



# Guidelines for Home Isolation of Covid-19 Patients



Stay  
Home  
Stay  
Safe

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**24/7 Helpline No.**  
**1800-499-4455**

If you or someone in your house has tested positive/suspected for Corona, there is no need to worry or panic. In this difficult moment, you are not alone. We are with you, and together we can help you to return to good health. This is why our doctors are currently advising patients with mild symptoms to home-isolate for 17 days. If your doctor has advised you to undergo self-isolation, kindly follow the instructions given below strictly.

## GUIDELINES FOR HOME-ISOLATION



A separate well-ventilated room and a separate toilet should preferably be available for Corona patient at your home.



A caregiver/attendant should be available 24x7 for the care of the patient. If not inform 1800-599-4455



If anybody in your house is above 55 years of age, is pregnant or has any severe medical condition like cancer, severe asthma, respiratory disorders, diabetes, high blood pressure, cardiovascular disease, renal disease etc please shift them to another house till the patient recovers. In such situations, it is not safe to keep home quarantine for a Corona patient in your house, as it can be dangerous for anyone with a compromised health condition.



All family members of diagnosed/suspected COVID-19 patients in the house should take Hydroxychloroquine as per the doctor's prescription. The below mentioned persons should not take Hydroxychloroquine unless specifically prescribed

- Those below 15 years
- Those suffering from allergies
- Heart Patients
- Those under going treatment for any diseases



Arogya Setu

Arogya Sethu App should be downloaded and internet and bluetooth should be on to enable the app to work.



Our health officials will call to check everyday. Full cooperation should be provided to them by providing all the requisite information.

# INSTRUCTIONS FOR PATIENTS IN HOME-ISOLATION



Should stay in a separate well ventilated room. It is preferable to have a separate toilet.



Keep yourselves hydrated. Drink atleast 2 liters of water per day. Use boiled and cooled water for drinking.



Maintain isolation. Always wear a mask, should you step out of your room in unavoidable circumstances.



Always use handkerchief / tissue and cover your mouth while coughing or sneezing. The used handkerchief should be stored in airtight polythene cover till washing. Used tissue shall be disposed along with used masks in a closed dustbin with secure lid. Burn the used masks & tissues to ashes outside your home. Do not dispose it with other household trash.



Always use a handkerchief or tissue. If the handkerchief becomes wet or soiled, put it in a polythene cover. If you use tissue papers dispose them in a trash can that has a lid.



Always wash your hands with soap and water for 40 to 60 seconds before using the toilet. Do not use cloth for wiping wetness. It is advisable to raise your hand and allow it to air dry.



After using the toilet, clean all the surfaces that you have touched and wash your hands with soap and water.



The patient should clean the isolation room himself/herself. If that is not possible the person who is cleaning should take all necessary precautions like wearing triple layer medical mask, gloves, face shield/ goggles. The room should be cleaned with disinfectants (as per manufacturer guidelines) or bleaching powder mixed with water (3 spoons per litre) twice a day.



Always maintain a distance of 2 meters (i.e. 6 feet) with senior citizens, pregnant women, children and comorbid patients at home.



Avoid smoking as the virus primarily impacts respiratory system. Smoking may affect your recovery.



Do not share personal items like utensils, towels, etc. with the other familymembers. Keep them seperate.



Soak used bedsheets, clothes, towels / utensils in hot water for 30 minutes before proceeding with normal cleaning / washing. The caretaker should always wear a triple layer medical mask and gloves while handling used items. Cloth masks / handkerchiefs used shall be soaked in 1% hypochlorite solution for 20 - 30 minutes before washing. Wash them seperately. Sun-dry the clothes / utensils after washing.



