

# CORONAVIRUS

## THE HOME QUARANTINE HANDBOOK

By Netmeds



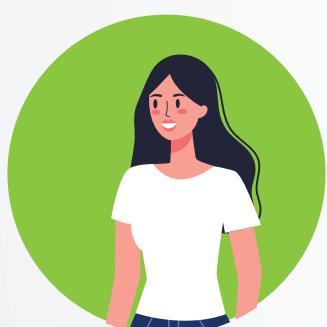
# **FOLLOW THESE GUIDELINES TO STAY SAFE DURING THE CRUCIAL SOCIAL DISTANCING PERIOD**

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Quarantining is a simple and effective solution to beat the coronavirus (COVID-19). As health authorities have urged citizens to either get quarantined or go for self-isolation, this guide will help you follow the guidelines to effective self-isolation and social distancing.

## **WHAT IS THE DIFFERENCE BETWEEN QUARANTINE, SELF ISOLATION & SOCIAL DISTANCING?**

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### **WHAT IS QUARANTINE?**

Quarantines are for people or groups who don't have symptoms but were exposed to the sickness. A quarantine keeps them away from others so they don't unknowingly infect anyone.



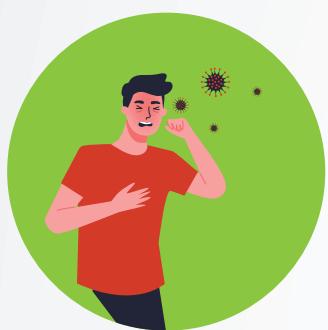
### **WHAT IS SELF-ISOLATION?**

While isolation serves the same purpose as quarantine, it's reserved for those who are already sick. It keeps infected people away from healthy people to prevent the sickness from spreading.



## WHAT IS SOCIAL DISTANCING?

Social distancing is a crucially important public health intervention that can help stop coronavirus transmission. This means avoiding crowds and large gatherings such as weddings, concerts, conferences, sporting events, and public transit. Best practice requires maintaining at least a six-foot distance between yourself and others.



## WHO NEEDS TO BE QUARANTINED?

- A person who had been exposed to a COVID-19 positive case, including those who live in the same household.
- Quarantine is also needed for those individuals who have visited regions with ongoing transmission of COVID-19.
- The infected person should also avoid going to work or school, travel and not come in contact with large groups.



## SELF-ISOLATION IS RECOMMENDED FOR

- People who show signs of COVID-19, but who do not require hospitalization.
- A person who is sick and waiting for a test result of COVID-19.

# HOW TO PRACTISE SELF ISOLATION



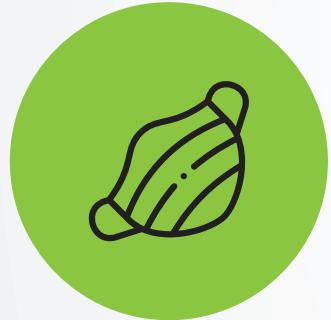
**Not going out of the house**



**Not using public transportation**



**Having supplies delivered home, instead of running errands**



**Wearing a mask and maintaining a two-metre distance between yourself and others in the event that you must leave your home**

## DURATION OF SELF-ISOLATION

- Self-Isolation is recommended for a **period for 14 days**.
- For a low-risk person, home isolation is not required **but they must monitor symptoms regularly**.
- Confirmed cases must be isolated **as long as they show symptoms of the illness**.

## **SPECIFICATIONS ISSUED BY THE GOVT OF INDIA:**

- Isolate yourself in a ventilated single-room preferably with an attached or separate toilet. Any close family member who needs to stay in the same room should maintain a distance of 1 meter.
- Avoid contacting vulnerable people, the elderly, pregnant women, children and individuals with co-morbid conditions within the house.
- Restrict movements completely within and outside the house.
- Avoid attending social or religious gatherings.



# **PRECAUTIONARY MEASURES FOR FAMILY MEMBERS OF THE HOME QUARANTINED PERSON**

- Only one member of the family should take care of the infected person.
- Avoid direct contact with soiled linen.
- Always sanitize before and after meeting the person.
- Always use disposable gloves when cleaning the soiled areas or handling soiled linen and wash hand after removing the gloves.
- Never allow any visitors.
- Keep the surroundings clean by disinfecting all items used by the quarantined person, which include toilet, clothes, other linen and utensils.
- If the person quarantined becomes infected then all his close contacts should be home quarantined for another 14 days or till the lab reports of such cases turn out negative.



# EMERGENCY CONTACT NUMBERS

Don't panic. It is easy to contain the virus by following the above-mentioned precautions. You can also contact the helplines setup by the government, to tackle the situation.

Round-The-Clock Helpline Numbers:

NAME OF THE STATES	HELPLINE NUMBERS
NEW DELHI	<b>011-23978046</b>
MAHARASTHRA	<b>020-26127394</b>
KERALA	<b>0471-2552056</b>
TELANGANA	<b>104</b>
UTTAR PRADESH	<b>18001805145</b>
KARNATAKA	<b>104</b>
MADHYA PRADESH	<b>0755-2527177</b>
TAMIL NADU	<b>044-29510500</b>
UTTARAKHAND	<b>104</b>
WEST BENGAL	<b>3323412600</b>
RAJASTHAN	<b>0141-2225624</b>
PUNJAB	<b>104</b>
ODISHA	<b>9439994859</b>
NAGALAND	<b>7005539653</b>
MIZORAM	<b>102</b>
ANDHRA PRADESH	<b>0866-2410978</b>



**STAY SAFE,  
STAY HEALTHY!**

Issued in public interest by

