

Guide to Home Isolation

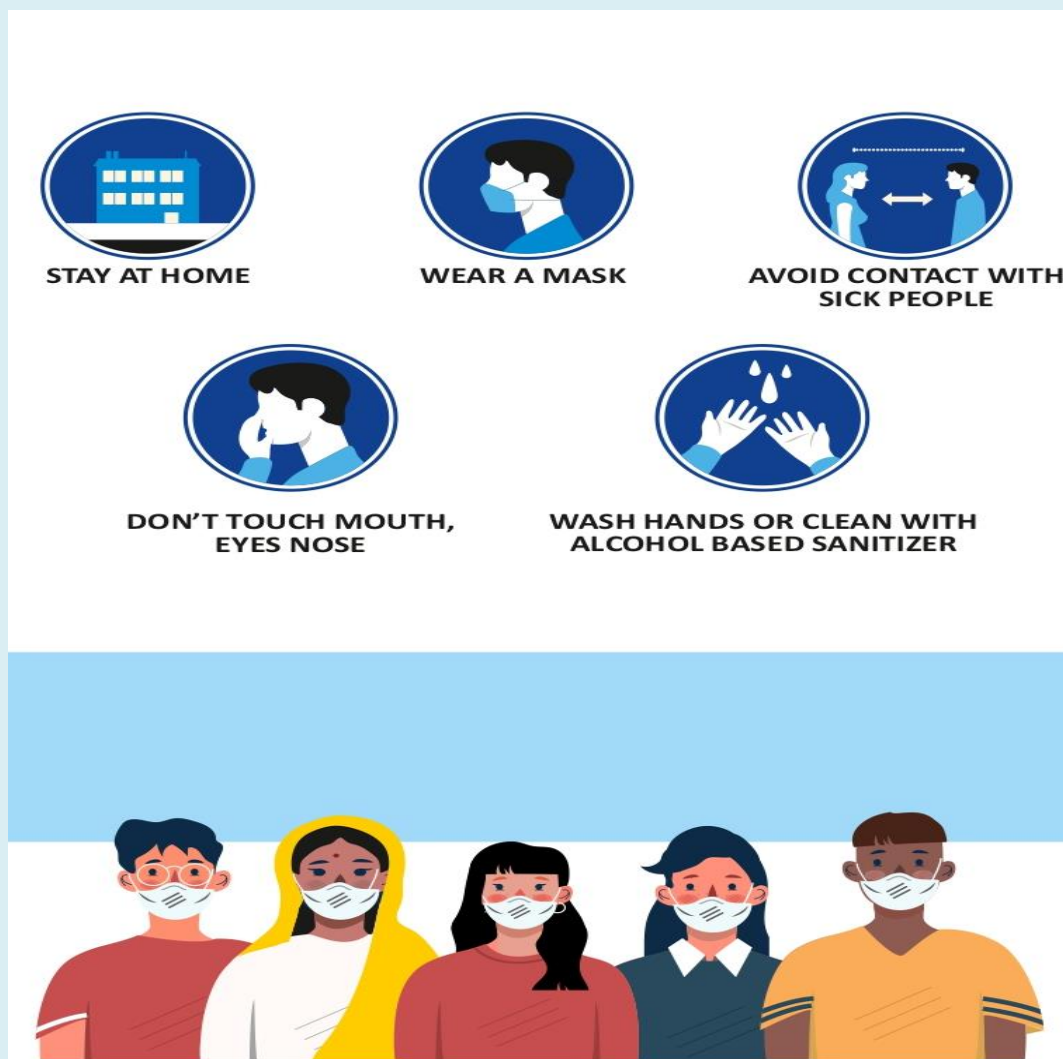
- **More than 80% Corona Positive Patients Can Recover Easily at Home.**
- **Do not panic if you or someone else in your house has tested positive for COVID (Coronavirus). More than 80% of COVID patients are asymptomatic or have mild symptoms. Such patients can easily recover at the comfort of their homes.**

Before starting the process of home isolation, please

follow these critical instructions carefully: -

- **A separate well-ventilated room and a separate toilet should be available for COVID patient at your home. If not, please inform your AMA (Authorized Medical Attendant) about this, he will try to make arrangements in “COVID Care Centre” for the patient.**
- **A caregiver/ attendant should be available 24x7 for the care of the patient.**

- If anybody in your house is above 55 years of age, is pregnant or has any severe medical condition like cancer, severe asthma, respiratory disorders, diabetes, high blood pressure, cardiovascular disease, renal disease etc please shift them to another house till the patient recovers. In such situations it is not safe to home quarantine a COVID patient in your house, as it can be dangerous for anyone with a serious health condition.



