

# Things to remember for the Community Health Worker when preparing for Community Based Self Testing at the Community.



## Conducting a self-test

- ⌘ Maintain sanitary conditions of the testing site, clean surface and hands before conducting the test.
- ⌘ Follow all the steps as mentioned in the annexure in the defined manner. In case any of the steps are not followed/missed then the test might result invalid and in such cases, a retest should be done.
- ⌘ Following the above two steps will result in an accurate test. Waiting time for the results is 15 minutes which should be timed properly.
- ⌘ Training materials related to self-testing are attached in the annexure.

## Steps to follow when someone tests positive

**#1**

Counsel the family, do not create a sense of panic.

**#2**

Make a note of everyone in the household and recommend that the patient isolates-provide isolation guidelines

**#3**

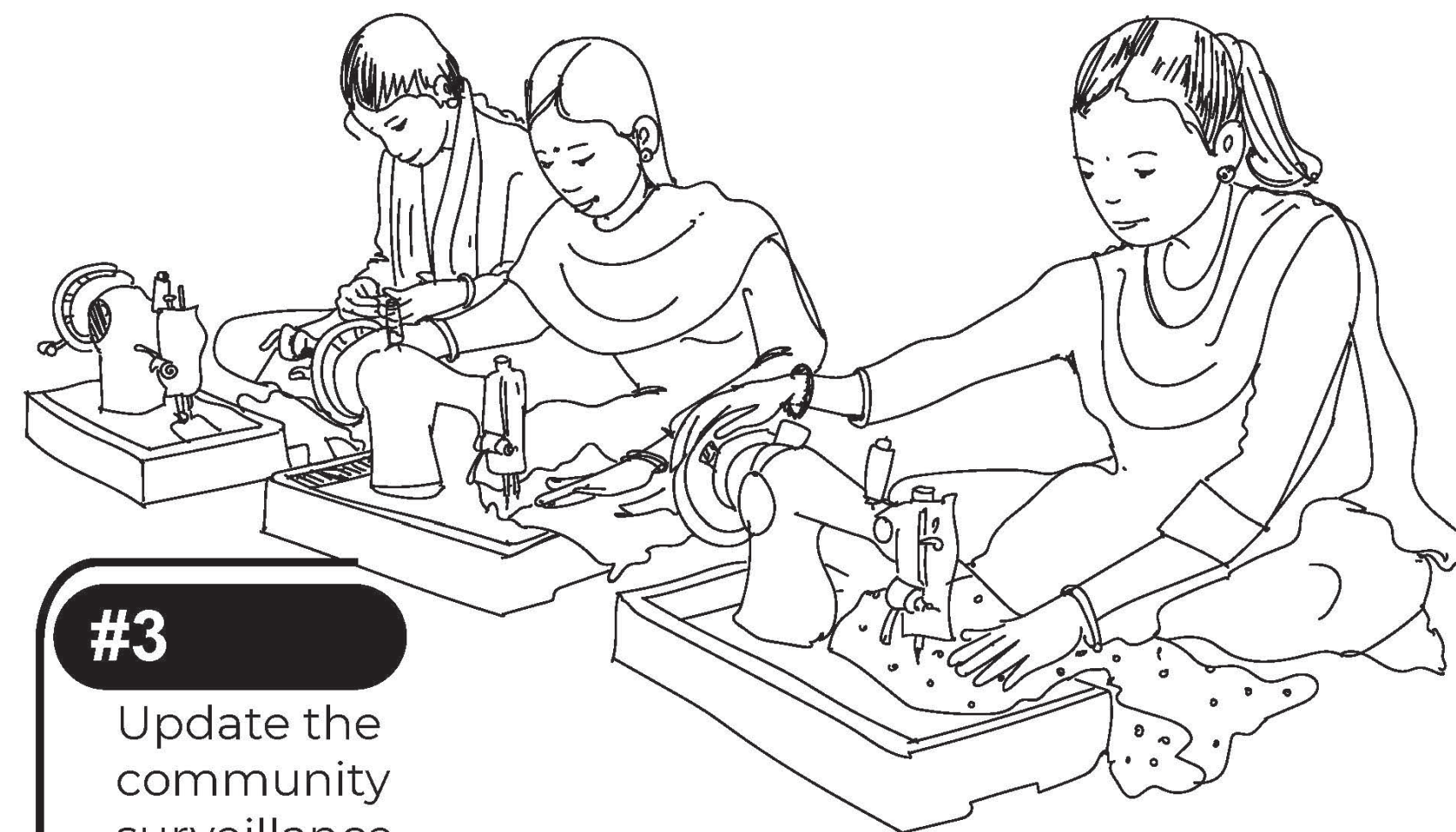
Update the community surveillance form and at the same time using the community member's phone, call the telecare helpline and connect the member to the nursing team. If there is no telecare program available connect with the nearest health centre

