

## HOME QUARANTINE ADVICE FOR COVID PATIENT

(For Asymptomatic / with mild symptoms)



- Covid Symptoms: Fever/ Myalgia / Headache / Cold / Cough / Dry throat / Rarely Loose motion
- Do Basic Investigation : CBC / ESR / CRP / RBS / SGOT / SGPT / RFT / Covid RT PCR / X-Ray Chest
- Get your Family physician opinion
- Your Doctor will plan your Home Isolation & Guide you.

### 1. Medicines (As per Doctor's Advice)

S.No	Name of the medicine	Type of medicine	Dose	Duration	Instruction
1	Tab. Azithral 500 mg	Antibiotic	1 – 0 – 0	5 days	Morning (AF)
2	Cap. Antiflu 75 mg	Antiviral	1 – 0 – 1	5 days	Morning & Evening
3	Tab. Pan 40 mg	For Acidity	1 – 0 – 1	5 days	Morning & Evening (BF)
4	Tab. Montek LC	Anti cold	0 – 0 – 1	5 days	Night (AF)
5	Tab. Zincovit	Multivitamin	1 – 0 – 0	10 days	Morning (AF)
6	Tab. Celin 500 mg	Vitamin C	1 – 0 – 1	10 days	Morning & Evening (AF)
7	Cap. Lumia 60 K	Vitamin D	1 stat	1 day only	Only One Dose
8	Tab. Dolo 650 mg	Antipyretic	1 – 1 – 1	SOS	For Pain & Headache
9	Betadine Gargle / Hot Water Gargle	Antiseptic Gargle	3 times in a day	-	-
10	Extra Medication	Steroids / Anticoagulant / Antidiabetic	If needed (Based on your Lab Test)	-	-
11	Patient with co.morbidity	Continue your Regular Medicines	-	-	-

### 2. Steam Inhalation - 3 Times in a day

It is considered to be useful in damaging the capsid of the SARS-CoV-2 envelope and prevent worsening of infection and spread

### 3. Pulse oxymeter monitoring -

- Normal oxygen saturation of blood in healthy individual is 95% to 100%.
- 5 minutes Walk Test: Check your SpO<sub>2</sub> level after 5 minutes walk (>95% is normal)
- Check 3 Times in a day (If having Shortness of breath → Immediately **Consult** your Doctor)

### 4. Temperature monitoring - (Use digital Thermometer)

### 5. Food

- Take rich Protein Diet and Fruits / Avoid cold items & Aerated Cool drinks
- Drink Turmeric Milk in night
- Eat Walnut and Anjeer (அத்திப்பழம்) and 2 Eggs
- Eat fresh Fruits and Vegetables
- Drink enough Water everyday
- Eat moderate amount of Fat and Oil
- Eat less Salt and Sugar

- Avoid listening and reading more news about COVID-19 / Be Positive and Be Bold
- Do Breathing Exercise (**Spirometry**) - 3 times a day
- Average recovery time is 10 to 14 days. Get another RT-PCR test after 2 weeks (If necessary-after consulting your doctor)
- No need to do CT scan of Lungs-if patient is fine / or Symptom free (As per Doctor's Advice)
- Patient having Ct values (refer To RT PCR report) between 24 to 35 is less infectious. Ct value - 15 to 23 more infectious.
- Take complete Rest and Read good Books and Articles / Listen good Music
- Stop Smoking / Stop Drinking Alcohol
- Use separate Bed room & Rest room
- Wear mask while moving your family members
- Get your family members / close contact – tested
- For Pediatric patient – Consult your Pediatrician

Wish you a speedy Recovery. God Bless You.

Any Queries, Call : 7639177700 / 8012277700(WhatsApp Number)(24x7 service) and clear your doubts.

