

**State COVID-19 Control Room,**  
**Office of PSDM,SCO No. 149-152, 2<sup>nd</sup> Floor, Sector-17C Chandigarh**  
**(e-mail: sccr.pb2020@gmail.com)**

To

All the Deputy Commissioners in the  
State of Punjab.

No. SCCR/2020/320


Date: 11.07.2020

**Subject: Exemption from 14 days mandatory home quarantine if the person stays less than 72 hours in the state of Punjab**

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With respect to the subject mentioned above I have been directed to inform you that in continuation to the instructions for the inward movement of persons to Punjab issued by State COVID Control Room wide letter SCCR/2020/313, dated 03/07/20, it is further informed that **"No 14-days mandatory home quarantine is required if the person stays less than 72 hours in the state of Punjab from the time of his/her arrival in the state."** The concerned person will however submit a formal undertaking with the OIC of the check post in the format enclosed as Annexure-I.

Enclosed: Annexure-I

  
Head, SCCR -cum- Secretary  
Employment Generation & Training, Punjab


11.7.2020

Endst No. SCCR/2020/321-326

Date: 11/07/2020

A copy is forwarded to following for kind information.

1. Chief Secretary to Govt. of Punjab
2. Director General of Police, Punjab
3. ACS health to Govt of Punjab
4. PS to CM Punjab
5. DIPR to Govt of Punjab
6. All CP's and SSP's in the state of Punjab.

  
Head, SCCR -cum- Secretary  
Employment Generation & Training, Punjab

11.7.2020

**Undertaking**

1. I ..... S/D/W of ....., resident of ....., do hereby voluntarily submit that I am not coming from any containment zone and I undertake not to stay for more than 72 Hrs in the State of Punjab from my time of arrival in the state. During this period I shall monitor my health and maintain distance with those around me and interact with the assigned surveillance team in case I suffer from any symptoms consistent with COVID-19 and will immediately call at 104.
2. I have been explained in detail about the precautions that I need to follow while my stay in Punjab state.
3. I have active COVA app on my phone and I assure that it will remain active throughout the period of stay.
4. I have entered my details in travelers information section of COVA app.
5. If within a week of my return I am tested positive then I will immediately contact Govt.of Punjab at 104 and assist them in contact tracing.
6. I am liable to be acted upon under section 188 of IPC as per provision of "The Epidemic Diseases Act 1897" for any non-adherence to wearing of mask/social distancing etc.
7. My Address while stay in Punjab will be \_\_\_\_\_

Signatures \_\_\_\_\_

Date \_\_\_\_\_

Contact No. \_\_\_\_\_