

Home Isolation



Patients eligible for home isolation

Clinically diagnosed patients as mild/ asymptomatic cases.

Have requisite facility at their home for self-isolation and for quarantining the family contacts.

A care giver should be available to provide care on 24 x7 basis.

A communication link between the caregiver and hospital / Health Worker is a prerequisite for the entire duration of home isolation.

Elderly patients > 60 years and those with co-morbid conditions such as Hypertension, Diabetes, Heart disease and other Chronic diseases shall only be allowed home isolation after proper evaluation by the treating medical officer

Diagnosis for Home isolation

Asymptomatic cases

- Not experiencing any symptoms
- Oxygen saturation at room air of more than 94%.

Mild cases of COVID-19

- Patients with upper respiratory tract symptoms (&/or mild fever)
- Without shortness of breath
- Oxygen saturation at room air of more than 94%
- Aches and pains
- Sore throat
- Diarrhoea
- Headache
- Loss of taste or smell
- Any other symptom of mild grade

Not advised for Home isolation

HIV Patients

Transplant recipients

Patients on Cancer therapy

Heart Disease & un-controlled diabetes mellitus

Any other immune compromised status

Instructions for the Patients

Patient must isolate himself from other household members

Stay in the identified room
Away from other people in home, especially elderlies and with co-morbid conditions

Room should be well-ventilated with cross ventilation and windows should be kept open.

Patient should use triple layer mask at all times .

Discard mask after 8 hours of use or earlier if they become wet or visibly soiled.

Communicate symptoms with other members of family and Health care worker regularly

Instructions for the Patients



Self-monitoring of blood oxygen saturation with a pulse oximeter is strongly advised.



Patient must take rest and drink lot of fluids to maintain adequate hydration.



Follow respiratory etiquettes at all times.



Frequent hand washing with soap and water for at least 40 seconds or clean with alcohol-based sanitizer.



Don't share personal items with other people in the household.

Self Monitoring chart

| Day of symptoms and time (every 4 hourly) | Temperature | Heart rate (from pulse oximeter) | SpO2 % (from pulse oximeter) | Feeling: (better /same /worse) | Breathing: (better / same/ worse) |
|---|-------------|----------------------------------|------------------------------|--------------------------------|-----------------------------------|
| | | | | | |
| | | | | | |

Home isolation for children

- Parents or other care taker available to monitor and take care of child
- The parents/care giver monitor child for development of symptoms and inform his/her health status to the Health Worker/ doctor regularly
- Ensure adequate hydration and feeding of the child
- Parent/ caregiver should take the necessary precautions, use appropriate PPE including a N-95 mask.



Instructions for caregivers

Mask:

- Wear mask properly
- The caregiver should wear a triple layer medical mask. N95 mask may be considered when in the same room with the ill person.
- Front portion of the mask should not be touched or handled during use.
- If the mask gets wet or dirty with secretions, it must be changed immediately.
- Discard the mask after use and perform hand hygiene after disposal of the mask.
- He/she should avoid touching own face, nose or mouth.

Instructions for caregivers

Exposure to patient/patient's environment

- Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient.
- Avoid exposure to potentially contaminated items like eating utensils and used towels.
- Food must be provided to the patient in his room.
- Utensils and dishes used by the patient should be cleaned with detergent and water wearing gloves.
- Maintain proper distance with Patient

The background of the slide is a collage of four images related to hand hygiene. The top-left image shows two hands being rubbed together. The top-right image shows a close-up of a chrome faucet with water running. The bottom-left image shows hands being washed with white soap foam. The bottom-right image shows hands being dried with a white paper towel. The text 'Instructions for caregivers' is overlaid on the top-left image.

Instructions for caregivers

Hand hygiene

- Hand hygiene must be ensured after contact with patient or his belongings.
- Hand hygiene should also be practiced before and after preparing food, before eating, after using the toilet, and whenever hands look dirty.
- Use soap and water for hand washing at least for 40 seconds. Alcohol-based hand rub can be used, if hands are not visibly soiled.
- After using soap and water, use disposable paper towels to dry hands. If not available, use dedicated clean cloth towels and replace them when they become wet.
- Perform hand hygiene before and after removing gloves.