**#4**

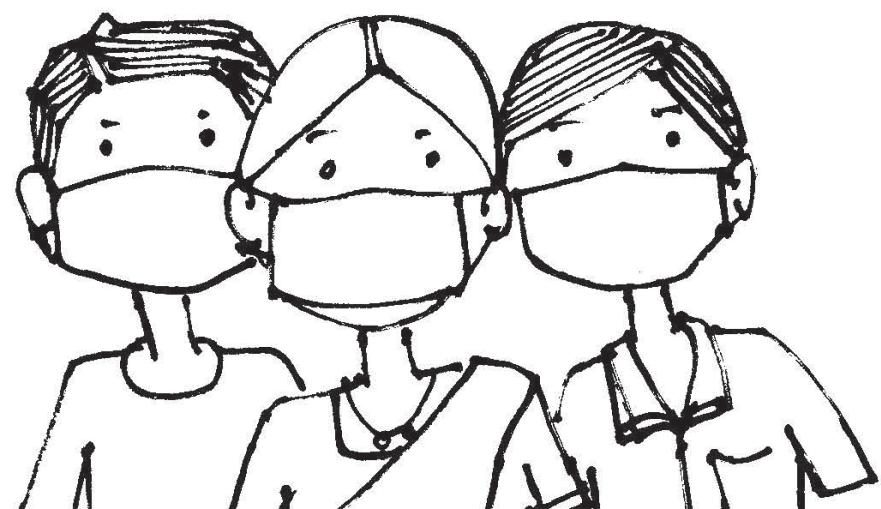
Provide a home isolation kit to the household along with relevant ration kits

**#5**

Follow up with the family to check if other members of the family have developed symptoms.







# Who should be given/ referred for a self-test?

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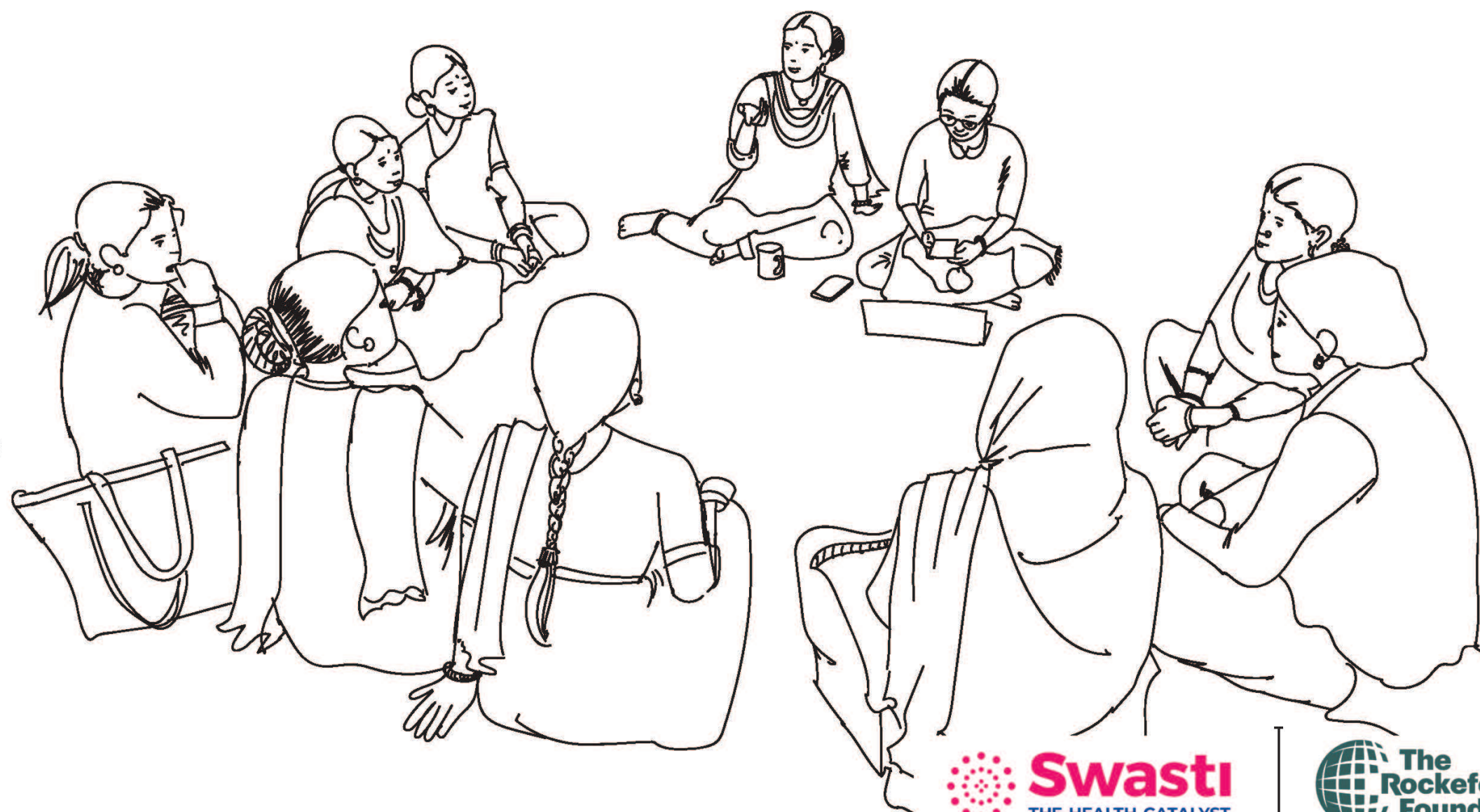
**How do we define a close contact:** Anyone the positive individual has spent significant time with (more than 30 mins) without a mask, in a closed space 4-5 days before testing positive.

