

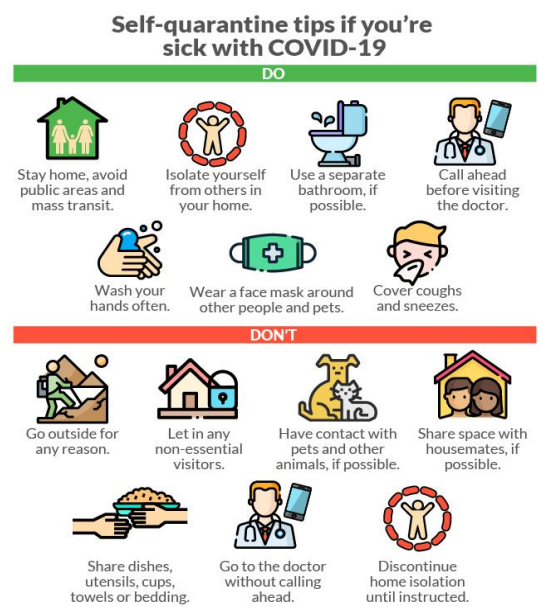
HOME ISOLATION GUIDE FOR COVID PATIENTS

Instructions for Sick Persons and Care Givers

- Stay home.
- Most people with COVID-19 have mild illness and can recover at home without medical care. Do not leave your home, except to get medical care.
- Do not visit public areas.
- Take care of yourself. Get rest and stay hydrated. Take over-the-counter medicines, such as Paracetamol (Crocin, Dolo) to feel better.
- Stay in touch with your doctor. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.
- Follow care instructions from your healthcare provider and local health department. Your local health authorities may give instructions on checking your symptoms and reporting information.

When to seek emergency medical attention

- Look for emergency warning signs for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately.
- Trouble breathing.
- Persistent pain or pressure in the chest.
- New confusion, irrelevant talk, confused behaviour.
- Inability to wake up or stay awake.



Use of mask



- You should wear a cloth covering your nose and mouth if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone.
- If you can't put on a cloth face covering (because of trouble breathing, for example), cover your coughs and sneezes in some other way.
- Try to stay at least 6 feet away from other people. This will help build protection around you.
- Cloth face coverings should not be placed on young children under the age of 2 years, anyone who has trouble breathing, or anyone who is not able to remove the covering without help.
- Caregivers should wear a tightly fitted medical mask that covers their mouth and nose when in the same room as the patient.

General Instructions

- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing or sneezing, going to the bathroom, and before eating or preparing food.
- Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Soap and water are the best option, especially if hands are visibly dirt
 - Avoid touching your eyes, nose, and mouth with unwashed hands.
 - Throw away used tissues in a lined trash can.



CLEANING AND WASHING

- After use, wash utensils thoroughly with soap and water or put in the dishwasher.
- Ensure daily cleaning of all “high-touch” surfaces such as door handles, bedside tables, bed frames and other bedroom furniture.
- Clean and disinfect high-touch surfaces in the “sick room” and bathroom.
- You should clean your bedroom and bathroom, if possible.
- Let someone else clean and disinfect surfaces in common areas.
- If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis.
- The caregiver/other person should wear a mask and disposable gloves prior to cleaning. They should wait as long as possible after the person who is sick has used the bathroom before coming in to clean and use the bathroom.
- Use household cleaners and disinfectants. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- Regular household soap or detergent should be used first for cleaning, and then after rinsing, regular household disinfectant containing 0.5% sodium hypochlorite should be applied.
- Many products recommend keeping the surface wet for several minutes to ensure germs are killed.
- Clean the patient’s clothes, bed linen, and towels using regular laundry soap and water or machine wash at 60-90 degree celsius with common household detergent, and dry thoroughly.
- Place contaminated linen into a laundry bag. Do not shake soiled laundry and avoid contaminated materials coming into contact with skin and clothes.



- Gloves and protective clothing (e.g. plastic aprons) should be used when cleaning surfaces or handling clothing or linen.
- Wash hands thoroughly after touching or cleaning contaminated items, surfaces or clothes.

Avoid sharing of Personal Household Items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

OTHER THINGS TO TAKE CARE OF DURING 14 DAYS OF ISOLATION (AT HOME OR INSTITUTION)

- Place the patient in a well-ventilated single room (i.e. with open windows and an open door).



- Limit the movement of the patient in the house and minimize shared space.
 - Other household members should stay in a different room, or if that is not possible, maintain a distance of at least 1m from the ill person (e.g. sleep in a separate bed).
- Limit the number of caregivers. Ideally, assign one person who is in good health and has no underlying chronic or immune compromising conditions.
- Visitors should not be allowed until the patient has completely recovered and has no signs and symptoms.

Things to be removed out of Isolation Room

- Clothes and personal belongings of other family members need to be removed out of the “isolation room”. Plan in such a way that no other member of the family will need to enter or need to get anything from the “isolation room” for 14 days. A shortlist of such items is a follows:
 - Home clothes
 - Working clothes

- Bath and toilet items, cosmetics
- Mobile charger, power bank, other personal electronic items
- Bags, purse, wallet, credit/debit cards
- Cash
- Important papers: bank documents and cheque book
- Children's toys, games

PATIENT'S BELONGINGS TO BE MOVED INTO THE ROOM

- Clothes
- Mobile phone, charger
- Entertainment or work related: Tablet, Laptop with charger
- Toothbrush, toothpaste, soap, cosmetics, other bath and toilet items
- Food items and dry snacks for intermittent consumption



CONSIDER MINIMIZING THE NUMBER OF PERSONS IN THE HOUSE

- Children may not follow restrictions and may accidentally enter isolation room. If possible, send children to grandparents' or their cousin's place for 14 days.
- Elderly persons (age > 55 years) are vulnerable to severe COVID-19 infection. If possible, move parents/in-laws temporarily to some other place.

MANAGING HOUSE IN THE ABSENCE OF THE “ISOLATED” PERSON

- This is applicable even if the sick person is to be admitted to a hospital or isolation facility. If the isolated person is the only one with a bank account Ensure that enough cash is available at home.
- Keep the ATM card with spouse so it can be used if needed.
- Make a list of bills or rent to be paid on specific dates. If the isolated person is the one who has been cooking for the family; Plan in advance who will cook, or arrange for a temporary alternative source of food. Make a list of all the other routine things that the person to be isolated was doing and make a plan as to who will do these things in his/her absence.

