

**Uttarakhand State Disaster Management Authority &
Department of Health & Family Welfare
Government of Uttarakhand**

**COVID-19:
ADVISORY RELATED TO
QUARANTINE AT HOME**

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Department of Health & Family Welfare
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All activities need to be conducted in consultation with department of health

Personnel involved in these operations need to be trained by the master trainers of the district.

Advisory related to Quarantine at Home

Any person(s) suggestive of 2019-nCoV, should be confined at home for a period of 14 days and avoid close contact with public and other members in the family.

Advisory
Guiding Principles for home care
▪ Be informed about the illness
▪ Stay home, preferably isolate himself / herself in a separate & well-ventilated room.
▪ Avoid common areas.
▪ Avoid close contact with others. If inevitable, always maintain at-least two metres distance.
▪ Avoid having visitors
▪ Avoid frequent touching of face
▪ Avoid hand shaking and wash hands frequently with soap and water. In case of non-availability of soap and water, commercially available hand rubs can be used
▪ Take plenty of fluids.
▪ Follow cough etiquettes
▪ Cover mouth and nose with a tissue/ handkerchief when coughing or sneezing; In case tissue/handkerchief is not available cough/ sneeze onto your upper arm or shoulder; coughing/ sneezing directly onto hands should not be done.
▪ Turn away from others when coughing or sneezing
▪ Do not spit/blow nose here and there, use a water filled receptacle for collecting sputum, thereby minimizing aerosol generation.
▪ In home quarantine, the person should occupy a well-ventilated single room, or if a single room is not possible, maintain a distance of at least 1 meter from other household members, minimizing the use of shared spaces and cutlery and ensuring that shared spaces (kitchen, bathroom) are well ventilated.
▪ Monitor health for appearance of symptoms like fever, cough and/or breathing difficulty. If you develop any of these symptoms Please do contact the nearest Government Health Facility.