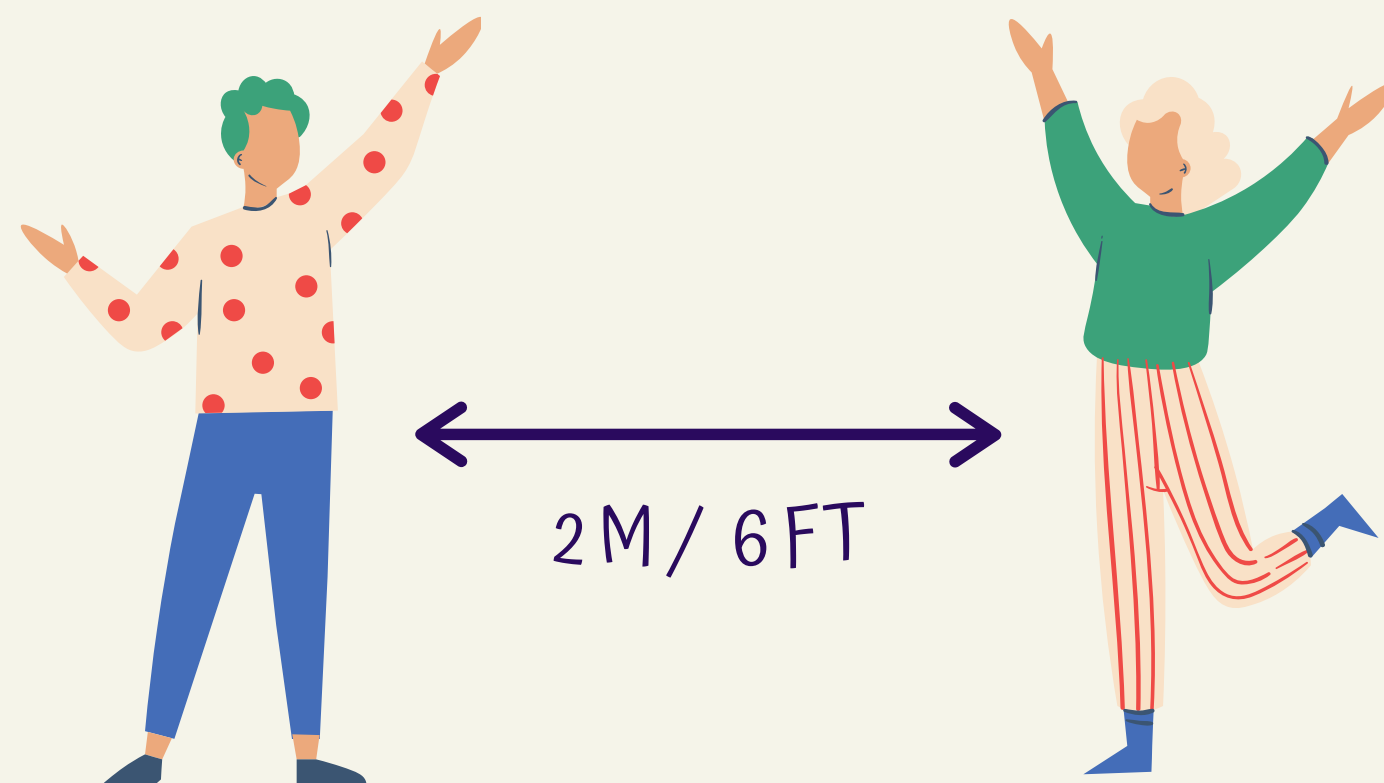


# GUIDELINES FOR HOME QUARANTINE

(applicable for all contacts of suspect/confirmed case of COVID-19)



