



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

MONITOR WHILE CARING FOR SELF

- Body Temperature
- Consult your doctor if oxygen saturation $\leq 93\%$
- Do not stop medicines for associated comorbidities such as diabetes & hypertension

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 $\leq 93\%$ (3 readings within 1 hour)
- Breathlessness or Dizziness
- Fever persists ($\geq 100^\circ$ F) for > 3 days

Treatment



Drink soup, juice, coconut water etc.



Lie on your chest & breathe deeply to improve oxygenation



Paracetamol at 6 hours interval & cough syrup if required



Steam inhalation &/or warm water gargle

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



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



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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