Biomedical Waste disposal

The waste (masks, disposable items, food packets etc.) should be disposed of as per guidelines

Ensure cleaning of surfaces in the room that are touched often (tabletops, doorknobs, handles, etc.) with 1% hypochlorite solution.

Used mask and gloves generated from home quarantine or other household should be kept in a paper bag for a minimum of 72 hours prior to its disposal as general waste.

It is advisable to cut the mask prior to disposal to prevent reuse

Treatment for patients with mild /asymptomatic disease in home isolation

Patients must be in communication with a treating physician/ Health Worker and promptly report in case of any deterioration.

Continue the medications for other co-morbid illness after consulting the treating physician.

Patients should take treatment of symptoms as prescribed and given in Medical Kit .

Patients may perform saline water gargles & or take steam inhalation twice a day.

Corona Medicine Kit

This kit needs to be supplied to all patients in home isolation.

| Name of the Medicine | Quantity | Dosage |
|---|------------|---|
| Azithromycin Tablet 500mg | 3 tablets | 1 tablet per day |
| Paracetamol Tablet 500mg | 10 tablets | SOS pain, fever 1 tablet |
| Levoceitrizine Tablet 5mg | 10 tablets | 1 tablet before going to bed |
| Zinc Sulphate Dispersible IP Elemental Tablet 10mg | 20 tablets | 1 tablet twice a day, morning and evening |
| Ascorbic Acid Tablet 500 mg | 10 tablets | 1 tablet per day after a meal |

Treatment for patients with mild /asymptomatic disease in home isolation

If fever is not controlled with Tab. Paracetamol refer to Medical Officer

As per advice of MO ,consider Tab Ivermectin (200 mcg/kg once a day, to be taken empty stomach) for 3 to 5 days.

In case of falling oxygen saturation or shortness of breath, the person should require hospital admission and seek immediate consultation of their treating physician/surveillance team.

Role of field staff

Regular monitoring of health status of all Patient at Home isolation- Persistent Fever, High Fever, development of new symptoms or exaggeration of old symptoms.

Special attention on Patient and Family members with Co-morbid conditions

Recording of clinical status of each Patient

- Body temperature,
- Pulse rate
- Oxygen saturation using pulse Oximeter at rest and after 6 Minutes walk Test .

Guide the patient and their care givers on measuring these parameters and help for using Proning Technique at home.

All family members and close contacts shall be monitored for development of symptoms and tested as per protocol.

Helping patients in getting consultation from MO using e-Sanjivini.

Role of field staff

Informing MO incharge / authorities in case of violation of Home isolation protocol by Patient or his/her Family Members.

Informing authorities in case of Patient has need of treatment.

Help for treatment and hospitalization of Patient

Help in arranging ambulance for shifting the patient to Health Facility.

Taking feedback from Gram Panchayat Members at Village level and Beat constable in Urban on compliance of Home Isolation Protocol.



ई-संजीवनी सेवा (राष्ट्रीय टेली-कंसल्टेशन प्लेटफार्म),
चिकित्सा एवं स्वास्थ्य विभाग, राजस्थान सरकार
प्रत्येक सोमवार से शनिवार
समय प्रातः 8 AM से दोपहर 2 PM तक