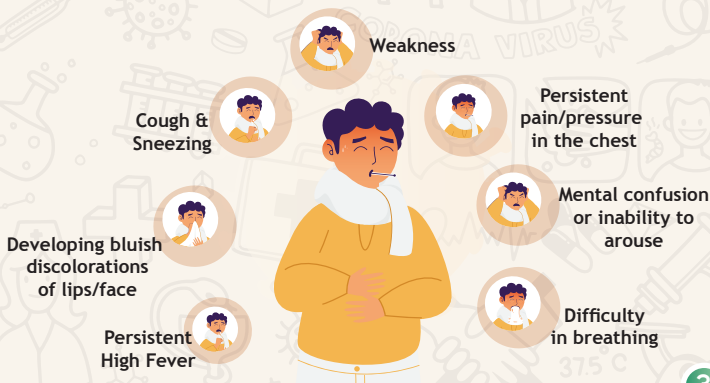
Follow doctors' prescription medication timely and without fail.



Keenly monitor your health for raise in temperature or other symptoms and if the severity of the symptoms increases, call 18005994455

## WHEN TO SEEK MEDICAL HELP?

Patient/Care giver will keep monitoring their health. Immediate medical attention must be sought if serious signs or symptoms develop. These could include



# INSTRUCTIONS FOR CARE-GIVERS/ATTENDANTS



Wear a triple layer medical mask appropriately when in the same room with the patient. The front of the mask should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. After use, discard the mask by using the appropriate technique that is, do not touch the front, but instead untie it from behind and wash your hands thoroughly after disposal of the mask. Disinfect the mask in 1% hypochlorite solution before disposing off in a closed dustbin.



Avoid touching your face, nose or mouth.



Ensure hand hygiene after coming in contact with the patient or the patient's immediate environment. Wash your hands with soap and water for 40-60 seconds as often as possible.



Wash your hands before and after preparing food, before eating, after using the toilet, and whenever your hands look dirty.



Use soap and water for washing your hands and wash at least for 40 - 60 seconds. Alcohol-based hand rubs or sanitizers can be used, if hands are not visibly soiled. Always air dry the hands by raising up. Do not wipe with cloth.



Do not touch any objects in the patient's room.



Towels, bedsheets, utensils and dishes used by the patient should be kept separately and cleaned with soap/detergent and water, while wearing gloves. The utensils and dishes may be reused. Always wash hands after taking off gloves or handling used items.



Always keep any items used by patient in hot water for 30 minutes before regular cleaning.



Food and other items needed by the patient must be provided to them in their room only.



Use triple layer medical mask and disposable gloves while cleaning or handling surfaces, clothing or linen used by the patient.



Ensure that the patient is taking all medication as per the doctors advice.



If there is aggravation of fever, cough, difficulty in breathing, mental confusion, Fatigue and other symptoms immediately call 1800-599-4455 or health surveillance teams.



# INSTRUCTIONS FOR NEIGHBOURS OF COVID-19 PATIENTS

- ▶ If there are any Corona patients in your building under Home Isolation, do not panic. Follow basics self hygiene measures and precautions to keep yourselves safe.
- ▶ Keep your surroundings clean.
- ▶ Ensure that the common spaces of your apartment building/flat such as lifts or stairs are sanitized twice a day with 1% sodium hypochlorite solution.
- ▶ Remember, the fight is against the disease, not the sick. Do not cause any kind of trouble for the patient or their family members.
- ▶ If any person, stamped for isolation, is seen stepping out, call 1800-599-4455 immediately.
- ▶ Wash your hands with soap and water for 40 to 60 seconds everytime you come from outside.
- ▶ Please take care of COVID-19 Patient. Do not hurt him/her because he/she is symptomatic. Your positive support can prevent further infection.
- ▶ Help the patient until they get cured. If they need any essential items like medicine, ration, vegetables, etc., help them by leaving them outside the door of their house. Avoid exchange of currency until the patient has recovered.
- ▶ For any assistance, call the Corona Helpline Service 1800-599-4455

