

Guidelines for Home Isolation of Mild/Asymptomatic COVID-19 Cases



Department of Health, CTA
<www.tibetanhealth.org>

1. Instruction for Patients:

- Patient must isolate himself from other household members and stay in an identified room with proper ventilation.
- Patient should at all times use triple layer medical mask.
- Patient must take rest and drink adequate fluids (minimal 2 L /day) to maintain hydration.
- Follow respiratory etiquettes at all times. (Covering your mouth and nose while coughing etc.)
- Frequent hand washing with soap and water for at least 20 seconds or clean with alcohol-based sanitizer.
- Don't share personal items with other people in the household.
- Self-monitoring of blood oxygen saturation with a pulse oximeter is strongly advised.
- The patient will self-monitor his/her health with daily temperature monitoring and report promptly if any deterioration of symptom as given below is noticed.
- Take balanced diet, rich in green veg, fruits and proteins.
- Ensure proper cleaning of surfaces in the room that are touched often (tabletops, doorknobs, handles, etc.).
- Wet, used, soiled, loose Mask should be discarded properly, after disinfecting it with 1% Sodium Hypochlorite if available or with other disinfectants.

Self-monitoring Chart:

Day of symptoms and time(every 4 hourly)	Temperature	Heart rate	SpO2(Pulse Oximeter)	Feeling: better/Same/Worse	Breathing: Better/same/Worse

Accepted range

- Temperature: Below 100 Fahrenheit
- Heart rate: 60-100 beat/min
- SpO2: 95 and above.

2. Instructions for caregivers:

- The caregiver should wear a triple layer medical mask. N95 mask may be considered when in the same room with the ill person.
- Front portion of the mask should not be touched or handled during use.
- If the mask gets wet or dirty with secretions, it must be changed immediately.
- Discard the mask after use and perform hand hygiene after disposal of the mask.
- He/she should avoid touching own face, nose or mouth.
- Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient.
- Avoid exposure to potentially contaminated items in his immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, drinks, used towels or bed linen).
- Food must be provided to the patient in his room. Utensils and dishes used by the patient should be cleaned with soap/detergent and water wearing gloves.
- Clean hands after taking off gloves or handling used items. Use triple layer medical mask and disposable gloves while cleaning or handling surfaces, clothing or linen used by the patient.
- Perform hand hygiene before and after removing gloves.

Contact nearest health centre if you have any questions about your condition and treatment need.

<https://tibetanhealth.org/coronavirus-helpline-contacts-of-medical-staff-from-tibetan-settlements-across-india-nepal/>

If you or any of your family members feel distressed and anxious, you can call the department counselling helpline @ 8626988053.

Immediate medical attention must be sought if serious signs or symptoms develop.

These could include-

- Difficulty in breathing,
- Dip in oxygen saturation (SpO2 < 94% on room air)
- Persistent pain/pressure in the chest,
- Mental confusion or inability to arouse,

When to discontinue home isolation:

Patient under home isolation will stand discharged and end isolation after at least 10 days have passed from onset of symptoms (or from date of sampling for asymptomatic cases) and no fever for 3 days. There is no need for testing after the home isolation period is over. He/She should continue to limit contact and follow preventative measures for at least 14 days.
