MOST IMMEDIATE/ACTIONABLE
CORONA VIRUS PANDEMIC

From
Deputy Commissioner,
Sirsia

To
1. DIG-cum-SP, Sirsa
2. ADC, Sirsa
3. All S.D.Ms in district Sirsa
4. DRO, Sirsa
5. DDPO, Sirsa
6. Civil Surgeon, Sirsa
7. Dy. Civil Surgeon (NHM), Sirsa
8. Distt. Surveillance Officer, Sirsa
9. DIPRO, Sirsa
10. DPO, WCD/DCPO/DCWO, Sirsa
11. Sr. Drugs/Drugs Control Officer, Sirsa
12. All Tehsildars/NTs/BDOs in distt. Sirsa
13. All Duty Magistrates (through concerned SDMs)
14. All respective members of Local/Sector/Zonal Committees in district Sirsa
15. All EOs/Secretaries of ULBs in distt. Sirsa
16. DIO, NIC, Sirsa

No. 27336-366 /MA Dated:- 05/02/20

Sub: Regarding Guidelines for Home Isolation for very Mid/Pre-symptomatic Covid-19 Cases

Please find enclosed herewith a copy of letter No. 32/3-IDSP/020/2504-07 dated 06.05.2020 received from the ACS to Govt. Haryana, Health Department vide which it has been conveyed that MoHFW, Govt. of India to prioritize the resources has issued guidelines on dated 27.04.2020 for Home Isolation for very Mid/Pre-symptomatic Covid-19 Cases.

You are, therefore, directed to go through these guidelines/instructions and ensure strict compliance.

For Deputy Commissioner,
Sirsia

DA: As above

CC:-
1. Incharge, Distt. War/Control Room, Sirsa
2. All HoDs in distt. Sirsa
From
Additional Chief Secretary,
Health Department, Govt of Haryana,
Chandigarh

To
1. All the Deputy Commissioners in the Haryana State
2. All Deputy Commissioner of Police/Senior Superintendent of Police/
   Superintendent of Police.
3. All Civil Surgeons, Haryana

No. 32/3-IDSP/020/05/20

Dated: 05/06/20

Subject: Regarding Guidelines for Home Isolation for very Mild/Pre-symptomatic
         Covid-19 Cases

With reference to the subject cited above.

2. As the situation of Covid-19 is evolving and number of cases of Covid-19 is
   increasing in the State, hence to prioritize the resources, MoHFW on dated 27.4.2020,
   has issued Guidelines for Home Isolation for very Mild/Pre-symptomatic Covid-
   19 Cases.

3. According to these Guidelines, if Mild/Pre-symptomatic patient intends to have
   home isolation, He/She may be allowed to do so, provided He/She is having the
   requisite facility at His/Her residence for Self-Isolation. These prerequisite for home
   isolation shall be ensured by the treating Physicians and if found suitable, the consent
   of the patients will be taken prior to advice for Home Isolation of the patient.

4. Eligibility for home isolation
   a. The person should be clinically assigned as a very mild case/pre-symptomatic
      case by the treating medical officer.
   b. Such cases should have the requisite facility at their residence for self-isolation
      and also for quarantining the family contacts.
   c. A care giver should be available to provide care on 24X7 basis. A communication
      link between the caregiver and hospital is a prerequisite for the entire duration of
      home isolation.
d. The care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per protocol and as prescribed by the treating medical officer.

e. Download Arogya Setu App on mobile (available at: https://www.mygov.in/arogya-setuapp/).

f. The patient shall agree to monitor his health and regularly inform his health status to the District Surveillance Officer for further follow up by the surveillance teams. In addition to this Health Authorities will monitor the health of the home isolated patients regularly.

g. The patient will fill in an undertaking on self-isolation (Annexure I) and shall follow home quarantine guidelines. **Such individual shall be eligible for home isolation.**

h. In addition to the guidelines on home-quarantine available at: https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf, the required instructions for the care giver and the patient as in Annexure II shall be also followed.

5. **When to seek medical attention**
   
a. Difficulty in breathing,
   
b. Persistent pain/pressure in the chest,
   
c. Mental confusion or inability to arouse,
   
d. Developing bluish discolorations of lips/face and
   
e. As advised by treating medical officer

6. **When to discontinue home isolation**

   Patients under home isolation will end home isolation if symptoms are clinically resolved the surveillance medical officer certifies him to be free of infection after laboratory testing.

