

# Guidelines for Home Isolation of Symptomatic Persons

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Department of Health, CTA

<[www.tibetanhealth.org](http://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

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