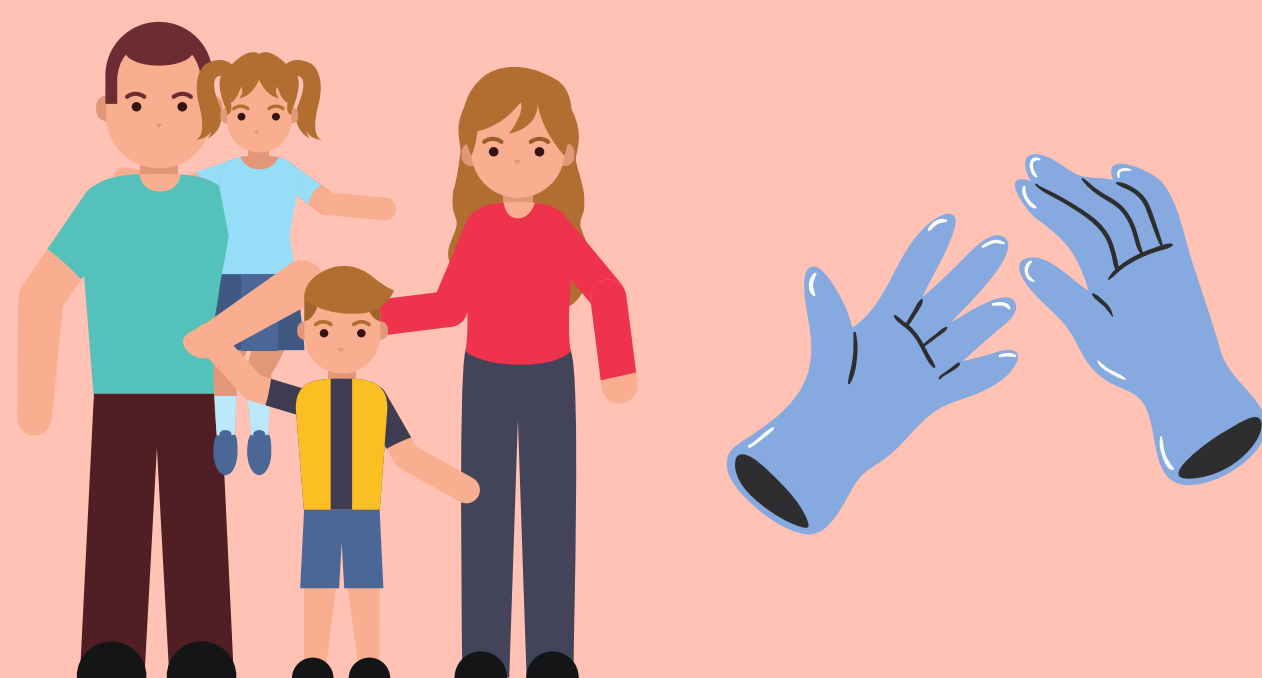
- Wash hands frequently with soap/sanitizer
- Avoid sharing household items
- Wear mask at all times; ensure proper disposal of mask
- If any symptoms appear, immediately inform the nearest health center



- Stay in a well-ventilated single room, preferably with attached toilet
- Stay away from elderly people, pregnant women, children, and people with co-morbidities
- Restrict movement inside the house



- Clean and disinfect frequently touched surfaces daily with 1% Sodium Hypochlorite solution
- Clean and disinfect toilet surfaces daily with bleach/phenolic disinfectant
- Clean clothes/other linen used by quarantined person separately with common household detergent



## GUIDELINES FOR FAMILY MEMBERS OF PERSONS UNDER HOME QUARANTINE

- Only 1 assigned family member should be tasked with taking care of the quarantined person
- Use disposable gloves while cleaning surfaces and wash hands
- Visitors should not be allowed

Duration of Home Quarantine: 14 days from contact with a confirmed case

As per Guidelines issued by Ministry of Health and Family Welfare, India

Source: <https://www.mohfw.gov.in>

# Guidelines for Home Isolation



For very mild/ pre-symptomatic/  
asymptomatic COVID-19 cases

## Patients Eligible for Home Isolation



- Clinically assigned as very mild/ pre-symptomatic/ asymptomatic case by the treating medical officer
- Has requisite facility at their residence for self-isolation and quarantine of family contacts
- Caregiver available to provide care on 24x7 basis
- Download Arogya Setu App on mobile and remain active at all times
- Monitor his/her health and regularly update health status to District Surveillance Officer
- Fill in an undertaking on self-isolation and follow guidelines

## Instructions for Patient

- Use triple layered medical mask; discard after 8 hours of use
- Stay in the designated room and away from other household members
- Take rest and drink lots of fluids
- Wash hands frequently for at least 40 seconds with soap/alcohol based sanitizer
- Clean often-touched surfaces with 1% sodium hypochlorite solution
- Monitor his/her health and report promptly if there is development of serious symptoms



## Instructions for Care Givers



- Use triple layered medical mask when in the same room as the patient
- Ensure hand hygiene following contact with the patient or their immediate environment
- Avoid direct contact with the bodily fluids of the patient, particularly oral/respiratory secretions
- Use disposable gloves while handling the patient; wash hands before and after donning gloves
- Provide food to the patient in their room
- Clean utensils used by the patient while wearing gloves
- Waste should be disposed of as per CPCB guidelines
- Ensure that the patient follows the prescribed treatment

# Risk Profiling of Contacts of Confirmed COVID Cases

Contacts are persons who have been exposed to a confirmed case anytime between 2 days prior to onset of symptoms (in the positive case) and the date of isolation (or maximum 14 days after the symptom onset in the case).

## LOW RISK CONTACT

- Shared the same space (worked in same room/similar) but not having a high-risk exposure to confirmed case of COVID-19.
- Travelled in same environment (bus/train/flight/any mode of transit) but not having a high-risk exposure.

