COVID CARE AT HOME

DO’S AND DON’TS

AUTHORS
Prof. Ravi Gupta
MS (Orthopaedics),
DNB, FRCS, FACS, FAMS, FIMSA
Medical Superintendent, GMCH - 32 Chandigarh.

Prof Jyoti Kathwal
M.Sc. Nursing, PhD scholar,
Principal College Of Nursing, GMCH-32 Chandigarh.
This booklet will help you in caring for COVID positive patient at Home in following aspects:

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Preface

This book is dedicated to all the COVID 19 patients who will defeat this disease courageously.

The book is needed because in spite of the verbal instructions, given to the patients by the doctors, many patients are not able to implement the instructions at home completely.

The present book starts with the symptoms of disease and important measures to be taken at home. Then the way the room is to be prepared, where the patient should stay in at home, has been explained and the precautions regarding sanitization of the articles in room, handling of linen, food etc has been discussed. The importance of continuing all general precautions for prevention and control of the Covid 19 disease and the use and disposal of masks has also been discussed.

Finally some life style measures to keep the patient healthy and happy have been discussed.

We present this book to our esteemed patients with a hope that they will now act as ambassadors for the control and prevention of Covid 19 disease.

Prof. Ravi Gupta
Medical Superintendent,
GMCH - 32 Chandigarh.
GET YOURSELF TESTED IF YOU HAVE COVID-19 SYMPTOMS

- Cough
- Loss of taste & smell
- Fever
- Fatigue
- Diarrhoea
- Breathing Difficulty
- Sneezing
- Aches
- Runny nose
- Sore Throat

Consult a Physician
Get yourself tested

It can take 7 - 14 days for symptoms to appear after exposure

- If Positive then you are confirmed positive
- Even if you are negative follow all the instructions given in this book
1. CLOSE MONITORING

Keep 4-6 hourly record of following parameters

- Temperature record
- Pulse rate & Oxygen saturation

Example of a chart

Share the chart with your physician everyday

2. ALARMING SIGNS

Breathlessness
Discomfort in chest
Drowsiness

Oxygen Saturation is < 93%

If the Fever is >100°F, severe headache or body pain then consult physician,
You may take Tab Paracetamol 650mg
3. POSITION IN BED

Lie down in prone position as far as possible

Bracing Position - Head down and knee hug

You can watch television or read in this position

You may use **Positioning Cycle** as shown

- **Lie on abdomen**
  - 30 minutes to 2 hours
  - Lie back to position
  - 30 minutes to 2 hours
  - Lie on right side
  - 30 minutes to 2 hours
  - Lie on Left Side
  - 30 min to 2 hours
  - Sitting Up
  - 30 minutes to 2 hours
  - Monitor oxygen saturation after position change
4. ENHANCE LUNG CAPACITY – BREATHING EXERCISES

DEEP BREATHING

PURSED LIP BREATHING
observe the lips pursed while exhaling slowly

SPIROMETRY
try to raise all three balls while inhaling

BREATHING EXERCISES

1. Simply think of smelling a flower and inhale deeply
2. Then blow out your breath as if you are blowing the pinwheel or birthday candles

BLOWING UP BALLOONS

Regular practice of Yoga (Minimum 20 minutes)
- Gentle Yoga
- Pranayama
5. STEAM INHALATION

You can take steam for 5-10 minutes twice a day

6. KEEP YOURSELF BUSY

- Meditate
- Enjoy Music
- Watch TV
- Water plants
- Yoga
- Do something you like
- Read
7. EATING AND DRINKING

- Eat well balanced diet
- Drink at least 2-3 litres of fluids (plain water, lemon juice, tea, coffee, juices, coconut water etc.)
- Supplement diet with zinc and vitamins as prescribed by physician

Do not smoke or drink alcohol

8. BOOST IMMUNITY

- Drink golden milk – 150 ml milk with 1 teaspoon of turmeric added in it
- Drink kadha
- Sleep for 6-8 hours
**AYUSH GUIDELINES FOR BOOSTING IMMUNITY**

Ministry of AYUSH recommendations, based on Ayurvedic literature and scientific publications, for preventive health measures and boosting immunity with special reference to respiratory health.

