

COVID CARE COMPANION



HOME ISOLATION

Guidelines for
COVID-19 Positive Patients
in Home Isolation



For emergencies or any information, call
your healthcare provider or **helpline 1075**



First Consult a doctor



You can find one using

Toll Free Helpline : **1075**

E-Sanjeevini : **91-11-23978046**

Medicines that you can take at home

If you have fever or body ache:

Take a tablet Paracetamol 500 mg

After food 4 times in a day for up to 5 days
(with a gap of 6 hours between doses)

If you have cough: Take lozenges

If you have diarrhea: You can use ORS

For those with mild or moderate symptoms:

Budesonide 400 mcg inhaler **2 puffs, twice daily for 5 to 7 days.**
Effective if taken early. Consult a doctor.



Stay Separately



Stay in a separate room with a toilet **even if you have no symptoms**



Do not leave the room for anything



Don't share personal items like bed, towels, plates, glass cup, spoons, and phones, etc

Food and water



- Caregivers should **keep the food just outside** the patient's room
- Give locally available **fruits and vegetables**. Have dal, milk, soya, paneer, egg, and other **protein-rich foods**
- Drink 8-10 glasses of **water** a day

To improve oxygen levels

Lie on your **stomach** for 30 min to 1 hour, three times a day, if comfortable.

Don't do in -

BP, heart issues, spinal issues, pregnancy, after meals



To feel better



Do **gargles** with warm water and salt three times a day



Take **steam inhalation** three times a day



Do **deep breathing exercises**

Monitor your health

Check your **temperature** using a thermometer and **oxygen** using a pulse oximeter, thrice a day



When do I need to contact a doctor?

If your symptoms last **more than 4 days or get worse** - you may need additional medicines.

When do I need to go to a hospital?



If you have

- Breathing difficulty, rapid breathing
- Chest pain or heaviness
- Fainting, drowsiness, mental confusion

Pulse Oximeter reading

- 91 to 93 - go to a **facility with oxygen**.
(It may be a COVID care centre near you)
- 90 or below, go to a **hospital**.

If pulse oximeter is not available

- If patient has breathlessness while doing simple activities like walking, **there is mild breathing difficulty**
- If patient has breathlessness while at rest or cannot complete a full sentence at a time, **there is severe breathing difficulty**

Special Conditions

For those who are aged 60 and above or with medical conditions such as diabetes, heart disease, lung disease:



- You are **at risk for a more serious illness**.
- **Contact a doctor** to know if you can isolate at home
- **Continue** your **regular medicines**.
- If you have any **diet restrictions**, like taking low salt, low sugar, less water - **continue** them.
- Caregivers should **keep the local contact numbers** of ambulance, hospitals with oxygen beds and hospitals with ICU.

For pregnant women:



- Get your regular check ups and Tetanus (TT) injections, **after** you complete the **isolation period**
- Continue to take **Iron and Calcium** tablets
- **Keep in touch** with your doctor, ANM or ASHA worker

How can the caregiver and rest of the family members stay safe?



Dedicated Caregiver

- **Only one adult**, of age 18 to 60 years **without any previous illnesses** like diabetes, heart disease, or lung disease, should look after the patient.



Patient stays in own room

- Patient stays in **one room** and keeps the door closed, and windows open.
- **No one**, except the caregiver, **should enter** the room.
- If you do not have a separate room for the patient, call the government helpline (1075), and go to a COVID care center.



Safety for caregiver and family

- **Open the windows** throughout the house.
- Wear rubber gloves or disposable (one-time use) gloves if you are touching the patient or cleaning the clothes and bedsheets.
- **Everyone should wear a mask in the house.** The caregiver should wear a surgical mask. (N95 mask can also be used)
- Keep the **house, especially, the commonly used things clean**, using any disinfectant solution.



Everyone stays inside the house

- Everyone should stay at home for an isolation period of at least 10 days - count from the day your symptoms started, or from the day of testing, if you did not have symptoms. Plus an additional 3 days without fever.
- **Take help** from neighbours and friends by asking them to bring you essential things, groceries and medicines and keep near the door.



Monitor everyone for any symptoms

- If anyone in the family has any symptoms. **Consult a doctor/tele-medicine helpline.**

What materials should I keep at home?

You can make a kit and keep at home.

- 1 Digital thermometer
- 1 Pulse oximeter
- 10 or more surgical masks (Optional -N95 masks)
- 1 Bottle of liquid soap/hand sanitizer
- 20 Tablets of Paracetamol 500mg
- Lozenges for cough
- Notebook to write down the temperature and oxygen saturation daily



What are the other medications like Remdesvir, Tocilizumab and Convalescent Plasma?

When should I start looking?

Remdesvir is an antiviral medicine that may shorten the duration of the symptoms. It can be given only to a hospitalized patient under oxygen therapy.

Tocilizumab is a medicine that can be given only in patients hospitalized with severe disease.

Convalescent Plasma is not typically advised for patients

Do not start looking for these medications without instructions from a doctor.

These are only used in specific circumstances.