## HIGH RISK CONTACT

- Touched body fluids of the patient (respiratory tract secretions, blood, vomit, saliva, urine, faeces; e.g. being coughed on, touching used paper tissues with a bare hand)
- Had direct physical contact with the body of the patient including physical examination without PPE
- Touched or cleaned the linens, clothes, or dishes of the patient.
- Lives in the same household as the patient.
- Anyone in close proximity (within 1 meter) of the confirmed case without precautions.
- Passengers in close proximity (within 1 meter) in a conveyance with a symptomatic person who later tested positive for COVID-19 for more than 6 hours.

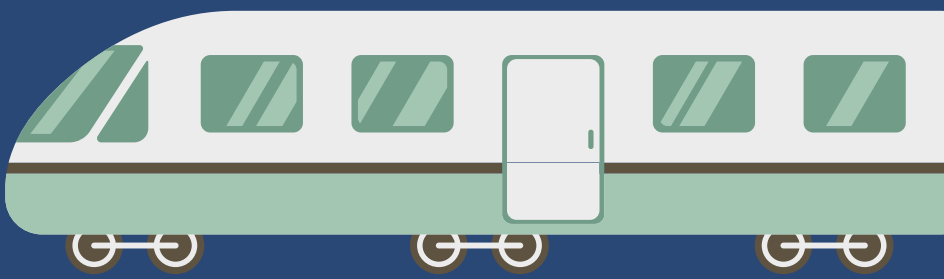


# Guidelines for Domestic Travel

## Source:

Ministry of Health and Family Welfare:

<https://www.mohfw.gov.in>



## 01

All passengers shall be advised to download Arogya Setu app on their mobile devices.



**Aarogya Setu**

मैं सुरक्षित | हम सुरक्षित | भारत सुरक्षित

## 02

All passengers shall undergo thermal screening at the point of departure and only asymptomatic passengers are allowed to board



## 03

During boarding and travel, all passengers shall use face covers/mask and maintain hygiene.



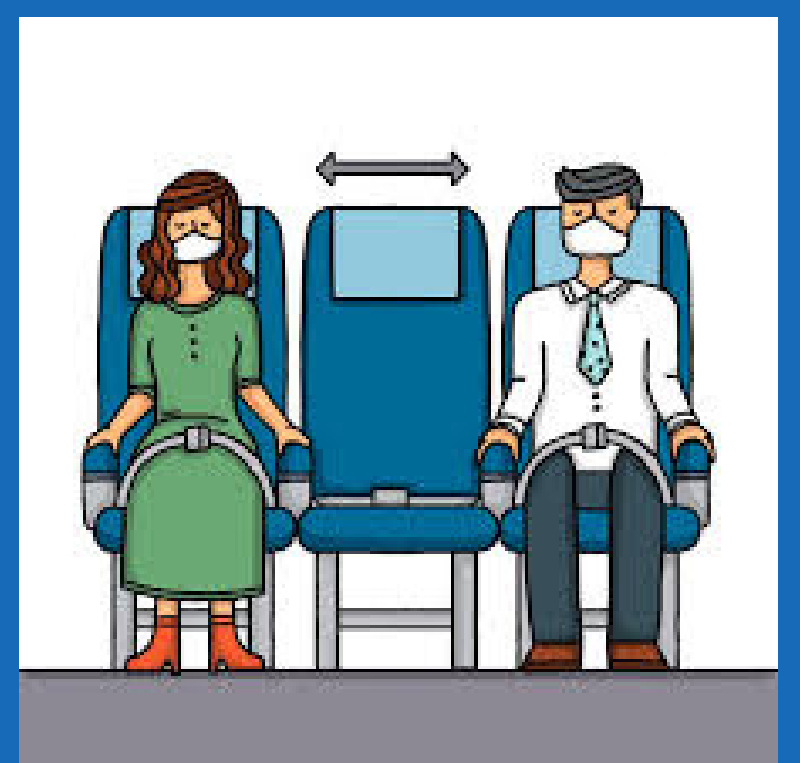
## 04

At airports/railway stations/ bus terminals required measures to ensure social distancing shall be taken; stations should be regularly disinfected.



## 05

Asymptomatic passengers will be permitted to go with the advice that they shall self-monitor their health for 14 days.

