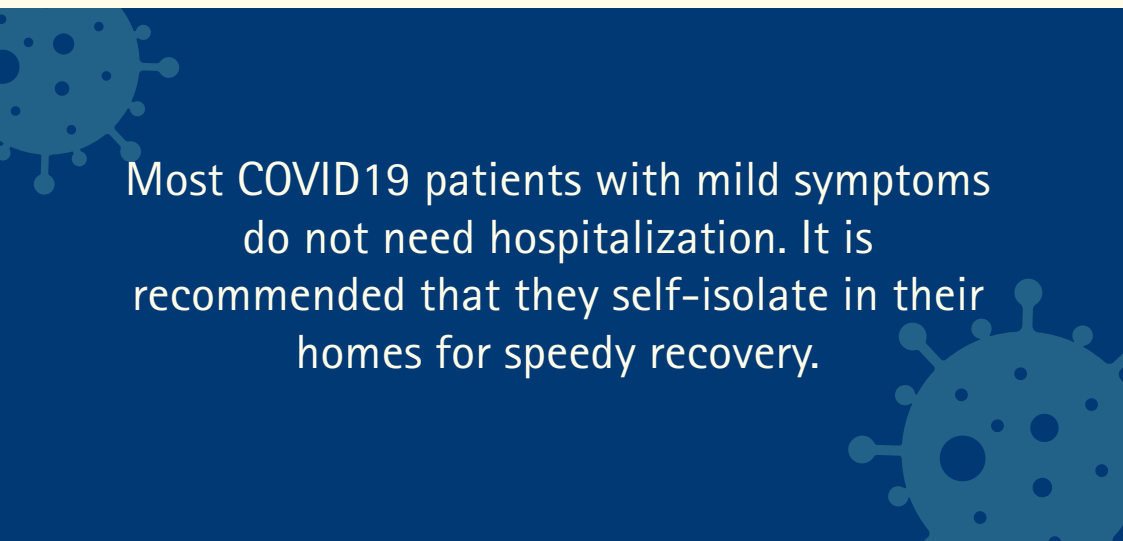


# GUIDELINES FOR HOME ISOLATION





Most COVID19 patients with mild symptoms do not need hospitalization. It is recommended that they self-isolate in their homes for speedy recovery.

## It is important that you don't panic and follow these guidelines

### Before starting the home isolation process, do note:

- Home isolation must be advised only for mild/very mild/pre symptomatic cases and advised by the treating doctor
- Separate room and bathroom is mandatory for the patient. If this is not feasible, then the doctor must be informed immediately
- If another family member needs to stay in the same room, it is advisable to maintain a distance of at least 1 meter between the two
- A caregiver should be available 24x7 to take care of the patient
- If the patient has a family member living in the same house falling in any of the below criteria, then a separate living arrangement for them is required to be made, until the patient has recovered. Given their vulnerability, the below categories are highly at risk:
  - Above 65years old
  - Pregnant
  - Suffering from a chronic illness like - Cancer, Asthma, Respiratory Disorder, Diabetes, BP, Cardiac Disorder, Kindey Disease
- Patient to follow advice of Delhi Govt Health official as directed
- Under no circumstances should the patient attend any social/religious gatherings e.g. wedding, condolences, etc.
- Visitors should not be allowed inside the house



# Home Isolation Guidelines for Patients

## AAROGYA SETU

- It is advisable for the patient to download the Aarogya Setu App and keep their location tracking and notifications on 24x7

## MASKS

- Always use triple layered mask and dispose-off the mask after 8 hours of using it
- If the mask is wet or gets dirty then change it immediately. Before disposing off the mask, use a hypochlorite solution on it and dispose it in a closed bin
- Used mask should be considered as potentially infected

