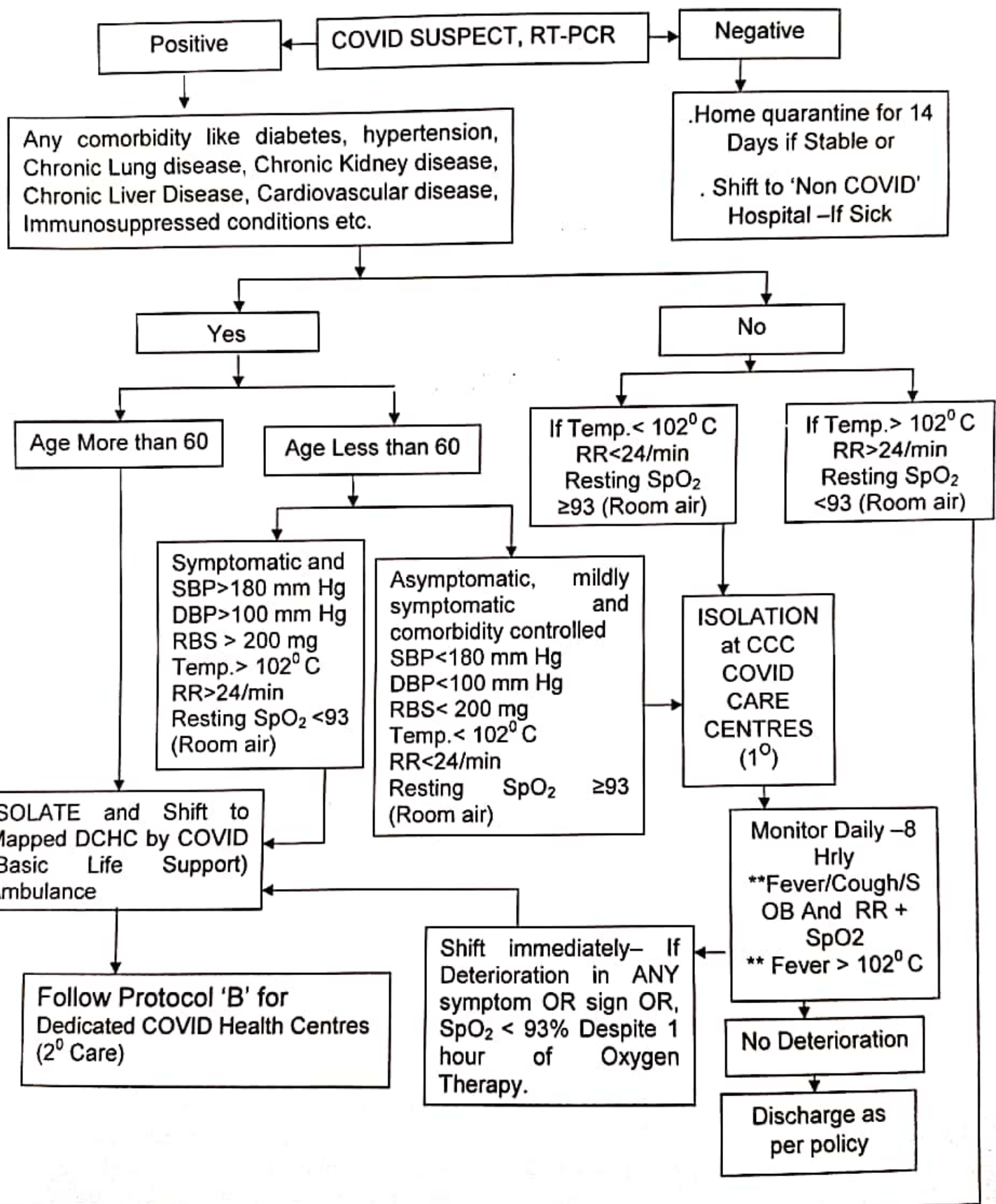
1. The Additional Chief Secretary (Health) to the Government of Himachal Pradesh.
2. The Director Health Services, Himachal Pradesh
3. The Director of Medical Education and Research, H.P.
4. All the Chief Medical Officers, H.P.
5. All the Principals, Govt. Medical Colleges, H.P.
6. All the Medical Superintendents, H.P.
7. All District Surveillance Officers, Himachal Pradesh
8. All Nodal Officers, CCC/DCHC/DCH in the State of Himachal Pradesh



