

नजदीकी अस्पताल में संपर्क करें अगर -

- i सांस लेने में दिक्कत,
- ii ऑक्सीजन सैचुरेशन में कमी (SpO2 <94%)
- iii सीने में लगातार दर्द / दबाव,
- iv मानसिक भ्रम या होश में असमर्थता

Contact nearby medical hospital if-

- i. Difficulty in breathing,
- ii. Dip in oxygen saturation (SpO2 < 94% on room air)
- iii. Persistent pain/pressure in the chest,
- iv. Mental confusion or inability to arouse

Tested Covid-19 positive, now what?

Do's	Don'ts
Contact a doctor and follow advice	Don't panic
If you are advised home isolation, isolate in a separate room with separate washroom	Don't rush to hospital if you are advised home isolation
Continue healthy diet, plenty of fluids and medicines	Don't ignore danger signs*
Monitor self-health (Oxygen Saturation, Temperature, Breathing rate (number of breaths in a minute) and share with the doctor	Don't interact directly with others except care giver with proper use of mask and distancing
Stay positive	Don't share personal items with others in household

. Instructions for the patient

- i. Patient must isolate himself from other household members, stay in the identified room and away from other people in home, especially elderly and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.
- ii. The patient should be kept in a well-ventilated room with cross ventilation and windows should be kept open to allow fresh air to come in.
- iii. Patient should at all times use triple layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled. In the event of care giver entering the room, both care giver and patient may consider using N 95 mask.
- iv. Mask should be discarded only after disinfecting it with 1% Sodium Hypochlorite. (Alternatively mask can be put in a paper envelope for >72 hours out of reach of other individuals and can be discarded thereafter).
- v. Patient must take rest and drink lot of fluids to maintain adequate hydration.
- vi. Follow respiratory etiquettes at all times.
- vii. Frequent hand washing with soap and water for at least 40 seconds or clean with alcohol-based sanitizer.
- viii. Don't share personal items with other people in the household.
- ix. Ensure cleaning of surfaces in the room that are touched often (tabletops, doorknobs, handles, etc.) with 1% hypochlorite solution.
- x. Self-monitoring of blood oxygen saturation with a pulse oximeter is strongly advised.
- xi. The patient will self-monitor his/her health with daily temperature monitoring and report promptly if any deterioration of symptom as given below is not

Instructions for caregivers

i. Mask:

- o The caregiver should wear a triple layer medical mask. N95 mask may be considered when in the same room with the ill person.
- o Front portion of the mask should not be touched or handled during use.
- o If the mask gets wet or dirty with secretions, it must be changed immediately.
- o Discard the mask after use and perform hand hygiene after disposal of the mask.
- o He/she should avoid touching own face, nose or mouth.

Hand hygiene

- o Hand hygiene must be ensured following contact with ill person or his immediate environment.
- o Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty.
- o Use soap and water for hand washing at least for 40 seconds. Alcohol-based hand rub can be used, if hands are not visibly soiled.
- o After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.
- o Perform hand hygiene before and after removing gloves.

Exposure to patient/patient's environment

- o Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient.
- o Avoid exposure to potentially contaminated items in his immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen).
- o Food must be provided to the patient in his room. 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.
- o Clean 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.

- o Perform hand hygiene before and after removing gloves.

When to discontinue home isolation

Patient under home isolation will stand discharged and end isolation after at least 10 days have passed from onset of symptoms (or from date of sampling for asymptomatic cases) and no fever for 3 days. There is no need for testing after the home isolation period is over