NEW GUIDELINES FOR HOME ISOLATION
Of COVID-19 cases

Instructions for the Patient

- Must isolate from other family members
- Stay in a well-ventilated room
- Use a triple-layer medical mask at all times
- Take rest & drink a lot of fluids
- Undertake frequent hand washing or use sanitiser
- Don't share personal items including utensils
- Ensure cleaning of frequently touched surfaces
- Self-monitor blood oxygen saturation with a pulse oximeter
- Self-monitor daily temperature
NEW GUIDELINES FOR HOME ISOLATION
Of COVID-19 cases

Instructions for Care Giver

Mask:

► Wear a triple layer medical mask; N95 when in the same room with the ill person

► Front portion of the mask should not be touched

► If mask gets wet or dirty, change it immediately

► Mask must be discarded after cutting to pieces & keeping it in a paper bag for 72 hrs minimum

► Perform hand hygiene after disposal of the mask

► Avoid touching face, nose or mouth
NEW GUIDELINES FOR HOME ISOLATION
Of COVID-19 cases

Instructions for Care Giver

Hand hygiene:

- Follow hand hygiene after contact with ill person or their environment
- Use soap & water for at least 40 seconds or alcohol-based sanitiser
- After using water, use disposable paper towels or dedicated clean cloth towels & replace them when they become wet
- Perform hand hygiene before & after removing gloves
NEW GUIDELINES FOR HOME ISOLATION
Of COVID-19 cases

Exposure to patient/patient’s environment:

- Avoid direct contact with body fluids of the patient; Use disposable gloves
- Avoid exposure to potentially contaminated items like dishes, drinks, used towels or bed linen
- Provide food in the room of the patient
- Used utensils must be cleaned with soap & water while wearing gloves
- Clean hands properly after taking off gloves or handling used items
NEW GUIDELINES FOR HOME ISOLATION
Of COVID-19 cases

Biomedical/Waste disposal:

Ensure safe disposal of general wastes such as used water bottles, left-over food, etc.

- Collect in bags & tie securely for handing over to waste collectors

- Used masks, gloves & tissues contaminated with blood/body fluids of the patients should be treated as biomedical waste

- Collect them in a yellow bag & hand them over to waste collector separately

- Or dispose by putting them in appropriate deep burial pits deep enough to prevent access to rodents, dogs, etc.
NEW GUIDELINES FOR HOME ISOLATION
Of COVID-19 cases

Treatment for patients with mild/asymptomatic disease in home isolation (1/2)

- Maintain communication with treating Medical Officer & report in case of any deterioration

- Continue medications for other co-morbidities/illnesses after consultation

- Utilize teleconsultation platform including e-Sanjeevani

- Follow symptomatic management for fever, running nose & cough

- Perform warm water gargles or take steam inhalation thrice a day
NEW GUIDELINES FOR HOME ISOLATION
Of COVID-19 cases

Treatment for patients with mild/asymptomatic disease in home isolation (2/2)

- If fever is not controlled with a maximum dose of Paracetamol 650 mg four times a day, consult the treating doctor.

- Avoid misinformation floating through social media.

- Do not rush for self-medication, blood investigation or radiological imaging like chest X-ray or CT scan without consultation.

- Steroids must not be self-administered; inappropriate use may lead to complications.

- Generic sharing of prescriptions to be avoided.

- In case of falling oxygen saturation or shortness of breath, seek immediate consultation.
When to Seek Medical Attention

Self-monitor your health, seek immediate attention if:

- Unresolved high-grade fever (more than 100° F for over 3 days)
- Difficulty in breathing
- Dip in oxygen saturation (SpO2 ≤ 93% on room air at least 3 readings within 1 hour) or respiratory rate >24/ min
- Persistent pain/pressure in the chest
- Mental confusion or inability to arouse
- Severe fatigue & myalgia
NEW GUIDELINES FOR HOME ISOLATION
Of COVID-19 cases

When to Discontinue Home Isolation

- End isolation after at least 7 days have passed from testing positive & no fever for 3 successive days
- Continue wearing masks
- No need for re-testing after home isolation period is over
- Asymptomatic contacts need not undergo COVID test & monitor health in home quarantine