



Guidelines for Home Isolation (Part 1 of 2)

Someday, we might require to isolate ourselves..

Patient should stay in a **separate well ventilated room**. It is preferable to have a separate toilet.



Maintain isolation.

Always wear a mask, should you step out of the room in unavoidable circumstances.



Always **cover your mouth while coughing** or sneezing.



The used tissue paper shall be disposed along with used masks in a closed dustbin with secure lid.



Clean surfaces

like table tops, doorknobs, handles, mobile phones, computers, remotes, etc. that are touched often by using 1% hypochlorite solution or Lysol.



Wash your hands

with soap & water for 40 - 60 seconds frequently. Do not use a towel to dry your hands. It is advisable to raise your hands and allow to air



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

The patient should clean the isolation room himself. If that is not possible, the person who is cleaning should take all necessary precautions such as wearing triple layer medical mask, gloves, face shield/ goggles. The room should be cleaned with disinfectants (as per manufacturer's guidelines).



Always maintain a **distance of two meters** (6 feet)



from senior citizens, pregnant women, children and comorbid patients at home. Keep windows open for ventilation.

Avoid smoking



as the Corona virus primarily impacts respiratory system. Smoking may affect and delay your recovery.



Soak used bedsheets, clothes, towels /utensils in hot water for thirty 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 /handkerchief used shall be soaked in 1% hypochlorite solution for 20 - 30 minutes before washing. Wash them separately. Sun-dry the clothes after washing. Utensils should drip dry and not be wiped dry.



Do not share

personal items like towels, utensils, etc. with the other family members. Keep them separate.



Keep yourself hydrated. Drink at least eight glasses of safe water per day.

Closely monitor your health for rise in temperature and fall in oxygen saturation (if pulse oximeter is available) or other symptoms as may be informed



to you, and if the severity of the symptoms increases, call your local govt COVID helpline or **1075**

Consume medications as prescribed by a doctor on time and without fail.

