

## GUIDELINES ON HOMECARE FOR QUARANTINED PERSONS WHO VISITED WUHAN CITY, CHINA FROM 15<sup>TH</sup> JANUARY 2020 AND ISOLATION OF SUSPECTED 2019-nCoV, CHINA

PERSON WHO HAVE VISITED WUHAN CITY, CHINA AFTER 15<sup>TH</sup> JANUARY 2020 TO BE QUARANTINED FOR 28 DAYS

- **VENTILATION :** Place the person in a well-ventilated single room.
- **CARE TAKER :**
  - Limit the number of caretakers of the patient; ideally assign one person who is in a good health without risk conditions. No visitors allowed.
  - The caregiver should wear a triple layered surgical medical mask fitted tightly to the face when in the same room with the ill/Suspected person. Masks 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 removal of the mask.
  - Household members should stay in a different room or, if that is not possible, maintain a distance of minimum 1 meter away from the ill person (e.g. sleep in a separate bed).
- **MOVEMENT :** Limit the movement of the suspected person and minimize the shared space. Ensure that shared spaces (e.g. kitchen, bathroom, Bedroom) are well ventilated (e.g. keep windows open).

- **HAND HYGIENE:**

Perform hand hygiene following all contact with the isolated persons or their immediate environment. Hand hygiene should also be performed before and after preparing food, before eating, after using the toilet, and whenever hands look dirty. If hands are not visibly soiled, alcohol- based hand rub can be used. Perform hand hygiene using soap and water when hands are visibly soiled. Address safety concerns (e.g. accidental ingestion and fire hazards) before recommending alcohol-based hand rubs for household use.



- When using soap and water, disposable paper towels ( Tissue) to dry hands is desirable. If not available, use dedicated cloth towels and replace them when they become wet. *After usage proper disposal should be practiced such as packing in a Plastic bag and disposing to the nearest Public Healthcare facility.*

- **STEPS DURING SNEEZING/ COUGHING :** Respiratory hygiene (Sneezing/Coughing) should be practiced by all, especially suspected persons, at all times. Respiratory hygiene refers to covering the mouth and nose during coughing or sneezing using medical masks, cloth masks, tissues or flexed elbow, followed by hand hygiene.



- Discard materials used to cover the mouth or nose or clean them appropriately after use (e.g. wash using regular soap or detergent and water and a pinch of dettol).

- Avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool. Use disposable gloves to provide oral or respiratory care and when handling stool, urine and waste. Perform hand hygiene before and after removing gloves.
- Gloves, tissues, masks and other waste generated by ill persons or in the care of ill persons should be placed in a lined container in the ill person's room before disposal with other household waste.
- **ISOLATED PERSONS SHOULD AVOID INTIMACY:** Avoid other types of possible exposure to suspected persons or contaminated items in their immediate environment (e.g. avoid sharing toothbrushes, cigarettes, eating utensils, dishes, drinks, towels, washcloths or bed linen). Eating utensils and dishes should be cleaned with either soap or detergent and water after use and may be re-used instead of being discarded.
- **CLEANING MEASURES :**
  - Clean and disinfect frequently touched surfaces such as bedside tables, bed-frames, and other bedroom furniture daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water).
  - Clean and disinfect bathroom and toilet surfaces at least once daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water).
  - Use disposable gloves and protective clothing (e.g. plastic aprons) when cleaning or handling surfaces, clothing or linen soiled with body fluids. Perform hand hygiene before and after removing gloves.

**UPON DEVELOPING SYMPTOMS :**

- Report immediately to the nearest Health Facility or contact *Arogya Sahayavani / Helpline Number: 104*
- Monitor the health of all the household members or contacts and If the household member develops symptoms of acute respiratory infection, including fever, cough, sore throat and difficulty in breathing, **Report immediately to the nearest Health Facility or contact Arogya Sahayavani / Helpline Number: 104**



# GUIDELINES FOR HOME / RESIDENCE QUARANTINE OF PERSON WHO VISITED THE WUHAN CITY, CHINA FROM 15TH JANUARY 2020 IN VIEW OF 2019-nCoV, CHINA

PERSON WHO HAVE VISITED WUHAN CITY, CHINA AFTER 15<sup>TH</sup> JANUARY 2020 TO BE QUARANTINED FOR 28 DAYS

• **MEASURES FOR QUARANTINED PERSONS & THEIR CARE TAKERS :**

INCUBATION PERIOD : 0- 14 DAYS

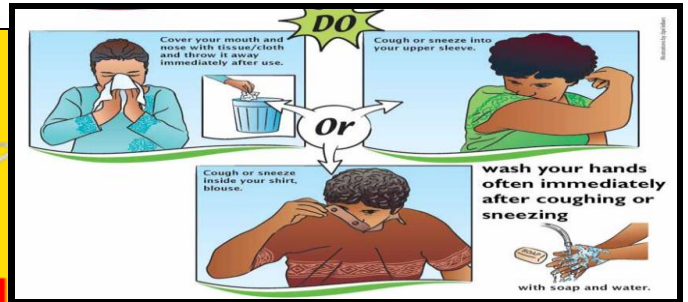
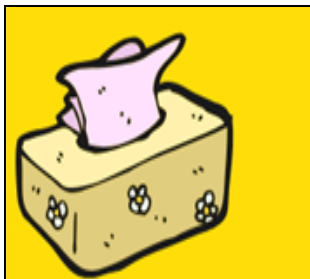
QUARANTINE PERIOD : 28 DAYS