7. **Instructions for care-givers**
- **Mask:** The caregiver should wear a triple layer medical mask appropriately 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.

- **Hand hygiene** must be ensured following contact with ill person or his immediate environment.

- Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. Use soap and water for hand washing at least for 40 seconds. Alcohol-based hand rub can be used, if hands are not visibly soiled.

- After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.

- **Exposure to patient:** Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient. Perform hand hygiene before and after removing gloves.

- **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. The utensils and dishes may be re-used. 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.

- The care giver will make sure that the patient follows the prescribed treatment.
- The care giver and all close contact will self-monitor their health with daily temperature monitoring and report promptly if they develop any symptom suggestive of COVID-19 (fever/cough/difficulty in breathing).

8. Instructions for the patient
- Patient should at all times use triple layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled.
- Mask should be discarded only after disinfecting it with 1% Sodium Hypochlorite.
- Patient must stay in the identified room and away from other people in home, especially elderly and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.
- Patient must take rest and drink lot of fluids to maintain adequate hydration.
- Follow respiratory etiquettes all the time.
- Hands must be washed often with soap and water for at least 40 seconds or clean with alcohol based sanitizer.
- Don’t share personal items with other people.
- Clean surfaces in the room that are touched often (tabletops, door knobs, handles, etc) with 1% hypochlorite solution.
- The patient must strictly follow the physician’s instructions and medication advice.
- The patient will self-monitor his/her health with daily temperature monitoring and report promptly if develops any deterioration of symptom as detailed below.

9. A district level an "Oversight Committee" consisting of Deputy Commissioners, Superintendent of Police (SP) and Civil Surgeon will regularly review the status of positive patients kept under Home Isolation in their districts.

10. Algorithm for mild cases is given below for reference:
Screening and Sample Collection
(Govt. & Pvt. Hospital / Dispensaries / Flu Clinic / ILI Survey)

COVID-19 PATIENT

On the basis of Clinical Symptoms by Clinician

Mild / Pre Symptomatic (Clinician will take undertaking for self isolation, provide prescription and will intimate DSO)

Home Isolation

Medical Officer/ Clinician should intimate DSO for further surveillance activity as per protocol

Mild patient will have the option for Home Isolation. Subject to eligibility (As per GOI guidelines)

If Symptom deteriorates

Facility Isolation

Patients at these facilities should be treated as per GOI guidelines.

A committee consisting of one Dy. CS, concerned MO & BEE will supervise all home isolation patients.

Care giver should be available for 24*7 basis and should follow these points.
1. Drug prophylaxis.
2. Use of Mask.
3. Hand Hygiene.
4. Disposal of Bio Medical Waste as per attached Guidelines.

On first day of isolation Health workers like ASHA & MPHW will visit the house of patient and carryout following:
1. Display of Red Poster at the outside of Patient’s House.
2. Pamphlets distribution.
4. Provide logistics for infection prevention e.g. masks etc
5. Health Workers should share their contact numbers with Patients/ contacts.

On every third day these Health Workers will visit the Patient’s House for any deterioration of symptoms and will ensure Home Isolation protocol being followed. These workers should share their contact.
**COVID POSITIVE HOME ISOLATION**

Till

(14 days from day of sample collection)

✧ Re-stamping if two samples are not Reported negative

11. Instructions for home isolation:

<table>
<thead>
<tr>
<th>Do's</th>
<th>Don't's</th>
</tr>
</thead>
<tbody>
<tr>
<td>Practice frequent hand washing.</td>
<td>Have a close contact with anyone, if you’re experiencing</td>
</tr>
<tr>
<td>Wash hands with soap and water or use</td>
<td>cough and fever.</td>
</tr>
<tr>
<td>alcohol based hand rub. Wash hands even if</td>
<td>Touch your eyes, nose and mouth.</td>
</tr>
<tr>
<td>they are visibly clean.</td>
<td>Spit in house.</td>
</tr>
<tr>
<td>Cover your nose and mouth with mask and</td>
<td>Close contact with family members.</td>
</tr>
<tr>
<td>dispose of as per BMW guidelines.</td>
<td></td>
</tr>
<tr>
<td>Contact doctor/ Health Care Worker if</td>
<td></td>
</tr>
<tr>
<td>symptoms worsen.</td>
<td></td>
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<tr>
<td>For any help contact State helpline</td>
<td></td>
</tr>
<tr>
<td>number 24X7 helpline at 8558893911.</td>
<td></td>
</tr>
</tbody>
</table>
Therefore, all districts are directed to follow these guidelines and strict compliance of the
same be ensured.

