GUIDELINES FOR HOME BASED CARE OF - SARS COV2 (COVID-19)

Any person(s) suggestive of SARS CoV2, should be confined at home for a period of 14 days and avoid close contact with public and other members in the family.

Guiding Principles for home care:
1. Be informed about the illness.
2. Stay home, preferably isolate himself / herself in a separate & well-ventilated room. Avoid common areas frequented by other members of the family.
3. Avoid close contact with others. If inevitable, always maintain at-least two metres distance.
4. Avoid having visitors.
5. Avoid frequent touching of face
6. Avoid hand shaking and wash hands frequently with soap and water. In case of non-availability of soap and water, commercially available hand rubs can be used
7. Take plenty of fluids.
8. Clean the cloths and other linen used by the person separately using common house hold detergent and dry.
9. Clean and disinfect frequently touched surfaces in the quarantined persons room (Eg. Bed frames, table etc) daily with water followed by 1% sodium hypochlorite solution. (To prepare 1% sodium hypochloride solution for bleaching powder containing 30% available chlorine, use 33 grams in 1 litre of water & use the supernatant solution).
10. Clean and disinfect toilet surfaces daily with regular household bleach solution/ phenolic disinfectants.
11. Follow cough etiquettes -
   - Cover mouth and nose with a tissue/ handkerchief when coughing or sneezing; In case tissue/handkerchief is not available cough/ sneeze onto your upper arm or shoulder; coughing/ sneezing directly onto hands should not be done.
   - Turn away from others when coughing or sneezing
   - Do not spit/blow nose here and there, use a water filled receptacle for collecting sputum, thereby minimizing aerosol generation.
12. Follow appropriate guidelines for disinfecting walls, floor and objects (Ref. TNSOP-5)

Monitor your health for appearance of symptoms like fever, cough and/or breathing difficulty. If you develop any of these symptoms Please do contact the nearest Government Health Facility.