

COVID CARE COMPANION



# COVID-19 BASICS

Guidelines for  
the **Second Wave**



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



# What must everyone do right now?



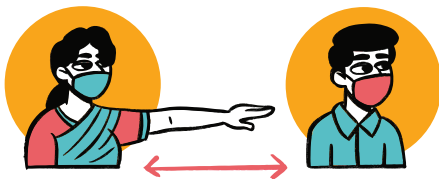
**Stay at home**



**If you go out** for essential things like food, medicines or work, **always wear a mask.**



The virus spreads more indoors. **Do not enter crowded indoor areas.**



**Stay 2 metres away** from others.



**Wash your hands frequently** with soap and water or clean them using hand sanitizer.

# Mask tips

## 1 Type of mask

- Wear a cloth mask made of **3-4 layers** or a **surgical mask**.
- If possible, wear a double mask (cloth mask over a surgical mask) in crowded spaces.
- It should **fit properly and completely**, **cover** the nose and mouth.



## 2 When to wear a mask

- **Everyone above 2 years of age wears a mask when going out**
- If you live in a house with many other people who go out for work, **wear a mask even at home**.
- If you or anyone in your home is **feeling unwell**.

## 3 Remember these are harmful and dangerous

- A **loose** mask.
- A mask that is **thin, torn or not clean**.
- **Pulling down your mask** while talking.
- **Washing and reusing** surgical masks or N95 masks.

# How do I know if I have COVID-19 and when do I get tested?



- If you have any of **these symptoms - get tested**: fever, sore throat, cough, bodyache, tiredness, loss of smell and taste, diarrhoea, vomiting, headache.
- If you have been **in contact** with someone who has COVID-19, **get tested**.
- **If a family member is positive, get tested**.
- Testing is available through the Government helpline number : 1075 or the Arogya Setu app.

# Who can take the vaccine?

Everyone above 18

Registration can be done on :

CoWin website (<https://www.cowin.gov.in/home>) or the Arogya setu app.

## Who can't take the vaccine?

- If you currently have or are suspected to have **COVID-19 infection**, do not take the vaccine now. **After recovery, wait for at least 8 weeks and then take the vaccine**
- **Below 18 years.**
- **Pregnant or breastfeeding mothers** are not included yet, but are very likely to be included soon.



## It is important to know where to go for help.

So these are few **helplines numbers** that you can keep with you:

**The national helpline is 1075.**

### To talk to a doctor:

E sanjeevini : **+91-11-23978046**

Free counselling support : **1800-599-0019**



- Keep the number of **ambulances** or any other vehicle that may be needed to transfer the patient to the hospital/clinic if needed.
- Keep the number of **local clinics or hospitals, your doctor, or your ASHA worker** with you.
- Download the **Arogya setu app**.

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

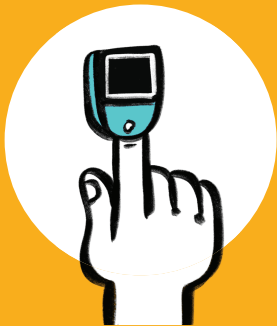
Do not start looking for these medications without instructions from a doctor.

**These are only used in specific circumstances.**

# How do I use a pulse oximeter?

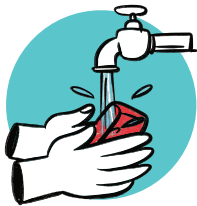
**Pulse oximeter** is a small device like a cloth clip and **measures heart rate and oxygen** in the blood.

A reading between **96-100** is normal.



## Steps for use:

- 1 **Clean the oximeter** with cotton swab and antiseptic solution.
- 2 **Wash and dry your hands.** Avoid using over nailpolish or mehendi.
- 3 Rub your **hands** to make them **warm**.
- 4 Sit comfortably and rest for 5 minutes.
- 5 Switch it on. Place the oximeter on your **index or middle finger**. Keep your arm at chest level and be still.
- 6 **Oxygen level (big letters) and heart rate (smaller letters)** will be displayed on the screen.
- 7 **Clean** the oximeter and then store it.



If you have no symptoms or mild symptoms,  
**check the oxygen levels thrice a day.**

Write it down in a notebook.

- **A lower oxygen level, even on repeated checks, indicates need for oxygen.**
- **Below 96, be alert** and continue checking. Lie down on your stomach (**proning**).
- **Between 91-93**, go to a facility **with oxygen**. It may be a COVID centre near you.
- **90 or below**, you need **hospitalization**

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.**

**It is important to know where to go for help.** So these are few **helpline numbers** that you can keep with you:

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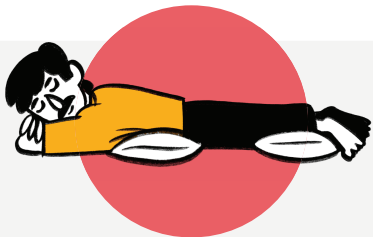
# What is proning? How does it help?

Proning is breathing while lying down on the stomach and helps with oxygenation in the lungs.

It can be done when the oxygen levels are below 96, and the **patient is awake and willing**.

## Steps

- 1 Keep 1 **pillow below the chest** and 1 below the **abdomen**. There should be a gap between them for movement of the chest.
- 2 **Lie on your stomach** supported by the 2 pillows.
- 3 Turn your **head to one side** and support it by keeping an arm below it.
- 4 The other arm can be stretched upwards or kept at the side of the body, whichever is comfortable.
- 5 You can also keep a pillow below your knees.
- 6 You should **feel comfortable** and be able to breathe properly.
- 7 **Stay in this position for 30 minutes to 1 hour**. You can **repeat** it 3-4 times in a day.



## Do not do this

- If you have BP or heart issues, are pregnant, spinal issues.
- If just after meal - wait for at least 1 hour.

# What is respiratory rate? How can I count it?

The respiratory rate is the **number of breaths someone takes every minute**. It is measured when a person is at rest.

A **high respiratory rate** may indicate **breathing difficulty** and a **need for oxygen therapy**.



## Steps

- 1 Sit down comfortably on a chair or bed or lie down on your back.
- 2 Keep your body relaxed. Keep a hand over your chest.
- 3 Rest for 5 minutes and then start.
- 4 Breathe naturally.
- 5 **One chest rise and fall is counted as one breath.** Count for 1 minute using a watch.

**If you have no symptoms or mild symptoms, check twice a day.**



**A normal count in adults is 12-16 times in a minute.**

If the count is higher than 20, inform your doctor /telemedicine helpline and follow the advice.

# How can I do deep breathing exercises? How do they help?

These exercises can be done after taking steam inhalation and also without it.

**They may help in recovery after illness.**



## Steps:

- 1 Sit up in a chair.
- 2 Keep your body relaxed.
- 3 Breathe in slowly through your nose.
- 4 Hold in your breath.
- 5 Release your breath slowly, keeping your mouth open.
- 6 Do it 10 times at one time.



**You can repeat it 3-4 times in a day.**

## Precautions:

- 1 Do it only in a closed room. Remove your mask.
- 2 Do not do these if you have breathing problems, high temperature, or chest pain.
- 3 Stop if you feel dizzy or have palpitations.