Director Health Services (IDSP)
For Additional Chief Secretary to Govt. of Haryana
Health Department

No. 32/3-IDSP/020/2504 - 07
Dated: 06/05/20
A copy is forwarded to the following for information please:

1. PA to Hon’ble IIM, Haryana for information of Hon’ble Health Minister, Haryana
2. The Chief Secretary to Govt. of Haryana.
3. All the Divisional Commissioners in the State of Haryana.

Director Health Services (IDSP)
For Additional Chief Secretary to Govt. of Haryana
Health Department

No. 32/3-IDSP/020/2512-14
Dated: 06/05/20
A copy is forwarded to the following for information please:

1. Mission Director, National Health Mission, Haryana.
2. Director General Health Services, Haryana.

Director Health Services (IDSP)
For Additional Chief Secretary to Govt. of Haryana
Health Department

No. 32/3-IDSP/020/2515
Dated: 06/05/20
A copy is forwarded to all District Surveillance Officers of the State for necessary.

Director Health Services (IDSP)
For Additional Chief Secretary to Govt. of Haryana
Health Department
कोरोना वायरस से बचाव होम क्वारंटाइन

क्या होम क्वारंटाइन?

होम क्वारंटाइन का मतलब घर पर अपने आप को दूसरे लोगों से अलग कर लेना है। अगर आपके कोरोना वायरस से संक्रमित होने का संदेह है या फिर दोनों पुकार लगा हुआ है तो आप एक कमरे में अपने आप को अलग कर लें। इससे आपके परिचार में किसी का वायरस नहीं पहुंचेगा।

पर पर कैसे कर सकते हैं अपने आप को क्वारंटाइन?

- होम क्वारंटाइन के लिए एक हवादार कमरा हो, जिसमें टॉयलेट भी हो।
- अगर उस कमरे में अन्य परिचार हो, तो दोनों में एक बीटी की दूरी हो।
- दोनों शरीर ध्यान के अन्य नुकसान, बर्फ्वतियों और अंदाज से दूर रहें।
- सदिध चमड़े में 14 दिन या जब तक स्वस्थ न हो जाए, हिस्सा न हो।
- साखून से हाथ धोए और एलकॉप हंड सेंट्राल का इस्तेमाल करें।
- पर ने सूद से चाटी, परसन, तोलिए या अन्य किसी चीज को न छुए।

होम क्वारंटाइन व्यक्ति के परिजनों के लिए गाइडलाइंस:

- पर का कोई एक साधरण ही ऐसे व्यक्ति की देखभाल करें।
- ऐसे व्यक्ति की लची के सीधे सफर से आना न दें।
- पर को साफ करने के लिए दस्तावेज दें। उन्हें उतारने के बाद हाथों को अच्छे से धोए।
- घर में किसी बाहरी व्यक्ति को न आने दें।
- होम क्वारंटाइन व्यक्ति के काम करने और हर वीज को एक परिवारी सोचकर हाइपोवोलोराइट लोकप्रियता से साफ करें।
- इसके अलावा टॉयलेट के पीप से रेगिस्तान हाइपोवोलोराइट बाइप्ले से साफ करें।
- होम क्वारंटाइन व्यक्ति में लक्षण नजर आए तो 14 दिनों तक सभी नजदीकी सफर किया करें।

किसको अपने आप को अलग कर लेना वापसिक?