## DISINFECTION AT HOME

- After the patient has been isolated, the other spaces in the house must be disinfected with 1% sodium hypochlorite solution
  - Use gloves and masks while using the solution
  - The solution can be used to mop the floor of your house and also clean other surfaces like windows, chairs, switchboards, dining table, toilet etc. Do NOT USE this solution on any metallic surfaces like door knobs, security locks etc. these surfaces will get rusty over time. To clean these surfaces, use any sanitiser
- Use 1% sodium hypochlorite solution to clean the surfaces and items you touch often like - table, chair, remote. Laptop and mobile phones may be wiped with 70% alcohol rub on a tissue

## SAFETY IN ROOM

- Always use a separate bathroom and cover the lid before flushing

- Windows of your room should always be kept open. In case AC is being used, leave one window open
- Be in your room and do not go in other rooms of your house during home isolation
- Do not touch doors, windows, tables etc. to avoid risk of spreading infection in your loved ones
- Avoid touching your face, eyes without washing your hands
- Wash your hands with soap and water for at least 40 seconds OR use a hand sanitiser which has 70% alcohol content
- Do not share your personal items like towel, utensils etc with rest of your family members

## REST AND RECOVERY

- Regularly take medicines as advised by your doctor. Do inform your doctor if you are on other medications
- During recovery, smoking and drinking alcohol is strictly prohibited
- Rest as much as you can and keep yourself hydrated all the time. You can have water, soup, juice etc

## DIET

- A low carb and high protein diet with lots of fruits and veggies is highly recommended - 3 times, everyday

### Vegetarians can have -

- Grains including brown rice, whole wheat, porridge, millet
- Proteins like beans, pulses
- Fresh fruits and veggies like red bell pepper, carrots, beetroot and leafy vegetables
- Citrus fruits like orange, fresh lime which are rich in Vitamin C will help build your immunity and decrease the risk of spreading infection

- Ginger, garlic, turmeric are immunity-boosters – include these in your daily diet
- Always eat home cooked food
- Food should be cooked in low cholesterol oil
- Fruits and veggies should be washed thoroughly

#### **Vegetarians should strictly avoid –**

- Refined flour, junk food, deep fried and bakery products
- Packed juices or cold drinks is a no-no
- Unsaturated fats like cheese, coconut, butter and palm oil

#### **Non-vegetarians can have –**

- Store non-veg items separately
- Low calorie protein like skinless chicken, fish and egg whites

#### **Non-vegetarians should strictly avoid –**

- Fried and processed meat, mutton, liver
- Restrict your non-veg intake to 2-3 times a week
- Egg yolks are allowed only once a week

### **Remember, home isolation is all about maintaining physical distance, however, emotional connect is equally importantly**

- Keep speaking to your friends and family members on phone
- You can use this time to catch up on your favourite shows on TV, read a book, play games on laptop/tv
- Keep monitoring your health everyday especially temperature. If the symptoms change, speak to your doctors immediately

### **MONITORING HEALTH**

- Take your body temperature at least twice everyday – once in the morning and once before bed time. If you feel feverish in between, you must check your body temperature immediately

- In case of dependent patients, caregivers can also check their temperature
- Check your pulse at least twice everyday for 2 minutes
- Maintain a diary to record temperature, pulse and other symptoms with date and time and inform the medical team everyday
- If your temperature is more than 100 degree celcius and pulse rate is more than 100 beats per minute then inform the medical team immediately
- Apart from these, monitor below symptoms closely, if these symptoms persist, then the patient is required to move to the hospital immediately
  - Difficulty in breathing
  - Constant chest pain or heaviness
  - Hallucinations
  - Face or lips turning blue

- After 17 days of the onset of symptoms and 10 days without any fever, patients can end their home isolation
- The medical team will also assess all your symptoms and health records after 17 days to guide you on ending the home isolation
- There is no need for a lab test after home isolation

