

දුරකථන) 011 2669192, 011 2675011
தொலைபேசி) 011 2698507, 011 2694033
Telephone) 011 2675449, 011 2675280
තැපෑල) 011 2693866
பெக்ஸ்) 011 2693869
Fax) 011 2692913

විද්‍යුත් තැපෑල,) postmaster@health.gov.lk
மின்னஞ்சல் முகவரி)
e-mail)

වෙබ් අඩවිය) www.health.gov.lk
இணையத்தளம்)
website)



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சுவசிரிபாய

SUWASIRIPAYA

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எனது இல) DGHS/COVID-19/2020-347
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திகதி) 29.06.2020
Date)

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சுகாதார மற்றும் சுதேச வைத்திய சேவைகள் அமைச்சு
Ministry of Health and Indigenous Medical Services

Heads of Institutions of dedicated COVID-19 treatment facilities

Updated discharge criteria for COVID-19 patients

At present COVID-19 discharge criteria from hospitals requires 2 successive negative PCRs carried out 24 hours apart. Even though this approach has been successful so far, it may lead to practical difficulties with prolonged PCR positivity seen in some patients. Most individuals, despite being clinically well and asymptomatic/ mildly symptomatic, continue to have positive PCRs, resulting in prolonged hospital stay which can negatively influence the patient as well as the healthcare delivery system.

Considering the growing evidence, alternative criteria for discharge are given below.

A. Discharge criteria for asymptomatic/ mildly symptomatic patients

- Discharge criteria for **asymptomatic/mildly symptomatic patients** (all of the following should be present):
 - i. At least a period of **10 days** from onset of illness/point of positive PCR test
 - ii. Afebrile AND clinical improvement of symptoms for at least **3 days**
 - iii. If the patient has **2 consecutive negative PCR tests (done 24 hours apart)**.

OR

PCR is positive, but if the patient has a PCR Ct >32 (SARS-COV-2), can be discharged if the COVID-19 antibody test (IgG) is positive using ELISA / immune chemiluminescence tests standardized and locally validated for Sri Lanka (and **not rapid tests**).

- **Strict home quarantine** to be followed for **another 2 weeks** after being discharged from hospital.
- **Flowchart for discharge of asymptomatic/ mildly symptomatic COVID-19 patients based on PCR tests (done on day 10 and beyond) is given as Annexure.**

B. Discharge criteria for patients with moderate/severe illness

- Patients with **moderate/severe illness** will have to be considered for discharge on a case by case basis (e.g.: with room air saturation >94% for 48hrs).
 - For discharge apply points (ii) and (iii) as given above for asymptomatic/mild patients


Designated COVID-19 testing laboratories will be provided with ELISA/ immune chemiluminescence tests standardized and locally validated for Sri Lanka.

If a patient is discharged on positive COVID-19 IgG antibody report it is important to be mentioned in the diagnosis card given to such patient.

When a patient is discharged from hospital based on 2 negative PCR reports or positive IgG antibody report (as mentioned above) such patients require no further PCR testing even if they are hospitalized subsequently.

All heads of institutions of designated COVID-19 treatment facilities and technical heads of designated laboratories should make necessary arrangements according to this circular.

Please note that this circular may be updated according to the condition of the country and will be informed accordingly.


Dr. Anil Jasinghe
Director General of Health Services

Dr. Anil Jasinghe
Director General of Health Services
Ministry of Health & Indigenous Medicine Services,
"Suwasiripaya"
385, Rev. Baddegama Wimalawansa Thero Mawatha,
Colombo 10.

Cc:

1. Secretary, Ministry of Health and Indigenous Medical Services
2. Additional Secretary (MS)
3. All DDGs
4. Chairman, NMRA
5. Chief Epidemiologist
6. Director, MRI
7. Relevant PDHS/RDHS
8. Relevant Directors/ Medical Superintendents
9. Technical Heads of designated laboratories

Annexure:

Flowchart for discharge of asymptomatic/ mildly symptomatic COVID-19 patients

