**HOME ISOLATION & CARE FOR COVID-19**

(Revised on 05/01/2022)

Asymptomatic contacts to home quarantine for 7 days
Symptomatic individuals will end home isolation after at least 7 days have passed since testing positive and afebrile for 3 consecutive days

- Asymptomatic family members exposed to symptomatic individuals should monitor health
- Testing NOT mandatory for asymptomatic contacts

### SUSPECT COVID-19

If you have new onset of any of the following, do a self-test/RAT/RT-PCR. No need to repeat test

- Fever
- Cough
- Headache
- Sore throat
- Bodyache
- Breathlessness
- Loss of smell
- Loss of taste

### DOs

- Stay home
- Sanitize hands
- Isolate & take rest
- All family members should wear mask
- Cross-ventilation in rooms – open windows
- Monitor
  - Body temperature (6 hourly)
  - Oxygen saturation (by Oximeter) (6 hourly)

### SEEK MEDICAL CONSULTATION / HOSPITALIZATION IF

- Oxygen Saturation ≤ 93% (3 readings within 1 hour)
- Breathlessness or Dizziness
- Fever persists (≥ 100°F) for > 3 days

### DON'Ts

- Do not use remdesivir at home
- Do not use budesonide nebulizer
- Do not use oxygen cylinder without advise of medical practitioner
- Do not undergo CT-Scan without advise of medical practitioner

### Treatment with the following as advised by your doctor

- Budesonide Metered Dose INHALER (MDI)/Dry Powder Inhaler (DPI) – ONLY if symptoms persist ≥ 5 days
- Antibiotics as advised by medical practitioner

- Do not stop medicines for associated comorbidities such as diabetes & hypertension
- Consult your doctor if oxygen saturation ≤ 93%
- Drink soup, juice, coconut water etc.
- Lie on your chest & breathe deeply to improve oxygenation
- Steam inhalation &/or warm water gargle
- Paracetamol at 6 hours interval & cough syrup if required

### MONITOR WHILE CARING FOR SELF

- Body Temperature
- Consult your doctor if oxygen saturation ≤ 93%
- Do not undergo CT-Scan without advise of medical practitioner

This is a dynamic document and updated regularly based on emerging scientific evidence

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