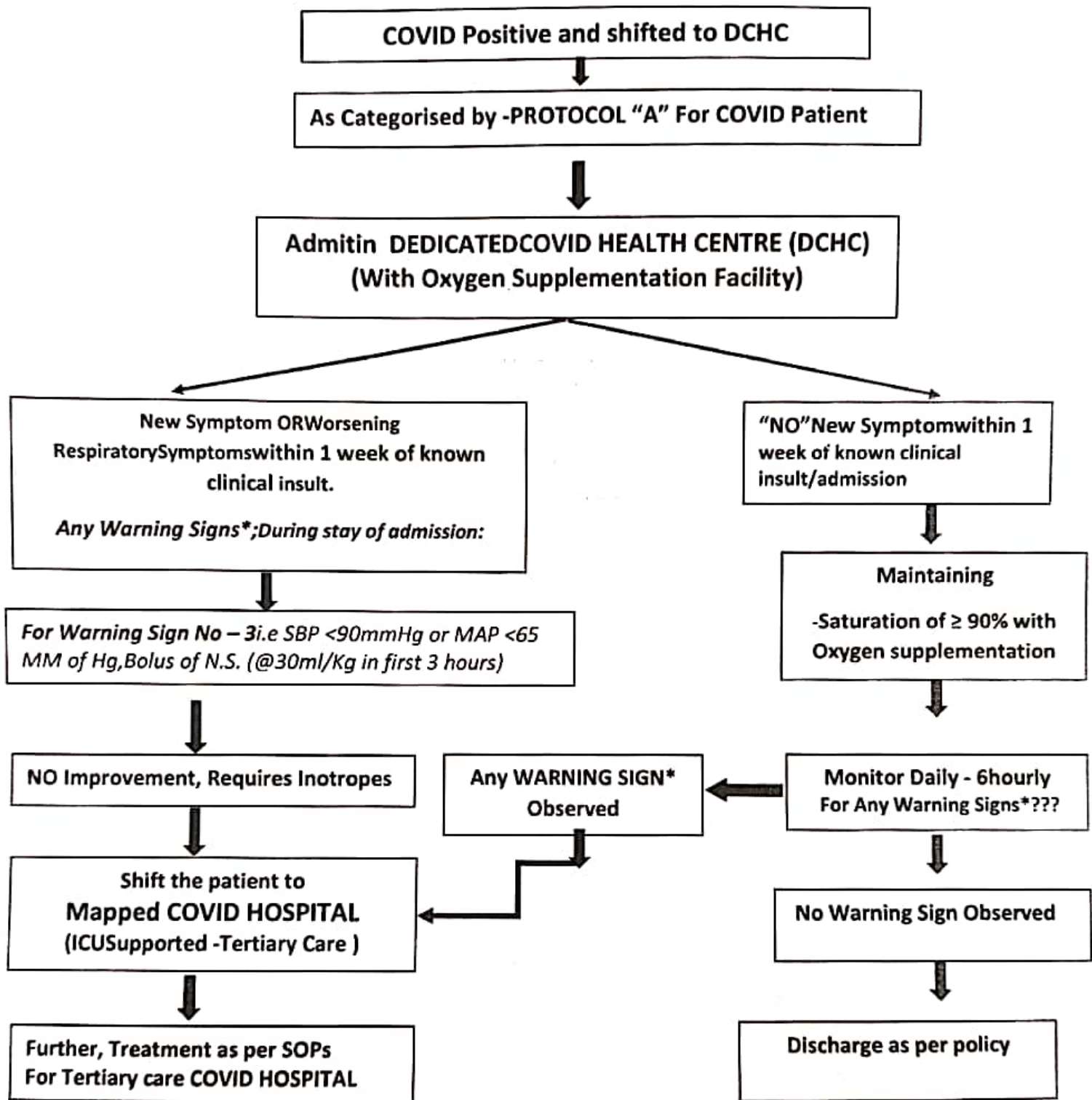
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Additional Chief Secretary (Health) to the
Himachal Pradesh

Protocol 'A' for Management Guidelines of COVID POSITIVE patients

-ALGORITHM



**Protocol 'B' Guidelines for patients at DEDICATED COVID HEALTH CENTRES -
DCHC**



Warning Signs*

1. Not maintaining Saturation of $\geq 90\%$ with O_2
2. Fever $> 102^\circ$, RR $> 30/\text{min}$, GCS $< 8/15$
3. SBP < 90 mm of Hg or MAP (Mean Arterial Pressure) < 65 mm of Hg
4. Urine Output $< 0.5\text{ml/kg/hour}$ despite adequate resuscitation.

