

GOVERNMENT OF PUNJAB
DEPARTMENT OF HEALTH & FAMILY WELFARE
(HEALTH-IV BRANCH)

No.COVID-19/4HB4/2020/Spl.1-3

Dated:28.5.2020

To

1. All the Deputy Commissioners
2. All Commissioners of Police/ Sr. Superintendents of Police
3. All Civil Surgeons

Subject: Guidelines regarding passengers travelling by Train in Punjab (Incoming / Outgoing).

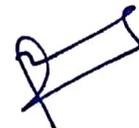
The Department of Health and Family Welfare has issued guidelines for persons coming into Punjab by all modes of transport. These guidelines for persons travelling by train (Incoming/ Outgoing) are hereby issued as follows:-

While Boarding:

1. All passengers must wear mask and maintain social distancing.
2. Only passengers with confirmed tickets will be allowed to enter the railway platform to avoid unnecessary crowding (No Attendants are allowed).
3. All passengers will undergo health screening before entry into the platform.
All passengers will reach 45 minutes before the departure time.
4. Only asymptomatic passengers can board trains.

At the Destination Railway Station:

5. Passengers must download COVA app which should remain active and must self-generate an e-pass over COVA app for a smooth exit from the railway station.
6. In case any passenger doesn't have mobile or is not able to generate e-pass, then after showing a valid ID proof (Aadhaar card/ Driving License/Voter card/any other ID Proof issued by Govt), he/she will submit a self declaration form to the health team deputed for screening at a designated place at the railway station.

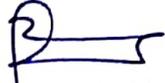


7. Passengers found to be symptomatic or high risk during screening shall be taken to a health facility for testing. If tested positive, they would be treated as per health protocol.
8. All others will home quarantine for 14 days & they will monitor their health status and report to nearest health facility (On phone no: 104) in case they develop any symptoms of COVID-19.
9. Passengers who have a return ticket scheduled before the completion of duration of home quarantine shall be allowed to return only if asymptomatic.

Further, the following documents are enclosed herewith for necessary action at your end:

1. Proforma (Form-S) for self-declaration by passengers arriving into Punjab
2. Undertaking for Home Quarantine.

You are requested to ensure its strict compliance.

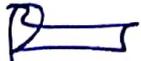

(Kumar Rahul), IAS
Secretary Health & Family Welfare

Endst.No.COVID-19/4HB4/2020/Spl.4-10

Dated:28.5.2020

A copy of the above is forwarded to the following for information and further action:

1. OSD to the Chief Secretary
2. Spl.Secretary to the Addl. Chief Secretary Home
3. Secretary to Principal Secretary Health & Family Welfare
4. PS to Principal Secretary Chief Minister
5. PS to Principal Secretary PWD (B&R)
6. Director Health & Family Welfare
7. Incharge State COVID Control Room


(Kumar Rahul), IAS
Secretary Health & Family Welfare



Form- S

**Department of Health and Family Welfare
Government of Punjab**

**SELF DECLARATION
BY PASSENGERS ARRIVING IN PUNJAB BY TRAIN
(TO BE PRESENTED AT THE HEALTH COUNTER AT RAILWAY STATION)**

You are requested to provide the following information to safeguard your own health:

PART - A

Personal Information

1	Name of the passenger	
2	Train Name No.	
3	Seat No.	
4	Valid ID No. (Aadhar/PAN/DL) (Tick one)	
5	Date of Arrival	
6	Station of origin of Journey	
7	Station of final destination	

Local Contact Address

1	House Number	
2	Street/ Village	
3	Tehsil	
4	District/ City	
5	State	
6	Pin	
7	Residence Number	
8	Mobile Number	
9	E mail ID	

PART- B

I) Have you visited any Containment / Red Zone in last 14 days? Yes/ No

If yes,

a. Place _____

b. Period _____

II) Are you suffering from any of the following symptoms

- Fever Yes No
- Cough Yes No
- Respiratory disease Yes No
(e.g. difficulty in breathing)

Signature of passenger

Undertaking for Home Quarantine

I S/W of, resident of, hereby declare that

1. I am
 - (a) not coming from any containment zone and red zone

OR

am coming from containment red zone.
2. I shall remain in home quarantine for a period of 14 days after arrival in Punjab at my declared address. I shall monitor my health and maintain distance with those around me and report to a health facility in case I suffer from any symptoms or any of my family contacts develops any symptoms of COVID-19.
3. I have been explained and have understood the precautions that I need to follow while I am in home quarantine.
4. I have activated COVA app on my phone and I assure that it will remain active throughout the period of quarantine.

Signature _____

Date _____

Mobile Number _____

Photo ID No. _____

(Aadhar / PAN / DL)