**STAY HOME / STAY ALERT / STAY SAFE / CONTROL VIRUS / WIN COVID**



## COVID- 19 DIET SCHEDULE

Time	Menu					
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<b>Breakfast</b>	Uppma, Sambar, Egg -1, Orange - 1, Masala milk	Pongal, Sambar, Egg -1, Orange - 1, Masala milk	Idli, Sambar, Egg -1, Orange - 1, Masala milk	Uppma, Sambar, Egg -1, Orange - 1, Masala milk	Idli, Sambar, Egg -1, Orange - 1, Masala milk	Pongal, Sambar, Egg -1, Orange - 1, Masala milk
<b>Mid Morning</b>	Fruit, Soup	Fruit, Soup	Fruit, Soup	Fruit, Soup	Fruit, Soup	Fruit, Soup
<b>Lunch</b>	Rice, Greens Sambar, Egg - 1, Vegetable, Curd	Tomato Rice, Curd Rice, Greens, Egg - 1, Vegetable	Rice, Poondu kuzhambu, Greens , Egg - 1, Vegetable, Curd	Rice, Greens Sambar, Egg - 1, Vegetable, Curd	Tomato Rice, Curd Rice, Greens, Egg - 1, Vegetable,	Rice, Poondu kuzhambu, Greens , Egg - 1, Vegetable, Curd
<b>Evening</b>	Sundal, Panamkarkandu Milk (If available)	Roasted Bengal gram, Panamkarkandu Milk (If available)	Assorted Nuts, Panamkarkandu Milk (If available)	Sundal, Panamkarkandu Milk (If available)	Roasted Bengal gram, Panamkarkandu Milk (If available)	Assorted Nuts, Panamkarkandu Milk (If available)
<b>Dinner</b>	Kitchedi, Sambar, Milk	Uppma, Sambar, Milk	Rice, Pepper Rasam, Vegetable Kootu	Chappathi, Kurma, Milk	Rice, Pepper Rasam, Vegetable Kootu	Kitchedi, Sambar, Milk
<b>Ingredients</b>	Rice - 150 g	Rice - 150 g	Rice - 300 g	Rice - 150 g	Rice - 300 g	Rice - 150 g
	Rava - 100 g	Roasted Bengal gram - 50 g	Garlic - 10 g	Rava - 100 g	Roasted Bengal gram - 50 g	Garlic - 10 g
	Channa - 50 g	Rava - 100 g	Nuts - 50 g	Channa - 50 g	Oil - 10 ml	Nuts - 50 g
	Dhal - 25 g	Dhal - 25 g	Oil - 10 ml	Wheat flour - 100 g	Pepper - 1 g	Dhal - 25 g
	Oil - 10 ml	Oil - 10 ml	Pepper - 1 g	Oil - 10 ml	Turmeric - 1 g	Oil - 10 ml
	Pepper - 1 g	Pepper - 1 g	Turmeric - 1 g	Pepper - 1 g	Sugar - 20 g	Pepper - 1 g
	Turmeric - 1 g	Turmeric - 1 g	Sugar - 20 g	Turmeric - 1 g		Turmeric - 1 g
Sugar - 20 g	Sugar - 20 g		Sugar - 20 g		Sugar - 20 g	



# HOW TO USE FINGER PULSE OXYMETER



## Easy to Use

<p>1</p>	<p>2</p> <p>Middle Finger</p>
<p>3</p>	<p>4</p>

Open the oximeter

Insert your finger

Press the button

Get the result



# PRONING & POSITIONING

SpO<sub>2</sub> level drops below 94.%

Don't have access to oxygen cylinders?

Here's what to do...



**Proning** is medically approved technique to help improve oxygen deprivation

Position 1: Laying on your belly

Duration : 30 mins

Keep your head below body level



Keep pillow 1 below your neck bone

Pillow 2 below your Pelvis area (Belly should be free enough to let one hand pass from below)

Pillow 3 below your foot

Position 2: Sitting up

Duration : 30 mins



Rest in a slanted position



Keep switching between these 3 positions every 30 mins. Make yourself as comfortable as possible.

Keep room well ventilated and try breathing as much fresh air as possible



**“Consult your Doctor”**

**For Queries Call : 7639177700 / 8012277700 (WhatsApp Number)**



## Instructions for patients with cough or trouble breathing :

Please try not to spend a lot of time lying flat on your back. Try to Lying on your stomach and in different positions will help your body to get more air in all areas of your lung. You may notice improvement in breathing immediately or several minutes after positioning change. Please do not stay in any position that causes discomfort or pain. Skip such positions in the rotation. It is most important, you do not just lay flat in bed and this guide is designed to help you change position in bed.

