

LABORATORY CONFIRMED COVID 19 PATIENT

Uncomplicated URTI, Fever, Diarrhea **WITHOUT** Breathlessness/ Hypoxia

HOME ISOLATION / SAFE HOME

Following parameters should be observed at Home

1. Temperature
2. Pulse
3. Blood pressure
4. SpO2 (by pulse oximeter)
5. Urine output (approximate)

Preferable Investigations:

CBC, CRP, D-Dimer from day-5 to day-17 at 48 to 96 hours interval, as required, if possible

CBG, Serum Creatinine, ECG : as required

Management

- Supportive Management
- Mask, Hand Hygiene, Physical distancing, droplet precaution
- **IVERMECTIN** 12 mg OD for 5 Days
AND
DOXYCYCLINE 100mg BD for 7 days
- **PARACETAMOL** for fever
- **Vitamin C** 500 mg twice daily
- **Zinc** 50 mg per day
- Laxatives (if necessary)
- Supportive treatment for cough, diarrhea etc.
- Steroids should **NOT** be used routinely in patients with mild disease.

Admission Criteria for Safe Home

1. Self-isolation facility is not present at home
2. No caregiver at home
3. Higher age group (>50 yrs) plus one Risk Factor
4. Two risk factors irrespective of age
5. Patients with mild disease

High Risk conditions:

- Age more than 50 years
- Chronic Lung Diseases
- Chronic Liver Disease
- Chronic Kidney Disease
- Hypertension
- Cardiovascular Disease
- Cerebrovascular Disease
- Diabetes
- HIV
- Cancers
- On Immunosuppressive drugs

Family Members Should

- Wear masks all the time and maintain Covid appropriate behavior
- Undergo Covid test when symptomatic
- Undergo Covid test within 5-10 days of exposure, if having any high risk factors or was/is in close contact with patient

Eligibility Criteria for Home Isolation

1. Mild symptomatic cases or asymptomatic laboratory confirmed cases as clinically assigned by the treating physician can opt for home isolation
2. Patients should be without any co-morbidity and less than 50 years of age
3. Such patients should have adequate facility for self-isolation (preferably separate room and toilet) at their residence and also for quarantine of the family contacts.
4. Each patient must be under one qualified Doctor, who is available for Teleconsultation, Medical Care and Guidance 24x7.
5. A care giver, preferably family member should be available at their residence to provide care on 24 x 7 basis
6. The patient must agree to monitor his health. Patient and the care giver will regularly inform patient's health status to the District Surveillance Team for further follow up
7. The patient will give an undertaking of self-isolation (Annexure) and will follow the guidelines.

When to Discontinue Home Isolation

1. After 17 days from the onset of Symptoms (10+7) where patient is afebrile for at least last 10 days
2. After 17 days from the date of sampling for pre-symptomatic or asymptomatic cases.

There is no need for repeat testing after the home isolation period is over

Warning Signs

- SpO2 <95% (Room Air)
- Difficulty in breathing
- High grade fever
- Persistent Fever for more than 7 days
- Recurrence of Fever after remission for few days
- Palpitations
- Chest pain/ tightness
- Severe Cough
- CRP > 5 times of the Upper Limit of Normal
- D-Dimer > 2 times of the Upper Limit of Normal
- Neutrophil to Lymphocyte Ratio > 3.13
- Or, as advised by physician specially in High Risk Group

If any warning sign appears

REFER TO COVID HOSPITAL

UNDERTAKING ON SELF-ISOLATION

IS/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 centre (1800313444222), 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: