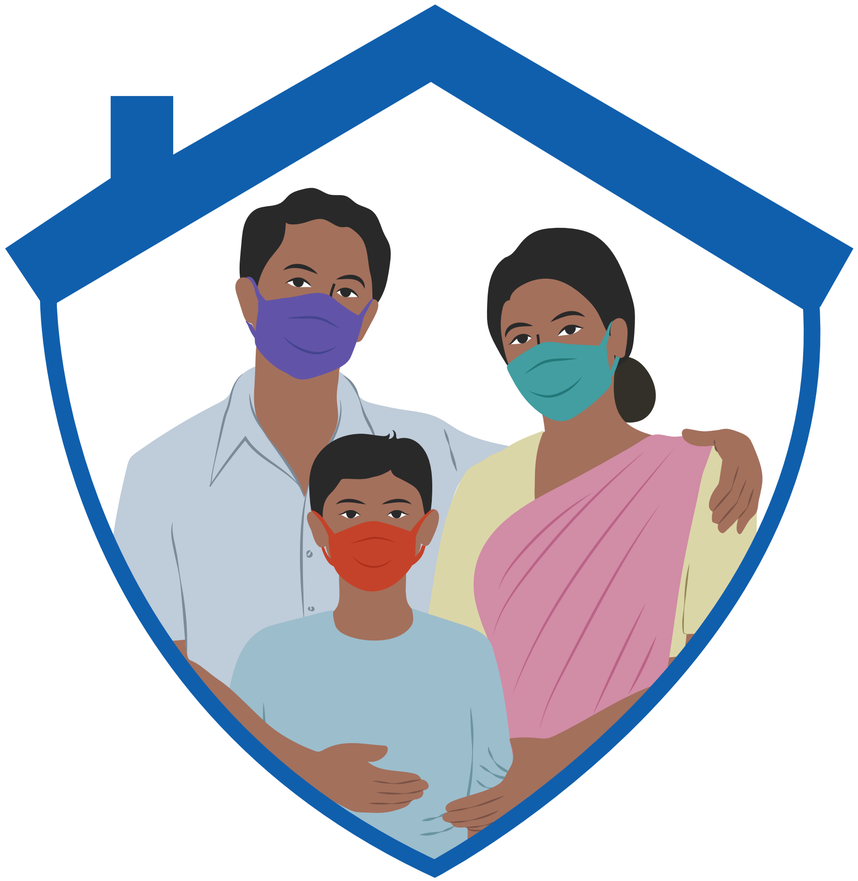
सत्यमेव जयते

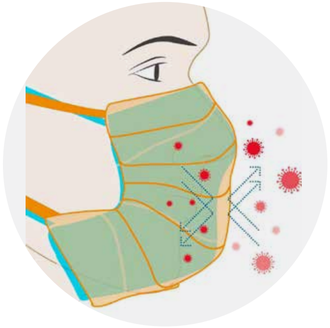
Office of the Principal Scientific Adviser
to the Government of India



Home care tips for managing COVID-19

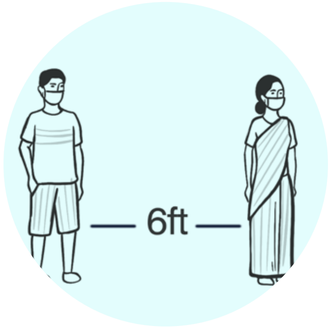
Maintain COVID Appropriate Behaviour

Do NOT lower your guard!



Wear Double Masks

Wear two masks for extra protection. If you have access to an N95 mask, you do not need to double mask.



Maintain Physical Distancing

Stay at least 6 feet away from others and avoid crowded spaces.

Wash Hands with Soap Often

Wash your hands with soap several times a day, and do not rely solely on a sanitizer to maintain hygiene.

Keep Your Home well Ventilated

Leave windows and doors open, as often as you can.

If you experience COVID-19 symptoms or have tested positive,

do not panic.

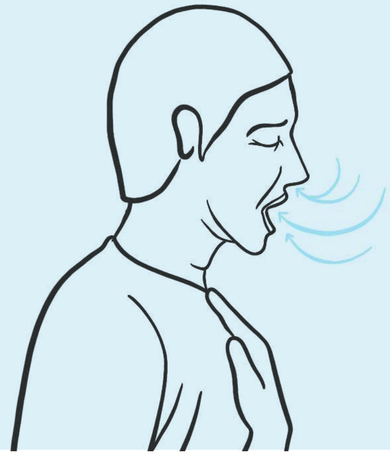
Most COVID-19 infections are not severe and do not need hospitalisation.

Majority of COVID-19 patients recover by simply following self-care methods at home.

Do not Self-Medicate.

Do not use antibiotics or any supplements as a means of prevention or treatment of COVID-19. Use them only if directed by a doctor.

Common COVID-19 symptoms



- Fever
- Dry cough
- Sore throat
- Breathing difficulty
- Body ache
- Loss of smell or taste
- Headache
- Fatigue
- Chills
- Nausea
- Vomiting
- Diarrhoea

If you experience any of these symptoms, **immediately begin COVID-19 self-care measures** and get yourself tested for COVID-19. Begin home care tips shown in following pages, without waiting for your test results. »

Do not stress or become anxious, as these interfere with the body's natural response to fight the infection.

Isolate, Rest, and Hydrate

- **Isolate yourself and other family members** at home at first sign of experiencing symptoms
- Immediately **wear a mask**, preferably two masks
- Your **family members should also** wear two masks
- **Wash your own utensils**, and clothes etc.
- Drink **at least 2 to 3 litres of water** a day
- **Rest as much as possible**

Monitor Body Temperature and Oxygen levels

- **Check your body temperature 2 to 4 times a day.** Those with fever are advised to take ONLY paracetamol. If fever persists for 5 days, seek hospital care immediately.
- **Monitor your oxygen levels with a pulse oximeter 3-4 times a day.** Make sure your fingers are clean (no nail polish!) before you use the oximeter to avoid inaccurate reading.

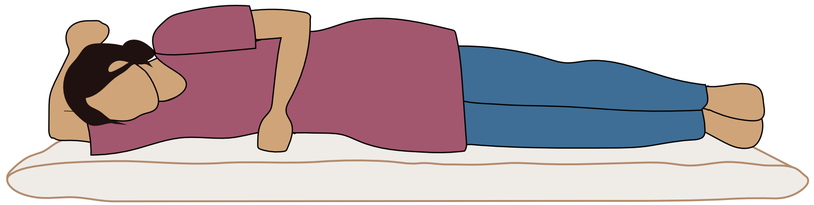
If your oxygen level drops below 92%, seek hospital care; also, lie down on your chest/ stomach with your back facing the ceiling (prone position)

Community Welfare Societies and Resident Welfare Associations may consider investing in some oximeters that families can borrow **after thorough sanitization,** until patients recover.

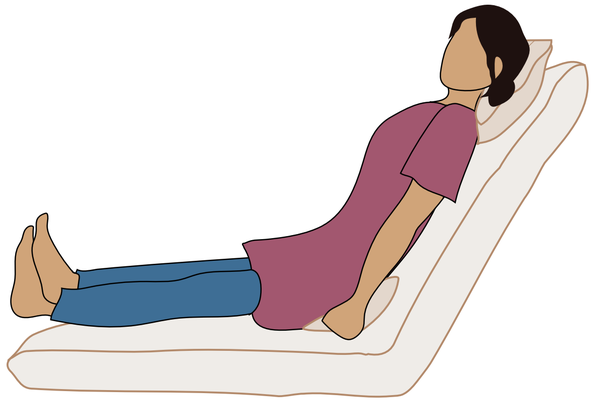
Improve Lung Oxygenation by Lying in Prone Position

If the oximeter reading shows SpO_2 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

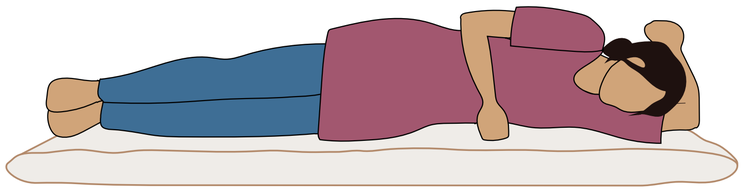


2. Switch to lying on your right side for 30 mins to 2 hours

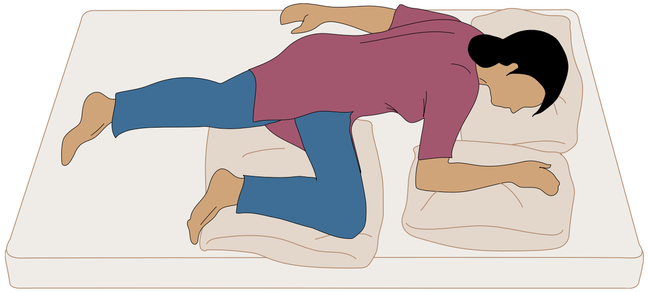


3. Switch to 30 minutes to 2 hours of sitting up (30-60 degrees)

Keep monitoring your oxygen levels after switching between positions. If oxygen levels drop below SpO_2 92%, consult a doctor and seek hospital care immediately.



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



5. Switch to semi-proning position for 30 minutes to 2 hours

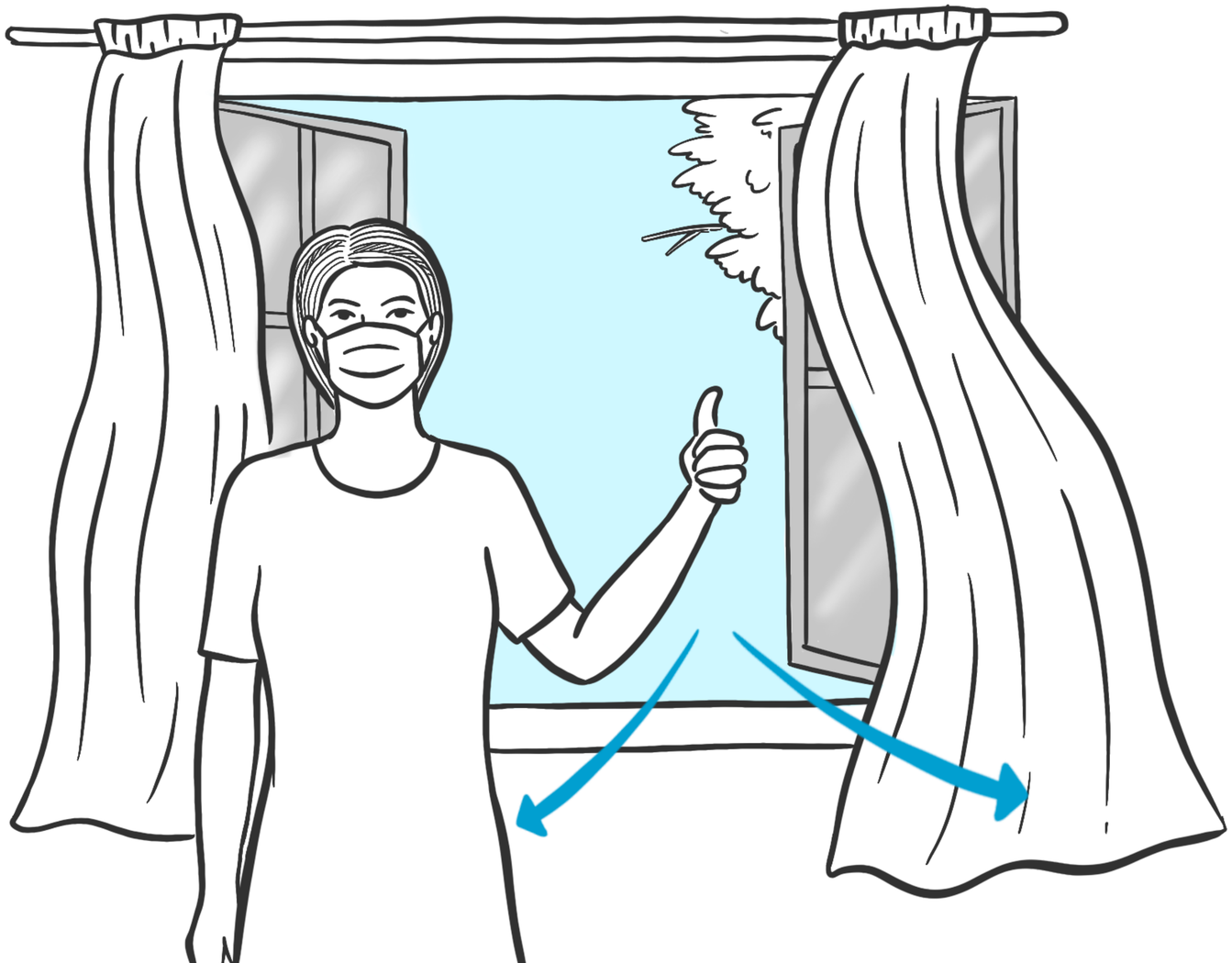
6. Return to proning position for 30 minutes to 2 hours. Repeat cycle...