Change your position every 30 minutes to 2 hours and even sitting up is better than laying on your back. **If you are able to, please try this:**

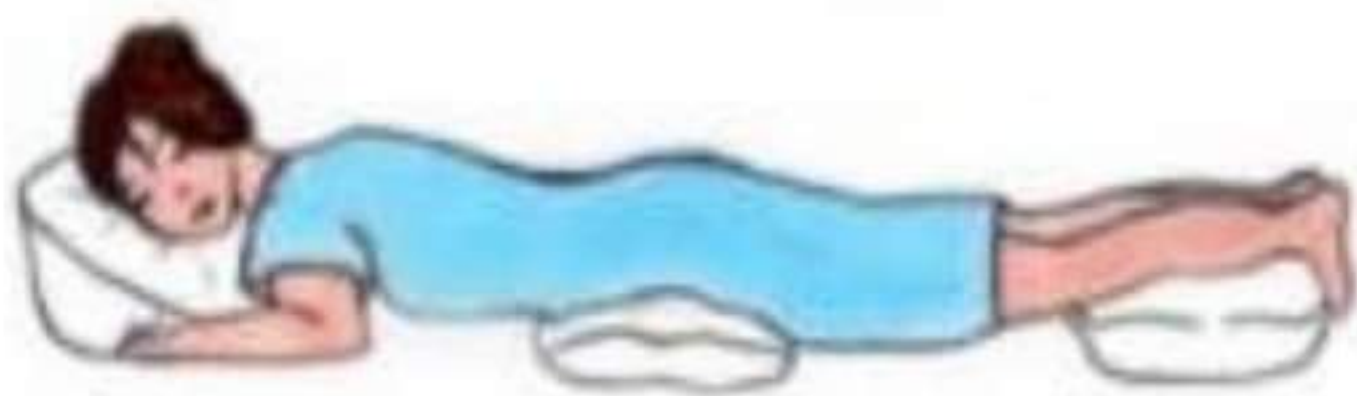
1. 30 minutes – 2 hours: lying on your belly
2. 30 minutes – 2 hours: lying on your right side
3. 30 minutes – 2 hours: Sitting up
4. 30 minutes – 2 hours: lying on your left side / → then back to position #1.

### **Avoid Proning in conditions like:**

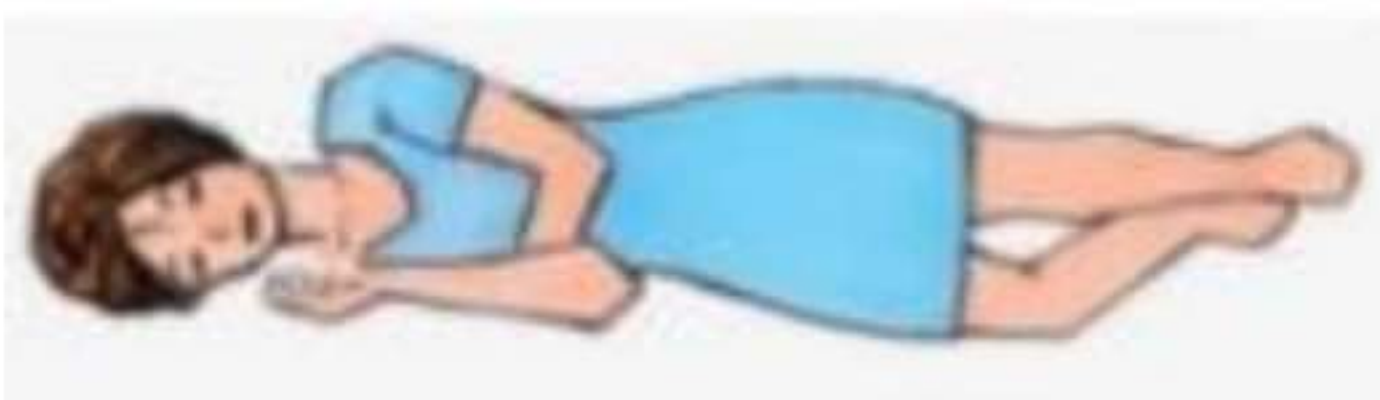
- Pregnancy
- Deep venous thrombosis (Treated in less than 48 hours)
- Major cardiac conditions
- Unstable spine, femur or pelvic fractures
- Immediately after Eating