- **INSTRUCTIONS FOR PATIENTS IN HOME-ISOLATION: -**
- **Please download the Aarogya Setu App on your mobile phone and enable notifications and location tracking on the app at all times.**
- **Wear a triple layer medical mask at all times. Discard the mask after 8 hours of use. Kindly replace the mask if it becomes wet or visibly soiled. Before disposing a mask kindly disinfect it with 1% Sodium Hypochlorite or bleaching powder solution.**
- **1% sodium hypo-chlorite solution can easily be made at home using sodium hypochlorite bleach (containing 3.5% chlorine) or bleaching powder (containing 70% chlorine). In order to make 1% sodium hypochlorite solution, mix 1 liter of sodium hypo-chlorite bleach in 2.5 liters water or 7gms of bleaching powder in 1 liter of water.**
- **The following should be kept in mind while using this solution:**
 - **Always wear mask and gloves while using this solution**

- **This solution can be used for cleaning of floors or high contact surfaces like switch boards, windows, doorknobs, chairs, dining table, cupboards etc.**
 - **This solution should never be sprayed directly onto the toilet surface. It should be sprayed on a cloth and then used for cleaning the toilet.**
 - **This solution should not be used to clean metallic surfaces like door handles, security locks etc as it can lead to rusting. Other alcohol based sanitizers should be used for disinfecting such surfaces.**
- **Keep all windows in your room open. Ensure that your room is as well ventilated as possible at all times.**
 - **Please strictly remain inside your room for the entire duration of your home-isolation. By moving around the house and accidentally touching surfaces like doors, windows and tables, you risk infecting other people in your house.**
 - **Use only the dedicated toilet assigned to you, and if your toilet has a lid, always closes the lid before flushing.**

- **Take adequate rest and drink plenty of fluids like water, juice, tea, soup etc. to maintain adequate hydration.**
- **Eat three healthy low carbohydrates, high protein meals per day consisting of adequate vegetables and fruits and try to avoid spicy & chilly foods for the duration of illness.**
- **Always cough or sneeze directly into your mask, handkerchief or into your elbow.**
- **Wash your hands often with soap and water for at least 1 minute or clean them with an alcohol-based sanitizer.**
- **Do not share personal items like utensils, towels etc. with the other family members.**
- **Frequently clean the surfaces with suitable sanitizer in your room like table tops, doorknobs, handles, mobile phones, computers, remotes, etc. that are touched often.**
- **Strictly follow medication as prescribed by your doctor. Consult your doctor if you are taking regular medication for any other health condition.**
- **Avoid alcohol and quit smoking during isolation.**

INSTRUCTIONS FOR CARE-GIVER/ATTENDANTS

- Download the Aarogya Setu App on your mobile phone and enable location tracking and notifications on the app at all times.
- You (attendant/ care-giver) should be in good physical health and preferably between 24 to 50 years of age. It is extremely important that you do not have any existing medical condition such as Diabetes, Hypertension, Heart disease, Asthma, Chronic lung diseases, and are not Immuno-compromised, pregnant or suffering from Cancer, Liver disease etc.
- Wear a triple layer medical mask appropriately when in the same room with the patient. The front of the mask should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. After use, discard the mask by using the appropriate technique – that is, do not touch the front, but instead untie it from behind and wash your hands thoroughly after disposal of the mask. Disinfect the mask before disposing off in a closed dustbin.
- Avoid touching your face, nose or mouth.