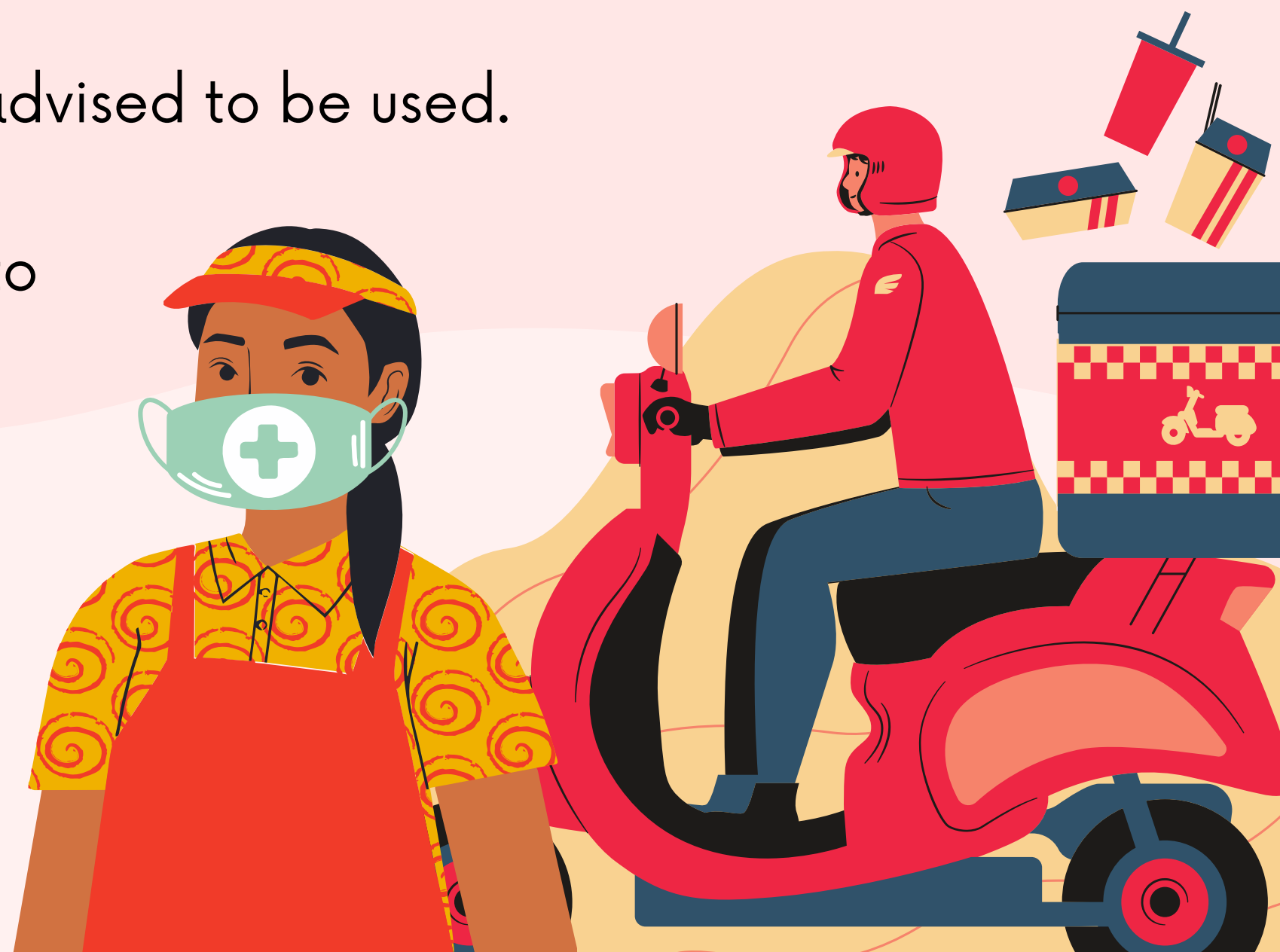


# Preventive Measures to be Followed in Restaurants to Contain the Spread of

# COVID-19



- 01 Restaurants in containment zones shall remain closed. Only those outside containment zones will be allowed to open up.
- 02 Takeaways to be encouraged, instead of Dine-In.
- 03 The staff for home deliveries shall be screened thermally by the restaurant authorities prior to allowing home deliveries
- 04 Entrance to have mandatory hand hygiene (sanitizer dispenser) and thermal screening provisions
- 05 Specific markings may be made with sufficient distance to manage the queue and ensure social distancing in the premises
- 06 Not more than 50% of seating capacity to be permitted.
- 07 Maintaining physical distancing of a minimum of 6 feet, when queuing up for entry and inside the restaurant as far as feasible
- 08 Disposable menus are advised to be used.
- 09 Staggering of patrons to be done, if possible.
- 10 Effective and frequent sanitation within the premises shall be maintained.





# Switch India Against Corona

Website: [www.switchindia.org](http://www.switchindia.org)

Email: [contact@switchindia.org](mailto:contact@switchindia.org)

Instagram: [@switchindiaorg](https://www.instagram.com/switchindiaorg)

Facebook: <https://www.facebook.com/switchindiaorg>

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DISCLAIMER: The information in the above infographics is from official websites and is merely presented in an attractive fashion here. Switch India is not involved whatsoever in the making of these guidelines, but recommends the general public to follow these official guidelines from trusted sources.