

Dated: 5th January 2022

# NEW GUIDELINES FOR HOME ISOLATION

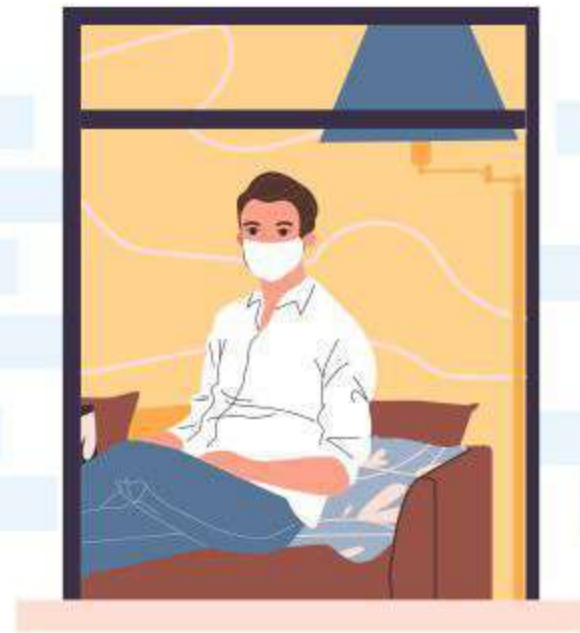
Of COVID-19 cases



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## Instructions for the Patient



- ▶ Must isolate from other family members
- ▶ Stay in a well-ventilated room
- ▶ Use a triple-layer medical mask at all times
- ▶ Take rest & drink a lot of fluids
- ▶ Undertake frequent hand washing or use sanitiser
- ▶ Don't share personal items including utensils
- ▶ Ensure cleaning of frequently touched surfaces
- ▶ Self-monitor blood oxygen saturation with a pulse oximeter
- ▶ Self-monitor daily temperature

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## Instructions for Care Giver



### Mask:

- ▶ Wear a triple layer medical mask; N95 when in the same room with the ill person  
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- ▶ Front portion of the mask should not be touched  
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- ▶ If mask gets wet or dirty, change it immediately  
\_\_\_\_\_
- ▶ Mask must be discarded after cutting to pieces & keeping it in a paper bag for 72 hrs minimum  
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- ▶ Perform hand hygiene after disposal of the mask  
\_\_\_\_\_
- ▶ Avoid touching face, nose or mouth

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## Instructions for Care Giver



Hand hygiene:

- ▶ Follow hand hygiene after contact with ill person or their environment  
\_\_\_\_\_
- ▶ Use soap & water for at least 40 seconds or alcohol-based sanitiser  
\_\_\_\_\_
- ▶ After using water, use disposable paper towels or dedicated clean cloth towels & replace them when they become wet  
\_\_\_\_\_
- ▶ Perform hand hygiene before & after removing gloves

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## Exposure to patient/patient's environment:



- ▶ Avoid direct contact with body fluids of the patient; Use disposable gloves
- ▶ Avoid exposure to potentially contaminated items like dishes, drinks, used towels or bed linen
- ▶ Provide food in the room of the patient
- ▶ Used utensils must be cleaned with soap & water while wearing gloves
- ▶ Clean hands properly after taking off gloves or handling used items

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## Biomedical/Waste disposal:



- ▶ Ensure safe disposal of general wastes such as used water bottles, left-over food, etc.

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- ▶ Collect in bags & tie securely for handing over to waste collectors

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- ▶ Used masks, gloves & tissues contaminated with blood/body fluids of the patients should be treated as biomedical waste

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- ▶ Collect them in a yellow bag & hand them over to waste collector separately

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- ▶ Or dispose by putting them in appropriate deep burial pits deep enough to prevent access to rodents, dogs, etc.

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## Treatment for patients with mild/asymptomatic disease in home isolation (1/2)



- ▶ Maintain communication with treating Medical Officer & report in case of any deterioration
- ▶ Continue medications for other co-morbidities/illnesses after consultation
- ▶ Utilize teleconsultation platform including e-Sanjeevani
- ▶ Follow symptomatic management for fever, running nose & cough
- ▶ Perform warm water gargles or take steam inhalation thrice a day

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## Treatment for patients with mild/asymptomatic disease in home isolation (2/2)



- ▶ If fever is not controlled with a maximum dose of Paracetamol 650 mg four times a day, consult the treating doctor
- ▶ Avoid misinformation floating through social media
- ▶ Do not rush for self-medication, blood investigation or radiological imaging like chest X-ray or CT scan without consultation
- ▶ Steroids must not be self-administered; Inappropriate use may lead to complications
- ▶ Generic sharing of prescriptions to be avoided
- ▶ In case of falling oxygen saturation or shortness of breath, seek immediate consultation

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## When to Seek Medical Attention



Self-monitor your health, seek immediate attention if:

- ▶ Unresolved high-grade fever (more than 100° F for over 3 days)  
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- ▶ Difficulty in breathing  
\_\_\_\_\_
- ▶ Dip in oxygen saturation ( $SpO_2 \leq 93\%$  on room air at least 3 readings within 1 hour) or respiratory rate  $>24/ \text{min}$   
\_\_\_\_\_
- ▶ Persistent pain/pressure in the chest  
\_\_\_\_\_
- ▶ Mental confusion or inability to arouse  
\_\_\_\_\_
- ▶ Severe fatigue & myalgia



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## When to Discontinue Home Isolation



- ▶ End isolation after at least 7 days have passed from testing positive & no fever for 3 successive days
- ▶ Continue wearing masks
- ▶ No need for re-testing after home isolation period is over
- ▶ Asymptomatic contacts need not undergo COVID test & monitor health in home quarantine

