



**COMMISSIONERATE  
Health & Family Welfare Services**

**COVID -19 (NOVEL CORONA VIRUS)  
GUIDELINES FOR HOME QUARANTINE**

Home quarantine (restricted home stay on health grounds) is implemented to prevent the spread of infection in the community. This is applicable to contacts (apparently healthy persons) of a travel related /unrelated suspect or confirmed case of COVID-19. Guidelines issued periodically by Government will provide further details in this regard.

**I. INSTRUCTIONS TO THE PERSON HOME QUARANTINED**

**Dos**

1. Stay in a well-ventilated single-room preferably with an attached/separate toilet. 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.
2. Wash hands as often thoroughly with soap and water or with alcohol-based hand sanitizer.
3. Restrict his/her movement within the house
4. Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused. Used mask should be considered as potentially infected.
5. Masks used by patients /care givers/close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
6. If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or **call 104 (24X7 help line)**.

**Don'ts**

1. Stay away from elderly people, pregnant women, children and persons with co-morbidities like diabetes, hypertension, asthma and other serious illnesses within the household.
2. Under no circumstances attend any social/religious gatherings like wedding, condolences, etc.
3. Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.

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