



## Health & Family Welfare Department, Government of Tamil Nadu

### TNSOP - 4

#### 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 hypochlorite 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.**