1. एएनएम / मरीज अपने मोबाइल फोन में गूगल प्ले-स्टोर से ई-संजीवनी ओपीडी टेली-कंसल्टेशन मोबाइल ऐप डाउनलोड एवं इंस्टॉल करें।
2. एएनएम / मरीज अपने मोबाइल नंबर को OTP के माध्यम से सत्यापित (Verify) करें।
3. एएनएम अपने मोबाइल फोन में **Patient Profile Option** में जाकर **Add/ Edit Member** के माध्यम से मरीज की सूचना **Relation type – Institution** में जोड़ें अथवा मरीज अपने मोबाइल फोन में **Patient Profile Option** में जाकर **Add/ Edit Member** के माध्यम से मरीज अपनी एवं परिवार के सदस्यों की सूचना **Relation type – Self/ Wife/ Son/ Daughter** में जोड़ें।
4. एएनएम / मरीज **Patient Registration/ Generate Token Option** में जाकर राजस्थान राज्य का चयन करें एवं General OPD अथवा Speciality OPD का चयन करें।
5. एएनएम / मरीज सम्बंधित मरीज का चयन करें एवं **Upload Health Record Option** के माध्यम से मरीज के हेल्थ रिकॉर्ड अपलोड करें (यदि हेल्थ रिकॉर्ड उपलब्ध हो तो)।
6. अब **Generate Token Option** पर क्लिक करें। एएनएम / मरीज के मोबाइल फोन पर एक टोकन नंबर आयेगा जिसके द्वारा लॉगिन किया जाएगा।
7. एएनएम / मरीज **Patient Login Option** में जाकर सत्यापित मोबाइल नंबर एवं टोकन नंबर के माध्यम से लॉगिन करें।
8. अब आप कुछ समय के लिए प्रतीक्षा करें, जैसे ही कॉल नाउ (Call Now) प्रदर्शित होता है उस पर क्लिक करें एवं प्रतीक्षा करें। ऑनलाइन उपलब्ध चिकित्सक के साथ आपका वीडियो कॉल शुरू हो जाएगा जो आपको ऑनलाइन परामर्श देंगे।
9. चिकित्सक आपके द्वारा अपलोड किये गए मरीज के हेल्थ रिकॉर्ड को देखकर एवं आपसे जानकारी लेंगे एवं ऑनलाइन परामर्श देंगे।
10. चिकित्सक से परामर्श लेते एवं मरीज का E- Prescription प्राप्त करें।
11. एएनएम / मरीज **Patient Profile Option** में जाकर **Download Prescription Option** के माध्यम सम्बंधित मरीज का E- Prescription डाउनलोड करें।

अधिक जानकारी हेतु लिंक <http://www.rajswasthya.nic.in/telecons.htm>
<https://esanjeevaniopd.in> एवं पंजीकरण हेतु वीडियो लिंक
<https://www.youtube.com/watch?v=HV9vXJVt8jk> पर क्लिक करें

Proning

Video on Proning:

Improve Lung Oxygenation by Lying in Prone Position

If the oximeter reading shows **SpO2 levels below 94%**, patients in home care are advised to lie prone on their stomachs. This will improve breathing and increase oxygen saturation.

1



Begin by lying in prone position on a flat bed for 30 minutes to 2 hours

2



Switch to lying on your right side for 30 mins to 2 hours

3



Switch to 30 minutes to 2 hours of sitting up (30-60 degrees)

4



Switch to lying on your left side for 30 minutes to 2 hours

5



Switch to semi-prone position for 30 minutes to 2 hours

6




Return to proning position for 30 minutes to 2 hours. Repeat cycle...

Keep monitoring your oxygen levels after switching between positions. If oxygen levels drop **below SpO2 92%**, consult a doctor and seek hospital care immediately.

When to seek medical attention

Warning Sign



Patient / Care giver will keep monitoring their health. Immediate medical attention must be sought if serious signs or symptoms develop.

Difficulty in breathing

Dip in oxygen saturation
(SpO2 < 94%
on room air)

Persistent
pain/pressure
in the chest

Persistent
fever,
worsening
cough etc

Development
of new
symptoms

Mental
confusion or
inability to
arouse,



When to discontinue home isolation

Patient under home isolation will stand discharged and end isolation after at least 10 days have passed from onset of symptoms (or from date of sampling for asymptomatic cases)

and no fever for 3 days without taking Paracetamol . There is no need for testing after the home isolation period is over.

Take home messages

- Identifying Patients Eligible for Home Isolation
- Distribute Medicine Kit and provide Instruction for care at Home
- Daily Monitoring of Patients on Home Isolation
- Look for Warning Sign-
- Provide Format for maintain record of Vitals and guide them to monitor vitals
- Educate patients on Proning Technique and on Infection prevention techniques
- Monitoring condition of Home isolated patients everyday, connecting them to MO through E-Sanjivini. and early referral on identification of danger sign.



Thank You