



## GOVERNMENT OF KARNATAKA

### **COVID-19 (NOVEL CORONA VIRUS): GUIDELINES FOR HOME ISOLATION**



#### **I. For COVID positive person in home isolation**

- Strictly stay in the identified room
- Wear medical facemask/ N-95 facemask at all times. The mask shall be discarded after 8 hours of use or earlier if it becomes wet or visibly soiled
- If you are alone in the room you can rest without facemask, but as soon as anyone steps in the room you should wear the facemask
- Follow cough etiquette. Cover your mouth and nose with a tissue paper/ handkerchief during sneeze/cough. Used tissue papers shall be disposed in closed bins. If you don't have tissue paper/handkerchief cover mouth and nose by the elbow
- Always maintain a physical distance of 2 meters/ 6 feet from other people in the home
- Hands shall be washed often with soap and water for at least 40 seconds or use alcohol-based sanitizer
- Stay away from elderly persons at home and those with comorbid conditions like hypertension, cardiovascular disease, renal disease, etc.
- Don't meet visitors till you are released from home isolation
- Take adequate rest and sleep
- Do not share personal items like toothbrushes, eating utensils, dishes, drinks, bath/hand towels, wash cloths or bed linen
- Strictly follow physician's instructions and medication advice
- Check and record your temperature using digital thermometer (shall be  $\leq 100.4^{\circ}$  F) in armpit and oxygen saturation with a fingertip pulse oximeter (shall be  $\geq 95\%$ ) thrice daily
- Stay well hydrated. Drink boiled and cooled water, soup, home-made juice, etc.
- Eat a balanced and nutritious diet consisting of fruit, vegetables, legumes, proteins, nuts and whole grains. Eat home-cooked food
- Consume moderate amounts of fats and oils. Avoid fried, junk and processed food
- Eat less salt and sugars – Avoid fizzy/sugary drinks
- Have separate utensils for yourself and eat food in your room
- Strictly avoid smoking, chewing tobacco and alcohol intake
- Seek counselling services when necessary

- Clean and disinfect frequently-touched surfaces in your room like phones, remote controls, counters, table-tops, doorknobs, keyboards, tablets, bedside tables, etc. with 7% Lysol or 1% sodium hypochlorite solution. These solutions are available in the market
- Gloves, masks, disposed tissue and other waste generated during home isolation shall be soaked in 1% sodium hypo-chlorite solution for 30 minutes and placed in a separate waste bag and disposed
- Clean and disinfect bathroom, fixtures and toilet surfaces at least once daily. Regular household soap or detergent shall be used first for cleaning, followed by 1% sodium hypochlorite solution
- Download Arogya Setu App, Quarantine watch App and Apthamitra App on your mobile (<https://covid19.karnataka.gov.in/new-page/software/en>) and shall remain active at all times (through Bluetooth and Wi-Fi)
- Answer promptly to tele-monitoring call
- Report to the physician/ health authorities about your health status every day
- Always keep handy phone numbers of medical officer, treating physician and ambulance
- Resume duty at your office only after release from home isolation and certification by the treating physician

## **II. Seek medical advice immediately if you have:**

- Difficulty in breathing
- Oxygen saturation  $\leq 94\%$  using fingertip pulse oximeter
- Persistent fever of  $\geq 38^{\circ}\text{C}$  ( $100.4^{\circ}\text{F}$ ) for more than 24 hours
- Persistent pain/pressure in the chest
- Mental confusion or inability to arouse
- Slurred speech/seizures
- Weakness or numbness in any limb or face
- Developing bluish discolorations of lips/face
- As advised by treating physician
- Any other symptom

## **III. For caregiver**

- The caregiver shall be an adult and in good health
- Wear medical facemask/ N-95 facemask appropriately when in the same room with the Covid positive person. The front portion of the mask should not be touched or handled during use.
- If the mask gets wet or dirty with secretions, it shall be changed immediately. Discard the mask after use and perform hand hygiene after disposal of the mask into separate closed bin.
- Avoid touching eyes, nose or mouth.

- Practise hand hygiene before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. Wash your hands with soap and water at least for 40 seconds or use alcohol-based hand rub
- Avoid direct contact with body fluids of the Covid positive person, particularly oral or respiratory secretions. Use disposable gloves while handling the person. Perform hand hygiene before and after removing gloves
- Avoid exposure to potentially contaminated items. E.g. avoid sharing food, utensils, dishes, drinks, used towels or bed linen
- As soon as you step out of the person's room immediately remove gloves and wash hands
- Food must be provided to the Covid positive person in his/her room
- Utensils and dishes used by the person shall be cleaned with soap/detergent and water wearing gloves
- Person's clothes, bed linen, and bath and hand towels shall be washed separately using regular laundry soap and warm water or machine wash at 60–90 °C (140–194 °F) with common household detergent, and sundried thoroughly
- Gloves and protective clothing (e.g. plastic aprons) shall be used when cleaning surfaces or handling clothing or linen soiled with body fluids. Single-use gloves shall be used and discarded after each use
- Make sure that the person follows the prescribed treatment
- Ensure counselling services to the person, whenever necessary
- Always keep handy phone numbers of medical officer, treating physician and ambulance
- Assess your health with daily temperature monitoring and report promptly if you develop any symptoms suggestive of COVID-19 like fever, cough, cold, sore throat, difficulty in breathing, etc.
- Take Hydroxy Chloroquine Sulphate tablet under medical supervision
- From the first day of home-isolation till the person is released from home isolation, ensure that no one in the household leaves the home.
- Request the relatives, friends, neighbours to help with daily supply of essential items. Please tell people to leave essential items at the door-step Alternatively, one can order these items online and request home delivery

#### **IV. For the family members**

- Do not panic. Do not stigmatise.
- Keep the person cheerful and boost their morale
- Ensure that the person is in strict home isolation
- Maintain a physical distance of at least 2 metres/ 6 feet from the person
- Strictly do not allow visitors till the person is released from home isolation

#### **V. Release from home isolation**

- Person under home isolation shall end home isolation 17 days after onset of symptoms (or date of sampling, for asymptomatic cases) and no fever for 3 days.

**REMEMBER THE FIGHT IS AGAINST THE DISEASE AND NOT THE PERSON**  
**STAY HOME- BE SAFE**

**For COVID related queries please contact:**

**Helpline numbers:** 9745697456 & 104

**Apthamitra helpline:** 14410

<https://covid19.karnataka.gov.in/>

*For COVID related videos please visit Jagruti Karnataka*

[https://www.youtube.com/channel/UC-jj\\_NNwB9m8\\_OocGo1Zfcg](https://www.youtube.com/channel/UC-jj_NNwB9m8_OocGo1Zfcg)

### Daily Self-Monitoring and Reporting Chart

Day	Date	Pulse rate			Body temperature			Oxygen Saturation (Fingertip Pulse oximetry)			Remarks (if any)
		Morning 7 am	Afternoon 2 pm	Evening 9 pm	Morning 7 am	Afternoon 2 pm	Evening 9 pm	Morning 7 am	Afternoon 2 pm	Evening 9 pm	
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