Guidelines for Home Isolation of Symptomatic Persons

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

SYMPTOMS OF COVID-19:

- Fever or chills
- Cough
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhoea
- Redness in eye (Conjunctivitis)
- Rashes
- Shortness of breath or difficulty breathing

If you develop the above symptoms, contact nearest health centre OR settlement offices for testing and medical support.

While waiting for the test service or test report:

- Isolate yourself from rest of the family members.
- Wear triple layer mask all the time.
- Do not share utensils and other common household items like towel.
- Sanitize and clean commonly touched surfaces like door knob, light switch, toilet etc.
- Practice hand hygiene.
- Avoid and limit contacts with others for 14 days.
- Take adequate fluid(2 L/day) and balanced nutritious food rich in vegetables, fruits and proteins.
- Take adequate rest and sleep(8 hours a day)
- Monitor your symptoms and as per doctor advice, take medicines on time.

Seek emergency medical care immediately if you develop any of the below signs and symptoms:

- Difficulty in breathing
- Persistent pain or pressure in the chest
- Disorientation and confusion (to surroundings)
- Inability to wake or stay awake

****************

Source: MoHFW & CDC