

# COVID 19 (CORONA VIRUS) ADVISORY

## HOW TO HOME QUARANTINE

### (STAY AT HOME WITH SOCIAL DISTANCING)

**If you have just returned from any of the COVID 19 affected countries or states, or have come into contact with confirmed COVID 19 cases**, here is what you can do to prevent the transmission of Covid 19.

- ✓ **Call Toll Free number 108** to notify of your arrival
- ✓ Stay at home in well ventilated, preferably single-room with an attached or separate toilet. If other family members need to stay in the same room then a distance of more than 1 metre is to be maintained between the two.
- ✓ Stay away from elderly people, pregnant women, children, or people with pre-existing medical conditions.
- ✓ Restrict your movement within the household and avoid unnecessary contact with others. Remain indoors and do not leave the house.
- ✓ **DO NOT ATTEND** any social or religious gatherings (weddings, parties, festivals, churches, temple, mosques etc.)



#### What is Home Quarantine?

Home Quarantine means to isolate yourself and to avoid contact with others to prevent the transmission of COVID 19. This can be done by staying at home for a period of 14 days or as instructed by a medical professional or authorities of the government.

#### What should you do during Home Quarantine?

1. Wash your hands frequently with soap and water or with alcohol based sanitizers.
2. Avoid sharing household items with other members in the house – plates, spoons, cups, glasses, towels, bedsheets etc.
3. It is preferable that a surgical mask is worn at all times and that it is changed every 6 to 7 hours. Before disposing the mask, disinfect it by soaking in bleach solution prepared using household bleaching powder. Dispose the mask by burning it or burying it deep in the ground.
4. Do not reuse the mask under any circumstances. Remember, used masks are potentially infected.
5. **If symptoms such as cough and fever appear, immediately inform on the TOLL FREE NUMBER 108.**

#### Instructions to caretakers

1. Only **ONE ASSIGNED FAMILY MEMBER** should take care of the needs of the person.
2. Avoid shaking the bed sheets or linens and avoid direct contact with skin.
3. Preferably use disposable gloves when handling used bed sheets and linens.
4. Wash your hands with soap irrespective of having used gloves or not.
5. **VISITORS SHOULD NOT BE ALLOWED** during the quarantine period.
6. Should the person under quarantine start showing symptoms, all his/her close contacts would be quarantined for 14 days after which follow up would be conducted for an additional 14 days or till lab reports indicate negative result.
7. For any doubts or query, **call toll free number 108.**