### **PHOTOS BELOW TO DEMONSTRATE THIS:**

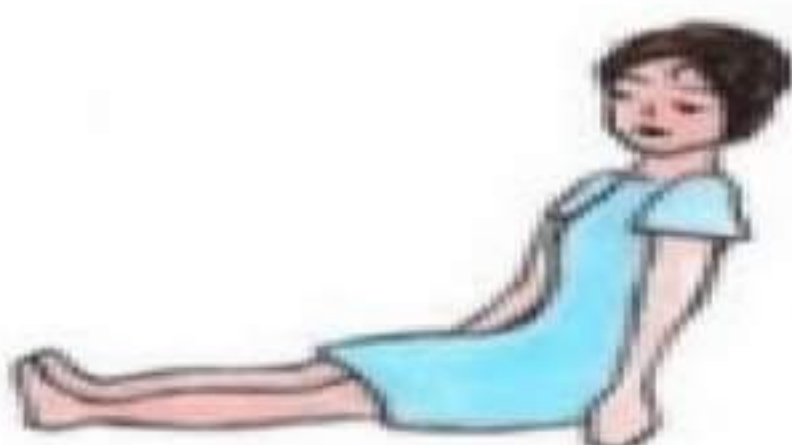
1. 30 minutes – 2 hours: lying on your belly



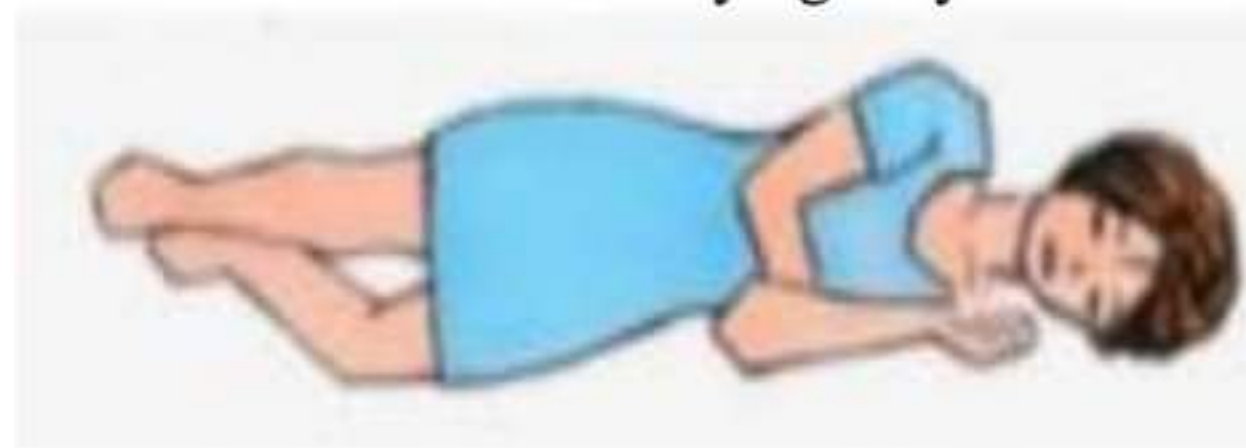
2. 30 minutes – 2 hours: lying on your right side



3. 30 minutes – 2 hours: Sitting up



4. 30 minutes – 2 hours: lying on your left side



- then back to position #1.





# COVID-19 HOME ISOLATION



## DAILY HEALTH REPORT

Name :

RT PCR Done on :

Age / Sex :

Co-morbidity :

Date	Pulse Rate		Body Temperature		SpO2%		Breath Holding Count		Remarks If any
	Morning	Evening	Morning	Evening	Morning	Evening	Morning	Evening	
1 <sup>st</sup> day									
2 <sup>nd</sup> day									
3 <sup>rd</sup> day									
4 <sup>th</sup> day									
5 <sup>th</sup> day									
6 <sup>th</sup> day									
7 <sup>th</sup> day									
8 <sup>th</sup> day									
9 <sup>th</sup> day									
10 <sup>th</sup> day									
11 <sup>th</sup> day									
12 <sup>th</sup> day									
13 <sup>th</sup> day									
14 <sup>th</sup> day									

### Normal Values :

Pulse Rate – 80-90/mt  
Temperature – 98.6<sup>0</sup>F  
SpO2%(in Room Air) – 95-100%  
(Use Pulse Oxymeter)  
Breath Holding Count – >30sec

### Warning Symptoms & Signs

- High grade Fever / Body pain
- Loss of Smell / Taste
- Severe Cough / Breathlessness on exertion
- Lethargic feeling / Drowsiness

### Medication :

- Paracetamol
- Vitamin 'C' & Zinc
- Prescribed Antibiotic / Antiviral (oral) / Anti cold Medicines

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And Clear your doubts.**

**தனித்திரு ! விலகியிரு !! விழித்திரு !!!**