**How do we define heightened precautions:** with increased level of precautions and protective measures to restrict spreading of virus with steps like constant double masking, hand washing, not stepping out of the house unless critical, staying away from high risk individuals etc.

If the person has COVID-19 symptoms, such as fever, cold, cough, sore throat or related symptoms, then a test should be issued or referred.

- ⌘ Survey family members and close contact of known positive for symptoms for the week following a positive member being identified. If symptoms appear then a test should be issued.
- ⌘ Assume all close family contacts will be positive and recommend heightened precautions.
- ⌘ Test —o Trace —o Track

When a person comes positive after the test, then you should trace the contacts he has come in contact with in the past few days and track their symptoms. Incase of developing symptoms, then a test should be issued or referred.

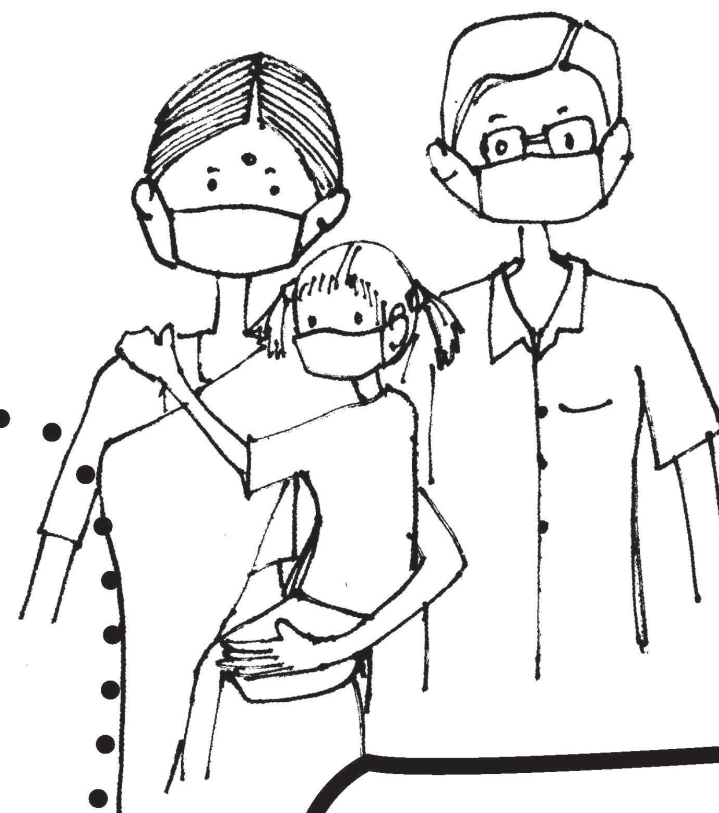
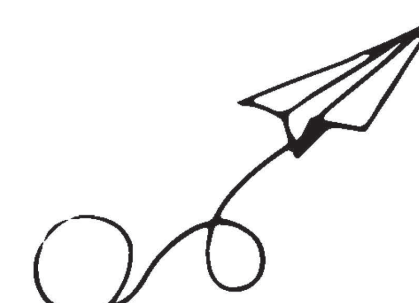






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## What are possible implementation scenarios?



## When should a test be issued?

**Scenario 1:** Tele-care or clinic receives a call from a person falling under any one of the above categories.

**Scenario 2:** Frontline workers identify people falling under any one of the above categories.

**Scenario 3:** Ask for symptoms in family members of the person who tested positive, remind them to assume that they will be positive and act accordingly. Follow up with the family daily and provide a test as soon as symptoms appear.

### Walk-in tests at the existing clinics:

- ⌘ If a person is facing symptoms and reaches out to the clinics for a test.

### Through telecare surveillance:

- ⌘ If a person is facing symptoms or is in need of a test, reach out to the telecare for support.

### Through on-ground in-person surveillance:

- ⌘ Utilising on-ground network for surveillance, in cases where any family member has been tested positive or is showing symptoms.
- ⌘ In either case, a test should be conducted in an open ventilated space. Clinics can dedicate a portion for this. Or at home, a well ventilated, well lit space should be utilised for the test and NOT a closed room if possible.

