

Finding interpretation:

1. symptoms of covid-19

- fever
- dry
- cough
- difficulty in breathing
- tiredness
- loss of taste, smell

2. Home quarantine experience: It was very tough time and new experience; we were so scared and worried about our family member health. We tried to increase our immunity by eating healthy food.

3. yes, family supported us and concerned about my health.

4. Not all the time but whenever I step out of my room for washroom or when my family member come to give my food.

5. yes, I consulted doctor and he suggested me the home quarantine.

6. I was in a separate room but used common washroom since we have only one washroom.

7. mrng:

#Normal

breakfast

#egg

#milk with ginger, peper and tumeric.

Middle

#dates

#drygrapes

#papaya

juice

Afternoon:

#small amt of

rice

#greenleaves

#beetroot

#carrot

#cauliflower

Evng:

#fresh

juice

Night:

#chappati

#dhal

8. No, not exactly medicine. But everyday steaming, saltwater gargling, drinking hot water.

9.yes, but I sent my children and parents to my relative's house.

10.At first, they behaved weird but later they understood the situation.

11.yes, I am totally fine now.

12. Do not panic but be conscious. Drink more hot water, take ginger, garlic, turmeric, try to wash your hands often

13.Yes, I did. I was in home quarantine for a week after the results negative.

14.Yes because now I am bit confident after overcoming

15.20 days.

16.cough, throat pain and fever

17.Ayurveda.

18.#sanitize your hand

#wear mask

#maintain social distance.

#avoid unnecessary outgoing or any function.