

HOME ISOLATION & CARE FOR COVID-19

SUSPECT COVID-19

If you have any of the following



Fever



Cough



Headache



Sore throat



Bodyache



Breathlessness



Recent Loss of smell



Recent Loss of taste

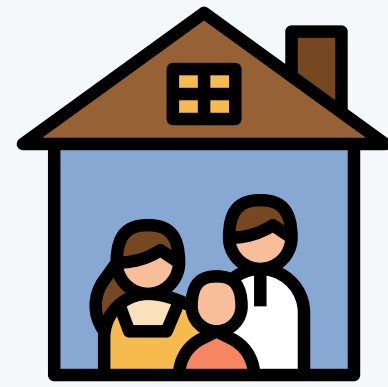


Asymptomatic family members exposed to symptomatic cases should monitor their health & get tested

WHILE CARING FOR SELF

- ✓ Get COVID19 test
- ✓ Consult your doctor for admission if oxygen saturation $\leq 93\%$
- ✓ Blood tests to be done in consultation with your doctor

DOS



Stay home



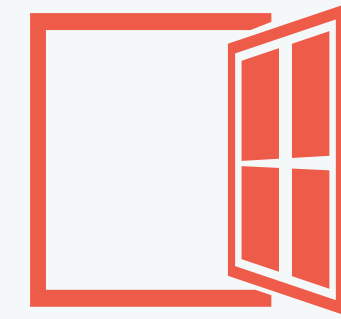
Sanitize hands



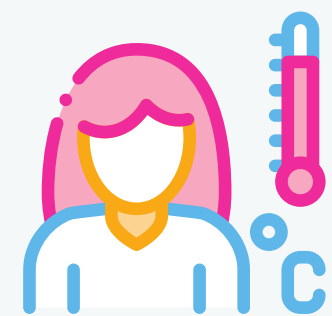
Isolate & take rest



All family members should wear mask



Cross-ventilation in rooms – open windows



Body temperature (4 hourly)

Monitor



Oxygen saturation (by Oximeter) (4 hourly)



SEEK MEDICAL CONSULTATION IF ANY OF THE FOLLOWING APPEARS

- Oxygen Saturation $\leq 93\%$
- Breathlessness or Dizziness

Treatment



Drink water, soup, juice, coconut water etc.



Lie on your chest and breathe deeply to improve oxygenation



Paracetamol at 6 hours interval & cough syrup if required



Multivitamins & mineral



Steam inhalation and/or warm water gargle thrice a day

DON'Ts

- ✗ Do not use remdesivir in home care setting
- ✗ Do not use nebulizer for budesonide
- ✗ Do not use oxygen cylinder without advise of medical practitioner

Treatment with the following as advised by your doctor

1. Budesonide via Metered Dose Inhaler (MDI)/Dry Powder Inhaler (DPI)– ONLY if symptoms persist beyond 5 days
2. Ivermectin/Hydroxychloroquine
3. Low dose steroid if symptoms persist for more than 7 days, ONLY ON ADVISE OF YOUR DOCTOR
4. Antibiotics as appropriate



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AIIMS/ ICMR-COVID-19 National Task Force/ Joint Monitoring Group (Dte.GHS)

**Ministry of Health and Family Welfare
Government of India**