### Ayurvedic Immunity Enhancing Tips

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink Herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (Natural Sugar) and/or fresh Lemon Juice to your taste, if needed.
3. Golden Milk - half tea spoon Haldi (Turmeric) powder in 150 ml Hot Milk - once or twice a day.

### Measures for Enhancing Immunity

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes.
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking.

### Simple Ayurvedic Procedures

1. Nasal Application - Apply Sesame Oil/Coconut oil or Ghee in both the nostrils (Pratimarsa Nasya) in morning and evening.
2. Oil Pulling Therapy - Take 1 tablespoon Sesame or Coconut Oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

### Actions During Dry Cough/Sore Throat

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway Seeds) can be practiced once in a day.
2. Lavang (Clove) powder mixed with Natural Sugar/Honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.

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**9. HOME ISOLATION**

- Prefer to have separate well ventilated room in home
- Maintain Social Distancing
- Wear triple layer mask even at home
Do not go out of the room

No sharing of bed & belongings with anyone

USE OF TOILET FACILITY

Prefer separate wash room

If common toilet - after use
Sanitize with alcohol based sanitizer or 1% sodium hypochlorite
- bathroom fixatures
- light switches
- toilet seat
- sink
- floor
- door knobs

Person who does cleaning should wear mask while cleaning and wash hands with soap and water after cleaning
**HANDLING OF LINEN /CLOTHING**

- While handling used clothes and linen wear gloves
- Wash clothes and beddings at hot temperature in washing machine
- If hot water facility (in washing machine) not available then soak clothes in the hot water & detergent for 30 minutes
- Iron (press) clothes after wash.
- Dry Clothes In Direct Sunlight

**WASTE MANAGEMENT**

- Throw used masks/ tissue papers in dustbin with lid
- Keep dustbin in sunlight for 72 hours then treat the waste like general waste
- Burn the waste generated
  - Or
  - Put it in double yellow bag and handover to the nearest biomedical waste management facility

**After handling of waste or used articles**

**WASH YOUR HANDS**
Wash hands frequently for 20 seconds

1. Wet your hands & apply soap
2. Lather the hands, between your fingers
3. Rub fingers and palms spaces between fingers
4. Scrub knuckles
5. Scrub the finger nails well
6. Work on thumbs

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How to wear mask:

1. Hold the mask in front of face from strings
2. Pull the elastic on ear
3. Wash hands
4. Pinch the nose clip & secure it
5. Secure the second elastic on ear

- Wash hands before wearing and after removing the mask
- Do not reuse a disposable mask
- Change if its wet
## DO’S AND DON’TS RELATED TO MASK

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<th>Don’ts</th>
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<tr>
<td>Fully covered face and nose</td>
<td>Nose uncovered</td>
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<tr>
<td>Nose clip Secured to prevent leakage</td>
<td>Air leakage from nose and not snugly fitted</td>
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<tr>
<td>Snuggly fitted mask</td>
<td>Air sucked in from all sides of mask</td>
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### MASK RELATED PRECAUTIONS

- Wear mask all the time, even at home
- Do not touch your mask / eyes / nose or face
- Do not remove mask and do not cough/sneeze without mask or mouth uncovered
- While coughing or sneezing cover mouth and nose with tissue
- Throw used MASK/TISSUE in covered dustbin and wash your hands.
CAREGIVERS

- USE double medical mask while caring or in the same room
- Frequently wash your hands with soap and water
- Use dedicated utensils, linen and other belongings
- Frequently sanitize the surfaces & items touched

Don’t Panic
- 81% patients get mild disease
- 97% -98% of the patients are cured after this disease
- Precautions are important
- Watch for signs and symptoms

REMEMBER
- follow the suggested plan and do not miss or forget to take medications prescribed
- Stay in touch with your physician