



MANAGING MILD COVID-19 FOR ADULTS AT HOME IN LOW-RESOURCE SETTINGS



IN CASE OF THE FOLLOWING SYMPTOMS:



DO THE FOLLOWING:



Stay at home. Call your local health worker or ASHA and the helpline. Note down the date of the first symptom. Get tested for COVID-19, if possible.



Stay in a separate room and use a separate toilet if possible. Keep a 2-meter distance from everyone. Do not invite guests.



Use separate utensils, clothes, towels, masks and bedding.



Keep doors and windows open or spend time in the verandah/terrace.



Ensure you and everyone in the house wears a double or triple-layer cloth mask or N95 that covers the nose and mouth.



Wash hands regularly with soap especially after touching your face, mask, and after using a toilet, and before and after eating.



Drink plenty of water. Eat well regularly.



Take ample rest. Sleep sideways and on the stomach.



Do light exercises and keep yourself engaged by talking over the phone, watching TV/listening to music.



Paracetamol/Crocin/Dolo/Brufen can be taken for fever 101 F or higher or for body pain, after consulting with the health care provider.



Ask your ASHA/community health worker to monitor oxygen levels with a pulse oximeter twice a day. If SpO2 is 94% or more, continue home care guidance.



Measure Respiratory Rate by keeping the palm on the chest and counting the number of times the chest rises in 1 minute.



Record SpO2, temperature, and other symptoms for the next 12 days.



Days 5-11 since the onset of the first symptom are crucial, watch out for danger signs listed on page 2.



If SpO2 is less than 94% or Respiratory Rate more than 24 per minute, go to the facility with an oxygen bed or nearest health facility.



INDISCRIMINATE USE OF STEROIDS CAN LEAD TO LIFE-THREATENING INFECTIONS.

Home isolation can end after at least 10 days into the illness and if no fever for 3 days. No testing is needed after home isolation ends.



For teleconsultation, contact the toll-free numbers:
COVID helpline number: 1075
YuMetta Helpline (8AM -10PM): +91-91755 94833

Disclaimer: Guidelines do not substitute for the care and guidance provided by doctors. Most COVID-19 cases are mild and can be treated at home by following steps in this guide.



Do not panic



WORSENING COVID-19 SYMPTOMS



If you have any of the following symptoms, home care is not advisable.
Get hospital care.



SpO2 less than 94%.



Unable to speak full sentences at ease, weak voice.



Chest pain or tightening of the chest.



Mental confusion about date/ place/ time/ orientation.



Shortness of breath when moving or exercising.



Bluish skin, lips, face.



Weak hand grip, inability to walk, eat or drink.



Cold extremities.

Call for help



Go to the nearest Dedicated COVID Health Centre/Hospital for medical care.

Prone while waiting for ambulance



Improve oxygen capacity of lungs by lying down on your stomach or your sides for 30 minutes.

BE MORE VIGILANT AND WATCH SYMPTOMS FOR COVID-19 PATIENTS WHO:



are immuno-compromised like HIV, Transplant recipients, Cancer therapy, etc.



are pregnant.



have comorbidities like kidney disease, heart disease, diabetes, severe lung disease.



are severely undernourished or obese.



have severe anemia or sickle cell anemia.



live alone, are disabled or have a mental health condition.



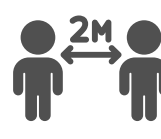
GUIDANCE FOR MEMBERS LIVING WITH AND CARING FOR COVID-19 PATIENT



Assign one member to take care of the sick. Do not be afraid.



Stay home as much as possible. Only step out for essential work. Do not have guests.



Minimize close contact. Avoid staying in the same room. Ventilate your home. Maintain 2 meters distance.



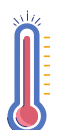
Wash hands regularly with soap especially after attending to the patient.



Wear a 2- or 3-layered cloth mask at all times and if possible wear an eye protection /face shield.



Keep the surfaces and surroundings clean using soap and water.



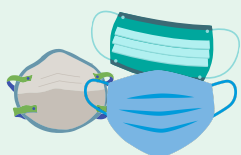
Monitor yourself for COVID-19 symptoms for 14 days. If anyone in the household develops symptoms, get tested as per protocol and practice home care guidance for COVID-19 patients.



DO'S



Keep the number of local healthcare providers, helpline, Government issued ID, insurance details and cash handy.



Wear a well-fitted N95 mask, a surgical mask or double or triple-layered cloth mask that covers your nose and covers your mouth.



Cough/sneeze into your elbow and wash your elbow after.



Ensure windows and doors are open, stay in a well-ventilated area.



Continue medications for pre-existing conditions.



DONT'S



Do not use a towel, gamcha, saree, hanky, dupatta, one layer mask, or a mask with a vent. Do not share your mask. Do not wear an ill-fitting mask.



Do not spit.



Do not go to crowded areas. Do not stay in closed spaces with many people.



Inhaling steam and taking drugs like Hydroxychloroquine (HCQ), Ivermectin, Azithral, Doxycycline, Fabiflu, plasma, and methylene blue are **NOT** beneficial for prevention or treatment of COVID-19.

