

SIVAS HEALTH & RESEARCH INSTITUTE



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Instructions to Asymptomatic Contacts

- 1) Isolate yourself from others particularly from ones having fever etc
- 2) If aged above 60 , having diabetes , obesity, HTN, CKD, Cancers or on steroids- Preferably get tested for infection.
- 3) Use a mask with proper fit, covering nose & mouth carefully. if staying in same Home cover sneeze & cough always.
- 4) Avoid touching face, eyes, nose , mouth.
- 5) Always wash hands with soap and water for 40secs or handrub for 20secs after touching any used objects like mobiles, remotes etc.
- 6) Maintain 6 feet distance at all times with other asymptomatic contacts.
- 7) Stay in a well ventilated room with large windows & natural sunlight and air.
- 8) Disinfect objects touched by sick people using alcoholic handrub , spirit (eg: mobiles Or 0.1 % sodium hypochlorite for non metallic surfaces (chairs, sofas etc)
- 9) Take light , hot diet on time. Avoid cold , fatty, heavy foods or raw foods. Avoid millets jowar, ragi , Bengal gram, bread toast or other dry foods or curd, nonveg or other fatty foods.
- 10) Sleep early and get adequate rest , avoid daytime sleep.
- 11) Drink water boiled with ginger , pepper , coriander or warm water (particularly in rainy season or winter) for drinking purpose.
- 12) Avoid cold water bath or cool drinks etc.
- 13) Practice Meditation and stay positive.

Instructions for Asymptomatic Positives

- 1) Isolate yourself from others. Stay in a well ventilated single room with attached independent bathroom.
- 2) Always wear a mask or face covering when someone else enters the room or when going out of the room.
- 3) Use only disposable (preferably destroyable) paper or leaf plates and glasses for eating etc which can be easily be burnt.
- 4) Put used clothes in a bucket with boiling hot water and soap for atleast 30mts before giving it for washing.
- 5) Do not share any objects, toiletry items, mobiles, clother etc with others.
- 6) Avoid public places / transport etc for atleast 2 weeks.
- 7) Have a light hot diet ontime in moderation eat as per appetite only. Do not force feed or eat healthy foods when not hungry. Take soups, ganji , porridge cooked with spices, kichadi, Pongal , pulkas, idli etc only.
- 8) Drink warm water or water boiled with spices. Avoid tea, coffe, milk , fruit juices, smoking , alcohol etc.
- 9) Sleep early and sleep well.
- 10) Avoid exercise / sex / headbath/ sleeping in daytime or just after meal or emotional excitement.
- 11) Always stay positive and meditate.
- 12) Get basic blood tests done and repeat them as and when advices.
- 13) Use medication if any as per physician advice.

Instruction for patients with mild infection

Prevention :

- 1) Isolate yourself in well naturally ventilated room with an attached bathroom
- 2) Always wear a mask or face covering when someone else enters the room or when going out of the room.
- 3) Use only disposable (preferably destroyable) paper or leaf plates and glasses for eating etc which can be easily be burnt.
- 4) Put used clothes in a bucket with boiling hot water and soap for atleast 30mts before giving it for washing.
- 5) Do not share any objects, toiletry items, mobiles, clother etc with others.
- 6) Avoid public places / transport etc for atleast 2 weeks.

7)Diet:

It is extremely important to eat as per your appetite and to always eat lightly till you have a good appetite and feel light in your body.

- a) if you do not have any appetite or have nausea or vomiting then fast for few hours.
- b) if you have a very minimal appetite then take only soups(veg or nonveg), ganji only or electral water.
- c) if you have a slight appetite then have porridge(java) cooked with spices or very thin upma boiled in same water.
- d) if you have a moderate appetite then have kichdi or Pongal cooked with same medicated water.
- e) if you have normal appetite eat soft rice cooked with medicated water , with amla pickle or lemon pickle or some rasam or light dal(pappu kattu).
- f) avoid curd, milk , oily, fatty foods, nonveg, eggs, tea , coffea, millets, dry fruits at all costs particularly when not hungry or not having a normal appetite.
- g) can take ghee seasoned with ginger/spice – only later part of illness.
- h) do not have untimely meals.

8) a. **Fluids:** use only water boiled with spices for drinking purpose (use spice suggested by physician).

Procedure:- 1 litre of water to be added with 10 to 15 gms of spice and boiled to 600 or 750ml . can be used after filtering and cooling.

b. avoid tea, coffea , milk, cool drinks, fruit juices, alcohol , smoking etc

Life style

- 9) sleep ontime (by 10:00 pm) and sleep well.
- 10)avoid exercise / sex / headbath/ sleeping in daytime or just after meal or emotional excitement.
- 11) always stay positive and meditate.

Monitering

12) keep following simple instruments with yourself

- a) Thermometer
- b) pulse oximeter
- c) digital BP recording machine
- d) Glucometer (if diabetic)
- e) inhalers or nebulizer if asthmatic patients.

13) Regularly check the following parameters yourself twice daily and record them or inform doctor immediately if grossly abnormal

- a) SPO₂ or oxygen saturation on pulse oximeter at rest and after a five minutes walk in the room itself
- b) pulse rate , respiratory rate , temperature and blood pressure
- c) blood sugars if a diabetic

You have to inform treating doctor immediately or a hospital if

SPO₂ < 90% (<94% in some)

Temp >102⁰F

BP below 100/70 or 30mm below your normal BP

Pulse rate above 110/min

Sugars above 250mg/dl

14 Medications

- a) Adjust your early BP medicines according to your BP (generally BP medications have to be reduced in fevers
- b) Take sugar medications as per your diet and sugar levels on glucometer only
Avoid/ Reduce dose of sugar medication if on fasting or limited diet if sugars are in normal limits.
- c) Continue only essential or life saving medications and avoid B-complexes, iron, calcium tablets etc
- d) Use only paracetamol (calpol/dolo etc) as per your bod weight for fever / pains etc
- e) Avoid self medications or medicines without informing physician
- f) Take medications strictly as adviced

15) Testing

Get all baseline tests at time of diagnosis

You have to get yourself regularly tested either every 48/72/96 hours based on the degree of abnormality in tests or if you have risk factors like diabetes, heart CKD problems

CBP, CRP, D-dimer are basic tests that may have to be done regularly

Other tests also may be needed as per your reports or treatment

16) Vigilance

Always be watchful for the following symptoms

- a) Breathing difficulty
- b) Chest pain
- c) Severe weakness
- d) Giddiness on attempting to standup
- e) Confusion
- f) Reduced urine output

These symptoms warrant an immediate admission to hospital

17) Use medications strictly as adviced by physician

18) Have an emergency plan such as transport, hospital to go , finances , emergency contact members ready.

Wishing you a very speedy recovery.....