• **MEASURES FOR QUARANTINED PERSONS & THEIR CARE TAKERS :**

1. **PROPER VENTILATION :** Ensure the person stays in proper ventilated single Room

2. **WHILE SNEEZING / COUGHING :**

➤ While Sneezing / coughing the Suspect should use a disposable tissue/ Paper towel or elbow of his/ her sleeves.



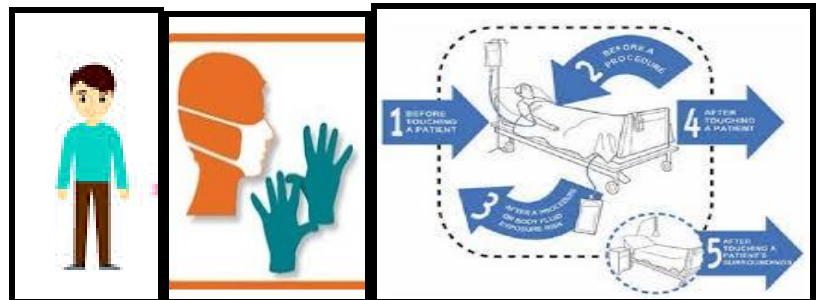
3. **MEASURES TAKEN BY CARE TAKER :**

- One caretaker assigned with good health
- No Visitors allowed.
- No pets allowed .
- Wearing Triple layered Surgical mask at all times.

( Proper disposal of ill handled, dirty, wet, used masks).

➤ Hand Hygiene ( Before & After contact with the suspect, Cooking, Washing, Rest room / Toilet usage etc. )with disinfectant / Sanitizer / Soap Solution.

➤ **DISTANCE :** Separate himself / herself from the suspected person minimum 1 meter away and sleep in separate bed and avoid shared space



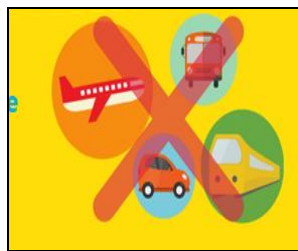
**Wash your hands:**

- after toilet use
- after coughing or sneezing
- when caring for the sick
- before, during and after you prepare food
- when hands are visibly dirty
- before eating
- after handling animals or animal waste

## MEASURES FOR QUARANTINED PERSONS & THEIR CARE TAKERS :

### 4. AVOID :

- Avoid Going to thickly dense populated areas such as Malls, Cinema Theatre's, Market places, Temples, socializing with friends , Public Transport, workplace Gym, Yoga, Dance Clubs, etc.
- Avoid Intimacy with the partners or family members.
- Avoid using Toiletries ,( Brush, soap, bed sheets, bed covers, clothes , utensils etc) .
- Avoid Eating Half cooked Food / half Baked food
- Avoid Travelling to places
- Avoid handshake with the Quarantined Persons



### 5. HAND HYGIENE :

- Contact with the suspect .
- Before / After Food Preparation, Eating
- Using Toilet
- Dirty Hands / soiled hands .
- Cough / Sneezing



### 6. PROPER PRECAUTIONS FOR HANDLING USED ITEMS OF THE SUSPECT BY THE CARE TAKER :

- Usage of Tissue / paper towels which are packed in Plastic cover / Bag and disposal by handing it to the care taker who will ensure it is given to the nearest public health facility .



- All the cloths used by the suspect should be washed separately (use dettol, disinfectant and separate soap and brush exclusively for the patients).
- Avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool.
- Use disposable gloves to provide oral or respiratory care and when handling stool, urine and waste.
- Perform hand hygiene before and after removing gloves.



- Clean and disinfect frequently touched surfaces such as bedside tables, bed-frames, and other bedroom furniture daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water)
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#### 8 UPON DEVELOPING SYMPTOMS :

- Report immediately to the nearest Health Facility or contact **Arogya Sahayavani / Helpline Number: 104**

Monitor the health of all the household members or contacts and If the household member develops symptoms of acute respiratory infection, including fever, cough, sore throat and difficulty in breathing, **Report immediately to the nearest Health Facility or contact Arogya Sahayavani / Helpline Number: 104**.