- **Ensure hand hygiene after coming in contact with the patient or the patient's immediate environment. Wash your hands before and after preparing food, before eating, after using the toilet, and whenever your hands look dirty. Use soap and water for washing your hands and wash at least for 1 minute. Alcohol-based hand rubs or sanitizers can be used, if hands are not visibly soiled.**
- **Use of disposable paper towels to dry hands is desirable after using soap and water. If not available, use dedicated clean cloth towels and replace them when they become wet.**
- **Always wear your mask, gloves and use a plastic apron while handling the patient directly. The apron should be disinfected using sodium hypo-chlorite solution after use.**
- **Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient. Perform hand hygiene before and after removing glove.**

- **Avoid exposure to potentially contaminated items in your immediate environment (e.g. avoid sharing cigarettes, utensils, drinks, used towels or bed linen).**
- **Food must be provided to the patient outside their room and left there on a stool or table. Please make sure you don't come in direct contact with the patient while giving them food, and always use gloves while handling their plates, spoons and utensils.**
- **Utensils and dishes used by the patient should be cleaned with soap/detergent and water, wearing gloves. The utensils and dishes may be re-used. Always wash hands after taking off gloves or handling used items.**
- **Use triple layer medical mask and disposable gloves while cleaning or handling surfaces, clothing or linen used by the patient. Segregate the patient's clothes, bed linen, bath & hand towels and clean them separately using regular laundry soap and water or machine wash at 60–90 °C (140–194 °F) with**

common household detergent, and dried thoroughly under the sun.

- Clean and disinfect patient's room, bathroom and toilet surfaces at least once daily. Regular household soap or detergent should be used first for cleaning followed by 1% hypo-chlorite solution.
- Take medicines as prescribed by the doctor.
- Make sure that the patient follows the prescribed treatment.
- The caregiver and all close contacts should self-monitor their health with daily temperature monitoring, and report promptly if they develop any symptom suggestive of COVID (fever/cough /difficulty in breathing).
- From the first day of home-isolation till the day the patient recovers, please try to ensure that nobody leaves the home. You can request your relatives/ friends/ neighbors to help you with daily supply of essential items. Please request them to leave these items at your door-step so that you can avoid direct contact. You can also order these items online and request home deliver.

• **HOW TO SELF-MONITOR**

- **Do health checks every morning and every night or anytime you feel like you might have a fever.**
- **Take your temperature with a thermometer. In case of dependent patients, caregivers can monitor the temperature with appropriate PPEs. Use a mask and gloves and wash your hands thoroughly before and after checking temperature.**
- **Check your pulse rate daily twice for one minute. For checking your pulse, place your index (first finger) and middle fingers on the wrist, at the base of thumb. Using a clock or watch that counts seconds, count how many beats you feel in a minute, or count them over 30 seconds and multiply the number by 2 to calculate number of beats per minute. Maintain a health register/ patient log and write down your body temperature, pulse rate and any other symptoms daily along with time. These readings should be shared with the health team who will be calling you daily.**

- **If your body temperature exceeds 100°F (37.8°C) or your pulse rate exceeds 120 beats per minute, immediately contact your doctor.**
- **In addition to fever, be alert for other symptoms (given below) of COVID-19 which could indicate that the patient needs urgent medical attention: -**
 - **Difficulty in breathing (and/or) Pulse Oximeter reading below 94% SpO2 oxygen saturation persistently on multiple occasions.**
 - **Persistent pain/pressure in the chest.**
 - **Excessive cough.**
 - **Mental confusion/ Drowsiness.**
 - **Developing bluish discolorations of lips/face.**
 - **In case of early warning signs or if the symptoms increase, please contact your healthcare worker immediately.**

Understand that the process is Physical Isolation and not Emotional Isolation

Keep in touch with family members, relatives and friends over phone/video call.

Catch up on your favorite TV shows, movies, read books, listen to music or play games on your mobile phones and computer.

Maintain physical isolation from other family members as described above.

Self-monitor your health regularly, especially your body temperature and promptly report if any increase in temperature or if symptoms appear.





AVOID TOUCHING YOUR FACE



MANTAIN SOCIAL DISTANCE



STAY AT HOME



KEEP SURFACES DISINFECTED



WEAR DISPOSABLE GLOVES TO AND DISINFECT



AVOID SHARING PERSONAL ITEMS



**IF YOU ARE SICK, STAY IN A SPECIFIC ROOM
AWAY FROM OTHER PEOPLE**