HOME ISOLATION & CARE FOR COVID-19

SUSPECT COVID-19
If you have any of the following
- Fever
- Cough
- Headache
- Sore throat
- Breathlessness
- Body ache
- Recent Loss of smell
- Recent Loss of taste

DOs
- Stay home
- Sanitize hands
- Isolate & take rest
- All family members should wear mask
- Cross-ventilation in rooms – open windows

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

Monitor
- Body temperature (4 hourly)
- Oxygen saturation (by Oximeter) (4 hourly)

SEEK MEDICAL CONSULTATION IF ANY OF THE FOLLOWING APPEARS
- Oxygen Saturation ≤ 93%
- Breathlessness or Dizziness

Treatment
- Drink water, soup, juice, cocoanut 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

While caring for self
- Get COVID19 test
- Consult your doctor for admission if oxygen saturation ≤ 93%
- Blood tests to be done in consultation with your doctor

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

Ministry of Health and Family Welfare
Government of India

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