

DO's and DONT's for HOME ISOLATION ...

INSTRUCTIONS FOR COVID-19 PATIENTS:

1. Ensure that the patient stays in a separate well-ventilated room, having a separate toilet.
2. A caregiver / attendant should be available 24X7 for the care of the patient. If not inform, the local Health Centre, with all details. Patients, who are elderly or with diabetes, heart related disease, renal disease, liver disease, respiratory disorders (asthma / COPD), cancers etc., need SPECIAL ATTENTION. Diabetic patients with COVID require administration of insulin and close monitoring daily as oral anti-diabetic medicines may be insufficient.
3. If anybody in the house is above 55 years of age, is pregnant or has any severe medical condition like cancer, severe asthma, respiratory disorders, diabetes, high blood pressure, cardiovascular disease, renal disease etc., they should be shifted to another house till the COVID-19 patient recovers. It is not safe to keep a COVID-19 patient in the house for home isolation, as it can be dangerous for anyone with a compromised health condition.
4. All family members of diagnosed / suspected COVID-19 patient in the house should take the prescribed medicines as given by the Doctor. Those awaiting test results may follow the SOP annexed which is for mild COVID treatment.
5. The COVID-19 patient should keep her/himself hydrated by drinking plenty of water (atleast 08 to 10 glasses) besides other fluids. Always make use of boiled water for drinking. Water & ORS will prevent dehydration.
6. Ensure that the patient consumes nutritious and home cooked food, served hot and fresh.
7. Ensure that the patient adheres to the medication schedule as prescribed and specified by the consulting Doctor.
8. Ensure that the patient checks her/his temperature and Oxygen Saturation by Pulse Oxymeter, thrice a day and keeps a record of the same. If the SPO2 level goes below 94 or after six minute walk reduces by 4 points or more, the patient should be referred to the nearest Health Centre for further care and management.

9. Always ensure that the patient wears a N95 or double layer cloth with 3 layer surgical mask, should s/he step out of your room in unavoidable circumstances.
10. Always ensure that the patient uses handkerchief / tissue and cover her/his mouth while coughing or sneezing. The used handkerchief should be stored in airtight polythene cover until washing.
11. Used tissue shall be disposed along with used masks in a yellow coloured bag a closed bin with secure lid. Burn the used masks & tissues to ashes outside the home. Do not dispose it with other household trash.
12. Ensure that the patient washes her/his hands with soap and water for 40 to 60 seconds or atleast 20 to 40 seconds when using a hand sanitiser (preferably with 70% alcohol content) before and after using the toilet. Do not use cloth for wiping off wetness. It is advisable to raise the hands and allow it to air dry. The toilet commode should be covered while flushing. After using the toilet, ensure that the patient cleans all the surfaces that have been touched and washes their hands with soap and water.
13. The patient should clean the isolation room himself/herself. If that is not possible the person who is cleaning should take all necessary precautions like wearing triple layer medical mask, gloves, face shield/goggles. The room should be cleaned with disinfectants or bleaching powder mixed with water atleast twice a day.
14. Always maintain a distance of 2 meters (i.e. 6 feet) from senior citizens, pregnant women, children and co-morbid patients at home.
15. The patient shall refrain from smoking. Besides smoking may affect her/his recovery.
16. Do not share personal items like utensils, towels, etc. with the other family members. Keep them separate and they shall be cleaned /washed separately by the patient her/himself.
17. Soak used bedsheets, clothes, towels / utensils in hot water for 30 minutes or add disinfectant solution before proceeding with normal cleaning / washing.



Prepared and Issued in public interest by:
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18. In case of any complications, ensure that patient is able to contact the consulting Doctor and avail medical assistance quickly.

INSTRUCTIONS TO THE CARE TAKER OF THE COVID-19 PATIENT:

1. The caretaker should always wear a triple layer medical mask and gloves while handling used items of the patient.
2. Cloth masks / handkerchiefs used shall be soaked in hypochlorite solution for 20 - 30 minutes before washing. Wash them separately.
3. As far as possible sun-dry the clothes / utensils after washing.
4. Follow Doctors' prescription and medication timely and without fail.
5. Monitor your health for rise in temperature or other COVID type symptoms and if the severity of the symptoms increases, call the doctor.

INSTRUCTIONS FOR THE OTHER FAMILY MEMBERS:

1. Follow basics self hygiene measures and precautions to keep yourself safe.
2. Take steam inhalation (for five minutes) atleast twice a day.
3. Keep your surroundings clean.
4. Ensure that the common spaces if any in the house are frequently sanitized with sodium hypochlorite solution.
5. Do not allow the patient to move out of his/her room.
6. Wash your hands with soap and water for 40 to 60 seconds or with hand sanitiser (with 70% alcohol content) for 20 to 40 seconds every time you come from outside.
7. Please take due care of COVID-19 patient. Attend to her/his needs. Do not hurt him/her because s/he is symptomatic. Provide all required assistance until the patient gets cured. *Remember, the fight is against the disease, not the sick.*
8. Avoid exchange of any item(s) with him/her until the patient has recovered.
9. Monitor yourself for any symptoms such as temperature, bodyache, COVID like symptoms etc.

10. Eat nutritious food and diet. Drink plenty of water.
11. Do not mix the clothes, other used material, items, articles with other members items
12. Dispose off the garbage / waste of the patient separately as per the instructions of the local authority.

INSTRUCTIONS FOR NEIGHBOURS:

1. If there are any COVID-19 patients in your building / neighbourhood under Home Isolation, do not panic. Follow basics self hygiene measures and precautions to keep yourselves safe.
2. Keep your surroundings clean.
3. Ensure that the common spaces of your apartment building/flat such as lifts or stairs are sanitized twice a day with sodium hypochlorite solution.
4. Never ill treat persons with COVID. Do not cause any kind of trouble for the patient or their family members. They need all the assistance and support from their neighbours.
5. Wash your hands with soap and water for 40 to 60 seconds / sanitise them everytime you come from outside.
6. Don't hurt or humiliate a COVID-19 patient. We need to fight the disease, not the infected.
7. If they need any essential items like medicines, supplies, groceries, eatables, etc., assist them in getting these items and by leaving them outside the door of their house.

NOTE: *Those who are asymptomatic / symptomatic and are awaiting test reports are advised to follow the Standard Operating Procedure for medication and treatment, as issued by the Directorate of Health Services, Government of Goa.*



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