Avoid proning in conditions like pregnancy, Deep Vein Thrombosis, cardiac conditions, spinal or fracture issues.

Ventilate Your Home

Keep outdoor facing doors and windows wide open, to maintain air circulation.

Infection carrying droplets and aerosols, can rapidly accumulate in closed unventilated spaces and increase risk of transmission to others in your home.



COVID-19 Virus Mutation in India

All viruses are known to mutate into variants. Variants may show higher infectivity, severity and transmissibility.

The B.1.617 variant has been called as the **Double Mutant.**

INDIA's COVAXIN and COVIDSHIELD vaccines both provide immune protection. Vaccination drives in some countries have resulted in 95.8% drop in infection rates in those who have been fully vaccinated.

Vaccinate: Get your vaccine doses as soon as possible

Getting vaccinated will protect you and protect others. People may still get infected after vaccination, however, they generally experience mild to moderate symptoms, and most recover at home.

You must strictly follow Covid Appropriate Behaviour even after being vaccinated.

FAQs

Q. If I have already been infected by COVID-19 do I still need the vaccine?

A. Yes, you will have better protection after you take the vaccine; however, please wait for 14 days after recovering from COVID-19 before you take your vaccine.

Q. Will the vaccine protect me from catching COVID-19 infection?

A. The vaccine does offer about 70% protection against infection, but is not a guarantee that you will not contract COVID-19; however, it protects you from severe infection and hospitalization by nearly 95%. You can also carry and spread the virus to others after vaccination, therefore you must continue to **Wear double masks, wash hands frequently with soap, maintain 6 feet distance from one another, avoid crowded spaces.**

Q. Can I be reinfected with COVID-19 after recovering?

A. Yes there is evidence of people getting infected a second time but the percentage of people getting reinfected is very low.

Q. Is the single dose of COVID-19 Vaccine sufficient?

A. Getting only the first dose is not enough. Both doses needs to be taken as per prescribed schedule to develop the antibodies.

Q. How long before the pandemic ends?

A. This cannot be predicted, however if we all take strict prevention measures and stop the spread of the virus, we will together defeat COVID-19.

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Stay strong, stay positive and become India's shield against Covid-19

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