हरेक राखा जो मरीज के कॉन्टेनर में आया हो या फिर जिन्हें लक्षण दिखाने पर शक हो रहा हो वे अपने आप को घर पर अलग कर सकते हैं। अगर तक देखा गया है कि वायरस से लक्षण सामने आने में 14 दिनों का दर्द लग रहा है, ऐसे में आप लापरवाही करें तो इसहार सेवकों लोग शीघ्र हो सकते हैं।

प्राथमिक जानकारी के लिए

राष्ट्रीय हेल्पलाइन नं. 9095555555 या 1075
एडिशनल जानकारी के लिए स्वास्थ्य विभाग नं. 85588-93911
सामर्थ्य करें नेटवर्क नं. ncov2019@gov.in
cov2019@gmail.com
नोवल कोरोनावायरस (COVID-19)

खुद यह सुरक्षित, इसको रखें सुरक्षित
क्या करें और क्या ना करें

क्या करें:
- बस-बस उड़ती हुई। यदि आपने बस लगाई है तो जब नहीं उड़ती है।
- एक से ज्यादा पेशेवर नहीं करें।
- अपने कलाम को सुरक्षित रखें।
- अन्य दीवारें सड़कों पर खड़ी हैं।
- हमेशा से पहले दीवारों को सुरक्षित रखें।
- अपने कलाम को सुरक्षित रखें।
- काम करने वाला दीवार को सुरक्षित रखें।
- हमेशा से पहले दीवारों को सुरक्षित रखें।
- अन्य दीवारें सड़कों पर खड़ी हैं।
- हमेशा से पहले दीवारों को सुरक्षित रखें।
- काम करने वाला दीवार को सुरक्षित रखें।

क्या ना करें:
- बस-बस उड़ती हुई। यदि आपने बस लगाई है तो जब नहीं उड़ती है।
- एक से ज्यादा पेशेवर नहीं करें।
- अपने कलाम को सुरक्षित नहीं रखें।
- अन्य दीवारें सड़कों पर खड़ी हैं।
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- अन्य दीवारें सड़कों पर खड़ी हैं।

हम सब साथ मिलकर कोरोनावायरस से लड़ सकते हैं

अधिक जानकारी के लिए
प्रशासन एवं परिवार गरीब बच्चों बच्चों के लिए 24x7 रेडियो चैनल: +91-71-2397 8946 पर कॉल करें या
ई-मेल करें neov2019@gmail.com
# CHECKLIST FOR HOME ISOLATION

Govt. of India, Ministry of Health and Family Welfare had issued guidelines for Home Isolation of very mild/pre symptomatic COVID-19 case on dated 07-04-2020. Only those patients who have the availability of following instructions and agrees to follow the conditions should be allowed.

<table>
<thead>
<tr>
<th>S. No.</th>
<th>Points to be checked/verified</th>
<th>No</th>
<th>Yes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>One assigned Health worker for monitoring vitals and to provide preventive measure training to the family in taking vitals like temperature, oxygen saturation.</td>
<td></td>
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<tr>
<td>2.</td>
<td>COVID-19 sticker pasted outside the home isolation.</td>
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<tr>
<td>3.</td>
<td>Hand washing with:</td>
<td></td>
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<tr>
<td></td>
<td>a. soap and water for at least 20 second</td>
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<tr>
<td></td>
<td>b. Clean with alcohol-based sanitizer</td>
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<td>4.</td>
<td>Proper rest and drink lot of fluids to maintain adequate hydration</td>
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<tr>
<td>5.</td>
<td>Use of:</td>
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</tr>
<tr>
<td></td>
<td>a. face mask</td>
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<td></td>
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<td></td>
<td>b. discarded only after disinfecting it with 1% sodium hypochlorite</td>
<td></td>
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<tr>
<td></td>
<td>c. maintain social distance</td>
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<td>6.</td>
<td>Counseling sessions online telephonically</td>
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<td>7.</td>
<td>Awareness about State Helpline no. 8558893911 available 24x7</td>
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<tr>
<td>8.</td>
<td>Stamps on the hands of patients as per protocol</td>
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<td>9.</td>
<td>Update the status on Arogya Setu App on daily basis.</td>
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<tr>
<td>10.</td>
<td>Instruction- separate facilities mandatory for home isolation:</td>
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<td></td>
</tr>
<tr>
<td></td>
<td>a. room</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>b. bathroom</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>c. wassroom</td>
<td></td>
<td></td>
</tr>
<tr>
<td>11.</td>
<td>Instruction- separate items mandatory for home isolation:</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>a. clothes</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>b. bed sheets/linen to be disinfected with sodium hypochlorite solution before washing</td>
<td></td>
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<tr>
<td>12.</td>
<td>Availability of daily use items like:</td>
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<td></td>
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<tr>
<td></td>
<td>a. toothpaste</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>b. footwear</td>
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<td></td>
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<tr>
<td></td>
<td>c. comb</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>d. mirror</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>e. utensils (disposables/ washed)</td>
<td></td>
<td></td>
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<tr>
<td>13.</td>
<td>Personal items (should not be shared with other people) like:</td>
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<tr>
<td></td>
<td>a. smart phone</td>
<td></td>
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<tr>
<td></td>
<td>b. thermometer</td>
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<td></td>
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<td></td>
<td>c. medicine</td>
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<tr>
<td></td>
<td>d. pulse oximeter</td>
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</tbody>
</table>

