

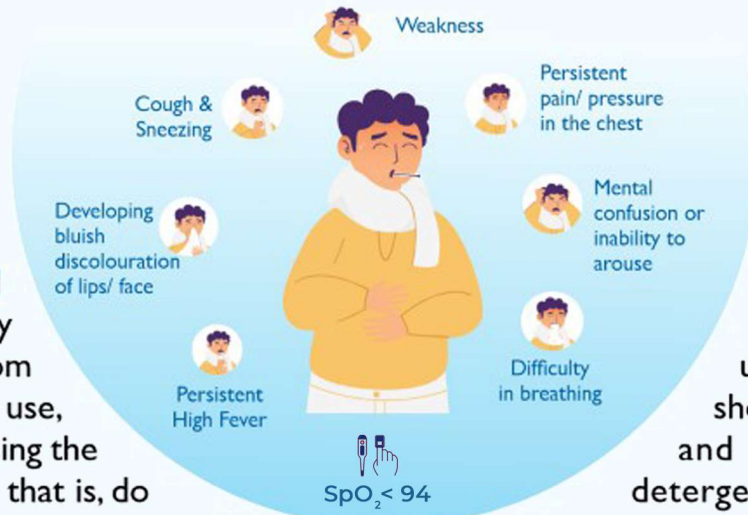
Guidelines for Home Isolation (Part 2 of 2)

Keep monitoring the health status of the patient on a frequent basis through the day

Immediate medical attention must be sought if "serious" signs or symptoms develop. These could include the following (however please make it a point to clarify these with your doctor while deciding on home isolation)

Instructions for Caregivers/ Attendants

1. Wear a **medical mask** appropriately when in the same room with the patient. 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.
2. **Avoid touching** your face, nose or mouth.
3. Ensure **hand hygiene** after coming in contact with the patient or the patient's immediate environment.
4. Wash your hands with **soap and water** for 40-60 seconds as often as possible.
5. **Wash your hands** before and after preparing food, before eating, after using the toilet, and whenever your hands look dirty.
6. 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 hands with a cloth.
7. Avoid touching objects in the patient's room.



8. Towels, bed sheets, utensils and dishes used by the patient should be kept separately and cleaned with soap/ detergent and water, while wearing gloves. Always wash hands after taking off gloves or handling used items.
9. Always keep any items used by patient in hot water for 30 minutes before regular cleaning. Used cloth masks/handkerchief shall be soaked in 1% sodium hypochlorite solution for 20-30 minutes before proceeding with normal washing.
10. Food and other items needed by the patient must be provided to them in their room only.
11. Use medical mask and disposable gloves while cleaning or handling surfaces, clothing or linen used by the patient.
12. Ensure that the patient is taking all medication as per the doctor's advice.
13. If there is aggravation of fever, cough, difficulty in breathing, mental confusion, $SpO_2 < 94$, fatigue and other symptoms immediately call the local Govt COVID helpline.