If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call 011-23978046



## Guidelines for Caregivers

- It is advisable for the caregivers to download the Aarogya Setu App and keep their location tracking and notifications on 24x7
- Caregivers themselves should be healthy and should be aged between 24-50yrs
- Caregiver should not have any underlying health conditions like - Cancer, BP, Diabetes, Cardiac Disorders, Asthma, Respiratory issues or Liver disorders. They should neither be immunocompromised nor pregnant.
- They should always be in touch with the dedicated team of health workers and doctors assigned by the Government of Delhi for daily updates of patient's health
- If they are in the same room as the patient, they should wear the triple layered medical mask. While using the mask, do not touch the front of it
- If the mask gets wet or dirty, dispose it off immediately.
- Remember, mask should always be removed from the back of the ear and should be disinfected immediately before disposing it off in the closed bin
- If the caregiver has been to the same room as the patient's then they should wash their hands properly with soap and water for 40 seconds OR use alcohol based hand sanitiser.
- Dry your hands with paper towel, tissue or hand towel immediately. If the towel gets wet, it should be changed
- While taking care of the patients, always wear mask, gloves and plastic apron. Apron should always be clean and should be disinfected with sodium hypochlorite solution
- Wash hands before and after wearing gloves
- Avoid coming in direct contact with patient's cough, sneeze or cough droplets, items used by the patient like - bedsheet, towel, utensils
- Daily items used by patients like bedsheets, towels, clothes etc should be washed at a temperature of 60-90 degree Celsius with detergent and water
- Dry these clothes in sun
- Patient's room, bathroom and other surfaces should be cleaned at least once everyday
- Use detergent to clean these surfaces and then use 1% sodium hypochlorite solution to disinfect
- While serving food to the patient, keep the food at a distance, and always wear disposable gloves while washing the utensils used by them with detergent soap and water. The utensils can be used again after washing properly.
- Take your medicines regularly as advised by the doctor
- Caregivers should also monitor their body temperature and other symptoms on a daily basis. If they find any irregularities in the symptoms, they should immediately inform the healthcare team.
- No family member should move out of their homes during the home isolation period of 15 days
- Ask your distant relatives or neighbours to help you out during these times with daily essential items by leaving them at your doorstep OR use home delivery services



## Instructions for neighbours

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**Don't worry if there is any patient in home isolation on your floor. Just take these simple precautions in order to avoid getting infected:**

- Surfaces in the common areas like hand rails of the stair case, lift buttons etc should be cleaned frequently with 1% sodium hypochlorite solution
- Keep in touch with the patient in home isolation through phone to keep them motivated
- Help their family members with daily essentials
- Use digital platform for monetary transactions

# COVID-positive and rushing to the hospital?

## Let Max@Home come to you.

With our Care@Home packages, COVID-19 patients with mild symptoms can self-isolate in the comfort of their home, and get expert medical care at their doorsteps without incurring the hospitalization cost.



**15-Day Remote Monitoring Package Starting @ ₹ 333/day\*\***

Most COVID patients with mild symptoms heal within 15 days. With the following services, we make @home-recovery speedy and comfortable.



Essential Medical Kit  
(Thermometer, SpO2 probe)



Daily Vital Monitoring with  
a trained nurse on call, twice  
every day



Tele-Review with a doctor  
every third day



Extensive Case Assessment  
by Nurse Case-Supervisor



Detailed Guidelines on  
self-monitoring, isolation,  
personal & home hygiene



Home Delivery of medicines

Advanced Monitoring Package	Extended On-Site Package
<ul style="list-style-type: none"> <li>Remote Monitoring Package + 3 Nurse-Visits (On-boarding, 7th Day, and 14th Day)</li> <li>Repeat COVID-testing (Once between 12th &amp; 14th Day)</li> </ul>	<ul style="list-style-type: none"> <li>Advanced Monitoring Package + Dedicated Nurse@Home (12/24 Hours)</li> <li>Repeat COVID-testing (Once between 12th &amp; 14th Day)</li> </ul>

Find out more about Care@Home  8744 888 888 (24x7 Helpline)

\*As per the MoHFW guidelines for COVID19 patient management dated 7th April, 2020.

\*\* Per person cost per day. One-time payment of complete 15-day package. Package extendable.