**Note:** Patients above 60 years of age and co morbidities, breathlessness and neuro psychotic ailments are not allowed to isolate at home.
घर में अलग रहने के लिए वेकलिस्ट

स्वास्थ्य एवं परिवार कल्याण मंत्रालय, भारत सरकार ने दिनांक 7/4/2020 को घोषित ही जारी किए थे।

जिनके पास निम्नलिखित बुनियादी सुविधाएं हैं और आपकी मात्र का मालन करने के लिए सहमत हैं,
केवल उन रोगियों को अनुपस्थति दी जानी चाहिए। 60 वर्ष से अधिक आयु के रोगियों और सहकर
रुग्णता, सांसद लेने में तकलीफ़ और न्यूरो साइकोटिक बीमारियों वाले रोगियों को घर पर
अलग करने की अनुमति नहीं है।

1. महत्त्वपूर्ण लक्षणों की निगरानी करने और परिवार को तापमान, ऑक्सीजन सांत्रिकौशली महत्त्वपूर्ण लक्षणों के देखने के लिए प्रशिक्षण प्रदान करने के लिए एक स्वास्थ्य कार्यकर्ता दिया जाएगा।
2. जिस घर में व्यक्ति अलग रह रहा हो उसके बाहर कोविड-19 का टीकाकरण चिकित्सा जाएगा।
3. एक अलग कमरा / वाथरूम और सौजन्य की योजना होनी चाहिए।
4. रोगी के कपड़े, बेडशीट / लोशिया (जोने से पहले सोडियम हाइपोक्लोरिट से संक्रमणमुक्त) अलग होने चाहिए।
5. ड्रूपलेट, चप्पल, चाँदी, दर्पण, बर्तन (डिसपोजेबल / धुला हुआ) जैसे दैनिक उपयोग की वस्तुएं अलग होनी चाहिए।
6. स्मार्ट फोन, थर्मोमीटर, दवाई, पल्स ऑक्सीमीटर जैसे व्यक्तिगत वस्तुओं को दूसरे के साथ साझा नहीं किया जाना चाहिए।
7. नियमित अंतराल पर 20 सेकंड तक जल और पानी से या अल्कोहल आधारित सॉनिटेईजर से हाथ साफ़ करने तथा रहना चाहिए।
8. शरीर में जल की क्षरित मात्रा बनाए रखने के लिए रोगियों को आसाम करना चाहिए और ज्यादा मात्रा में तरल पदार्थ खा ना चाहिए।
9. रोगी को चेहरे पर धातु लगाना चाहिए और उसे फेंकने से पहले 1% सोडियम हाइपोक्लोरिट से संक्रमण मुक्त करना चाहिए और सामाजिक दूरी का पालन करना चाहिए।
10. ऑनलाइन / टेलीफोन के माध्यम से काउंसिलिंग सत्र प्रदान किए जाएंगे।
11. हेल्पलाइन नंबर 1075 / 0172 2583305 / 108 हर समय (24 x 7) उपलब्ध रहेगा।
12. जोड़ोकॉल के अनुसार रोगियों के घर पर मुहर लगाना अनिवार्य है।
13. आरोग्य सेवा ऐप पर स्थिति की जानकारी को दैनिक आधार पर अपडेट करते रहें।
Government of India
Ministry of Health & Family Welfare

Guidelines for Home Isolation of very mild/pre-symptomatic COVID-19 cases

1. Scope
The present guidelines are in addition to guidelines on appropriate management of suspect/confirmed case of COVID-19 issued by MoHFW on 7th April, 2020. All suspected (awaiting test results) and confirmed cases of COVID-19 disease are currently being isolated and managed in a hospital setting with the intent to break the chain of transmission.