MENU-PLAN

<u>Early morning</u>	Lemon Tea-1cup OR Lime Water-1glass (Luke warm water) OR karela juice OR Tulsi water OR Dry Amla Powder (1tsp)along with water *	
<u>Breakfast</u>	Dalia (1 bowl) + Brown bread (2 slices) + Butter or Jam + 2 Eggs OR	With optional: Milk-1 Cup or Tea-1cup
	Cornflakes- 1bowl + Stuffed Parantha 1 + Curd + 2 Eggs OR	
	Chapatti (2) +Vegetable + curd + Oats + 2 Eggs	
<u>Lunch/Dinner</u>	Any Dal (90gm) + Rice (1 bowl) + Chapatti – (2-4) + Seasonal Vegetable (1 katori) + khichri + Curd / Pudina chutney (If Available)	Green Sala d (1 small plate)
	[Paneer/meat (120gms) twice in a week in place of seasonal vegetables]	
	Milk pudding (1 Bowl) (dinner)	
<u>Evening Tea</u>	Lemon/Herbal/Green Tea /Giloy Juice/ Homemade-Soup -(1 bowl) *	Seasonal Fruit (Any one)
<u>Recommend ed Medicinal Supplements</u>	<ul style="list-style-type: none"> • Tab Zinc:50mg once a day • Tab Vitamin C: 500mg once a day • Tab Vit D: 2,000 IU Biweekly 	

*May be substituted by Kadha prepared by Department of Ayurveda as per protocol.

General instructions

- Drink lukewarm water.
- Low salt.

Foods to be avoided: - Salt and salty items (pickles), tinned, canned, preserved foods- sauces, and commercial drinks, macaroni, pizza, sandwich, ice-cream, cookies, cake, noodles, strong coffee, alcohol, caffeine (coffee, tea, soft drinks), Food additives, spices, fried foods.

Foods to be avoided in Diabetic patients

- **Vegetables-** Potato, Yam (Kachalu), Arbi, Sweet Potato, Deep Fried Vegetables, Sitaphal, Chukandar, kathal, jimikand
- **Fruits** - Chiku, Mango, Grapes, Banana, Pineapple, Kishmish, Khajoor, Shakarkandi, litchi, fruit juices, Dry Fruits, watermelon, apricot, raisins.
- **Beverages-** Alcoholic Drinks, juices, squashes, Full cream milk, butter, cream, thick curries, gravies
- **Cereals-** Refined flour, White Bread, Bakery products, Maida articles, white rice, samosa with sauce, egg-yellow.

Foods to be avoided in Hypertension or Coronary Artery Disease: -

- **Fatty fried foods-** Wafers, chaklis, Fried papad, bhajias, wadas, samosas, Cutlets, etc. Salty sauces and oily dressings, Vanaspati oil
- **Sodium rich foods-** pickles, papad, baked products made with baking powder, organ meat.

Foods to be eaten freely- Skimmed milk, Fresh Fruits and vegetables, whole grain pasta, brown rice, Foods containing high level of Potassium-Banana, Dark Green leafy vegetables, tomatoes, beets, potatoes, avocado, carrot, **Low fat protein foods** such as-Lean cuts of meat, poultry, fish, eggs, milk, tofu, cheese, peanut butter, nuts, protein powder, **soya products** etc. Complex carbohydrates- Whole grain wheat bread, Bran,

lentils, Brown Rice, oats, Beans, Starchy vegetables – Beets, corn, carrots, Garlic, ginger, vitamin-D, **Roasted chana, roasted soya bean**, Methi dana

Kadha prepared by Department of Ayurveda, Himachal Pradesh will be given as per the directions of Ayurveda Department only.