

A new disease name **Novel Corona Virus-2019 (COVID-19)** emerged in early December-2019 in China and has now spread to over 90 countries, India has reported 130 cases mostly among those who had travelled from affected countries. It causes a minor illness in majority of patients with symptoms with fever and or cough. A small proportion of such person may progress to severe disease with difficulty in breathing.

**A) Personal hygiene**

**a) General Do's & Don'ts**

**Do's**

- 1) Wash your hands at regular intervals with soap and water for 40 seconds or alcohol-based hand sanitizer with 70% alcohol must be used for 20 seconds. Wash your hands even if they are visibly clean.
- 2) While coughing or sneezing, cover your nose with your upper sleeve or handkerchief or tissue.
- 3) Throw used tissue in a closed bin immediately after use.
- 4) Stay at least a meter away from those coughing or sneezing.
- 5) If you feel unwell (fever, cough and difficulty in breathing), see a doctor. While visiting a doctor, cover your nose and mouth with mask or cloth.
- 6) In case you advised the self-quarantine at home for 14 days. Stay at home, in isolation in a separate room. (Home isolation).

**Don'ts**

- 1) If you are suffering from fever and cough then do not go near anyone.
- 2) Do not touch your eyes, nose and mouth.
- 3) Do not spit in public.
- 4) Avoid being in a crowd or large gathering.

**b) Instructions for home quarantined person**

The home quarantined person should:

Stay in a well-ventilated single-room preferably with an attached / separate toilet. If another family member needs to stay in the same room, it's advisable to maintain a distance of at least 1 meter between the two.

- Needs to stay away from elderly people, pregnant women, children and persons with comorbidities within the household.
- Restrict his/her movement within the house.
- Under no circumstances attend any social/religious gathering e.g. wedding, condolences, etc.

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He should also follow the under mentioned public health measures at all times:

- Wash hand as often thoroughly with soap and water or with alcohol-based hand sanitizer
- Avoid sharing household items e.g. dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people at home.
- Wear a surgical mask at all the time. The mask should be changed every 6-8 hours and disposed off. Disposable masks are never to be reused.
- Masks used by patients / care givers/ close contacts during home care should be disinfected using ordinary bleach solution (5%) or sodium hypochlorite solution (1%) and then disposed of either by burning or deep burial.
- Used mask should be considered as potentially infected.
- If symptoms appear (cough/fever/difficulty in breathing), he/she should immediately inform the nearest health centre or call 011-23978046.

#### **Instructions for the family members of persons being home quarantined**

- Only an assigned family member should be tasked with taking care of the such person.
- Avoid shaking the soiled linen or direct contact with skin
- Use disposable gloves when cleaning the surfaces or handling soiled linen
- Wash hands after removing gloves
- Visitors should not be allowed
- In case the person being quarantined becomes symptomatic, all his close contacts will be home quarantined (for 14 days) and followed up for an additional 14 days or till the report of such case turns out negative on lab testing.

#### **Duration of home quarantine**

- The home quarantine period is for 14 days from contact with a confirmed case or earlier if a suspect case (of whom the index person is a contact) turns out negative on laboratory testing

#### **B) Environmental sanitation**

- a) Clean and disinfect frequently touched surfaces in the quarantined person's room (e.g. bed frames, tables etc.) daily with 1% Sodium Hypochlorite Solution.
- b) Clean and disinfect toilet surfaces daily with regular household bleach solution/phenolic disinfectants.
- c) Clean the clothes and other linen used by the person separately using common household detergent and dry.