## GUIDELINES FOR USING HYDROXYCHLOROQUINE

- ▶ All household members of Covid positive patient or a person with Covid symptoms should take Hydroxychloroquine with medical advice.
- ▶ The drug is not recommended for children under 15 years of age.
- ▶ The drug is contraindicated in persons with known case of retinopathy, known hypersensitivity to hydroxychloroquine, 4-aminoquinoline compounds and patients with cardiovascular disease on drugs causing QT prolongation.
- ▶ The drug has to be given only on the prescription of a registered medical practitioner.
- ▶ If anyone becomes symptomatic, while on prophylaxis he/she should immediately call 1800-599-4455



# HOW TO SELF-MONITOR:

**Follow these rules strictly for the safety of yourself and your family.**



Do health checks every morning and every night or anytime you feel like you might have a fever or feel abnormal.



Take your temperature with a thermometer. In case of dependent patients, caregivers can monitor the temperature. Use a mask and gloves and wash your hands thoroughly before and after checking Temperature.



Check your pulse rate twice a day.



When you are checking pulse rate, please place your index finger and middle finger on wrist while keeping thumb below. while checking pulse look at watch and follow seconds count pulse rate for mintue. Otherwise check pulse rate per 30 seconds, and multiplay the rate by two. This will correspond to pulse rate per mintue.



If the temperature is above 100° Fahrenheit or pulse rate above 100 immediately contact 1800-599-4455

In following scenarios seek medical advice immediately

- Difficulty in breathing
- Pain and pressure in the chest
- Confusion
- Lips or face turning blue.

## WHEN TO END SELF-ISOLATION

A person should stay in self-isolation for 17 days from the date of onset of symptoms. He or should not have had temperature for atleast 10 days to end self-isolation. During this period they can seek medical advice by calling 1800-599-4455

# NUTRITION GUIDE

## VEGETARIAN

### Do's



Eat whole grains such as brown rice, whole wheat flour, oats, millets, etc.



Include beans, lentils & pulses as these are good sources of protein



Include fresh fruits & vegetables (Bright coloured fruits & vegetables like red capsicum, carrots, beetroot & greens etc)



Drink 8-10 Glasses of water and Hydrate yourself. Water helps to flush out toxins.



Citrus fruits like lemons & oranges are a good source of Vit C which is key in improving immunity levels & to fight off infections.



Include spices like ginger, garlic & turmeric which are natural immunity boosters.



Eat home cooked food. Use low fat and less oil for cooking food.



Wash fruits & vegetables before use  
Include Low fat milk & yogurt as they are good sources of protein & calcium.

### Don'ts

Avoid eating maida, fried & junk food (chips, cookies etc).



Avoid sugary or packed juices & carbonated drinks as these are very low in nutrients.



Avoid eating cheese, coconut & palm oil, butter as they are unsaturated fats and are unhealthy.



## NON - VEGETARIAN

### Do's



Store non veg items separately from fresh products.



Include lean animal protein like skinless chicken, fish & egg whites.

### Don'ts

Avoid mutton, liver, fried & processed meats.



Limit Non Veg intake to 2-3 times per week.



Limit intake of whole eggs to once a week.



# DAILY REPORT

	Pulse Rate		Body Temperature		Remarks if any
	Morning	Evening	Morning	Evening	
1 <sup>st</sup> Day					
2 <sup>nd</sup> Day					
3 <sup>rd</sup> Day					
4 <sup>th</sup> Day					
5 <sup>th</sup> Day					
6 <sup>th</sup> Day					
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15 <sup>th</sup> Day					
16 <sup>th</sup> Day					
17 <sup>th</sup> Day					

More than 80% of Corona positive patients either have no symptoms at all or show mild symptoms like mild fever or cough. Such patients do not need to get admitted into hospital. They can stay home and look after themselves. We have made these guidelines to explain to patients what to do during home isolation and what precautions to take.



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Health, Medical & Family Welfare Department  
Government of Telangana