As per existing guidelines, during the containment phase the patients should be clinically assigned as very mild/mild, moderate or severe and accordingly admitted to (i) COVID Care Center, (ii) Dedicated COVID Health Center or (iii) Dedicated COVID Hospital respectively. However, very mild/pre-symptomatic patients having the requisite facility at his/her residence for self-isolation will have the option for home isolation.

2. Eligibility for home isolation
i. The person should be clinically assigned as a very mild case/pre-symptomatic case by the treating medical officer.
ii. Such cases should have the requisite facility at their residence for self-isolation and also for quarantining the family contacts.
iii. A care giver should be available to provide care on 24 x 7 basis. A communication link between the caregiver and hospital is a prerequisite for the entire duration of home isolation.
iv. The care giver and all close contacts of such cases should take Hydroxychloroquine prophylaxis as per protocol and as prescribed by the treating medical officer.
v. Download Arogya Setu App on mobile (available at: https://www.mygov.in/aarogya-setu-app/) and it should remain active at all times (through Bluetooth and Wi-Fi)
vi. The patient shall agree to monitor his health and regularly inform his health status to the District Surveillance Officer for further follow up by the surveillance teams.
vii. The patient will fill in an undertaking on self-isolation (Annexure I) and shall follow home quarantine guidelines. Such individual shall be eligible for home isolation.
viii. In addition to the guidelines on home-quarantine available at: https://www.mohfw.gov.in/pdf/Guidelinesforhomequarantine.pdf, the required instructions for the care giver and the patient as in Annexure II shall be also followed.

3. When to seek medical attention
Patient / Care giver will keep monitoring their health. Immediate medical attention must be sought if serious signs or symptoms develop. These could include
(i) Difficulty in breathing,
(ii) Persistent pain/pressure in the chest,
(iii) Mental confusion or inability to arouse,
(iv) Developing bluish discolorations of lips/face and
(v) As advised by treating medical officer

4. When to discontinue home isolation
Patients under home isolation will end home isolation if symptoms are clinically resolved and the surveillance medical officer certifies him to be free of infection after laboratory testing.
Undertaking on self-isolation

I, .................................................. S/W of ................................. resident of .................................................. being diagnosed as a confirmed/suspect case of COVID-19, do hereby voluntarily undertake to maintain strict self-isolation at all times for the prescribed period. During this period I shall monitor my health and those around me and interact with the assigned surveillance team/with the call center (1075), in case I suffer from any deteriorating symptoms or any of my close family contacts develops any symptoms consistent with COVID-19.

I have been explained in detail about the precautions that I need to follow while I am under self-isolation.

I am liable to be acted on under the prescribed law for any non-adherence to self-isolation protocol.

Signature __________________________
Date __________________________
Contact Number __________________________
Instructions for care-givers

- **Mask**: The caregiver should wear a triple layer medical mask appropriately 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.
- **Hand hygiene** must be ensured following contact with ill person or his immediate environment.
- Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. Use soap and water for hand washing at least for 40 seconds. Alcohol-based hand rub can be used, if hands are not visibly soiled.
- After using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated clean cloth towels and replace them when they become wet.
- **Exposure to patient**: Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient. Perform hand hygiene before and after removing gloves.
- 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. The utensils and dishes may be re-used. 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.
- The caregiver will make sure that the patient follows the prescribed treatment.
- The caregiver and all close contact will self-monitor their health with daily temperature monitoring and report promptly if they develop any symptom suggestive of COVID-19 (fever/cough/difficulty in breathing)

Instructions for the patient

- Patient should at all times use triple layer medical mask. Discard mask after 8 hours of use or earlier if they become wet or visibly soiled.
- Mask should be discarded only after disinfecting it with 1% Sodium Hypo-chlorite.
- Patient must stay in the identified room and away from other people in home, especially elderlies and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease etc.
- Patient must take rest and drink lot of fluids to maintain adequate hydration
- Follow respiratory etiquettes all the time.
- Hands must be washed often with soap and water for at least 40 seconds or clean with alcohol based sanitizer.
- Don’t share personal items with other people.
- Clean surfaces in the room that are touched often (tabletops, door knobs, handles, etc) with 1% hypochlorite solution.
- The patient must strictly follow the physician’s instructions and medication advice.
- The patient will self-monitor his/her health with daily temperature monitoring and report promptly if develops any deterioration of symptom as detailed below.