

COVID 3.0:

A pocket guide to home isolation
& recovery

By Tata 1mg

20 January, 2022



TATA 1mg
Bringing Care to Health

Download the Tata 1mg App



Basic mantra for the third COVID wave: Isolate, monitor, rest well



Whether you're unvaccinated, partially vaccinated or fully vaccinated, here are some practical 'home-isolation & recovery tips' for you based on our analysis of the guidelines by the MoHFW, WHO and CDC.

This information is for informational purposes only, and should not be considered as a substitute to professional medical advice.

I tested positive for COVID-19 with mild symptoms. What should I do next?

Take a 6-step approach to recovery

Step 1: Isolate, even if you don't have symptoms and are vaccinated

If you do need to be in a shared living space

- Make sure you are double-masked
- Ensure 6 feet distance with others
- Do not share items, such as towels, blankets and utensils
- Cut the mask into pieces, put it in a paper bag for 72 hours before you discard it



Step 2:

Alert those you came in close contact with

Let people know that they have been exposed, so they too isolate, take necessary precautions and get tested if they have symptoms.



Step 3:

Connect with your doctor

Take doctor's advice over:

- Home care protocols
- Medicines
- Emergency care
- Hospitalizations, if needed



Sources:

Revised guidelines for Home Isolation of mild /asymptomatic COVID-19 cases
<https://www.mohfw.gov.in/pdf/RevisedHomeIsolationGuidelines05012022.pdf>

Step 4:

Closely monitor yourself

- Check your body temperature, oxygen levels & pulse thrice daily or as advised by your doctor
- Record blood pressure (BP) & blood sugar readings if you are on BP and Diabetic medications

Self health monitoring chart

Track your vitals conveniently by organising them in a chart

Date and time	Temperature	Heart rate (from pulse oximeter)	SpO2 % (from pulse oximeter)

Want to monitor your vitals effectively?

DOWNLOAD CHART

Note: Home monitoring is key. As per the MoHFW, a majority of COVID-19 patients either have no or very mild symptoms and can be managed at home with self-monitoring and medical guidance.

Sources:

Revised guidelines for Home Isolation of mild /asymptomatic COVID-19 cases

<https://www.mohfw.gov.in/pdf/RevisedHomeIsolationGuidelines05012022.pdf>DOWNLOAD NOW

Step 5:

Pay attention to the warning signs

Get immediate medical help if you experience these symptoms

Difficulty in breathing



Fall in oxygen levels



Severe cough, particularly for >3 days



Mental confusion or inability to arouse



Persistent pain / pressure in the chest



Persistent high grade fever ($>100^{\circ}\text{C}$) for >3 days



Note: A lower threshold should be kept for those with any of the high-risk features such as age > 60 yrs, comorbidities like diabetes and other immunocompromised states.

Sources:

Revised guidelines for Home Isolation of mild /asymptomatic COVID-19 cases

<https://www.mohfw.gov.in/pdf/RevisedHomeIsolationGuidelines05012022.pdf>

Step 6:

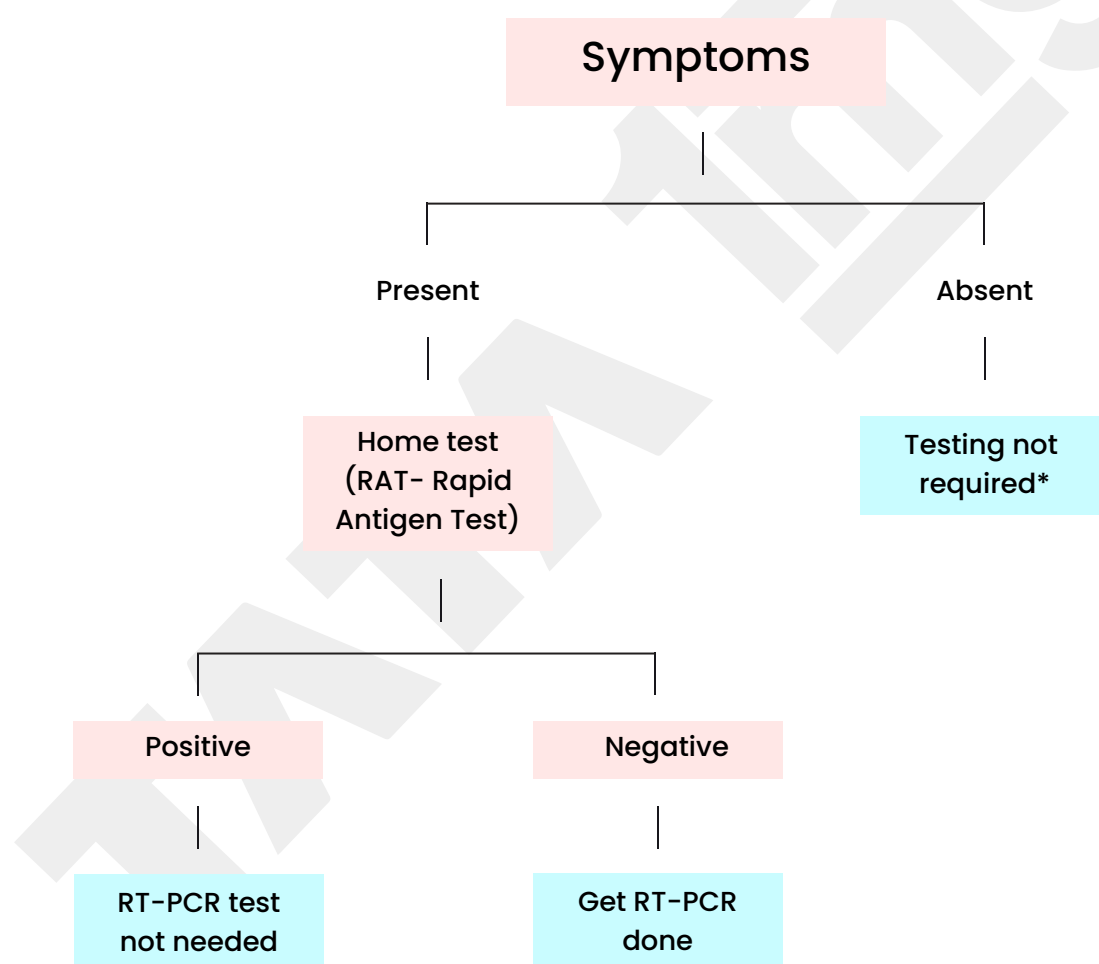
Eat well, rest adequately, stay calm

- Eat light food, and **take plenty of fluids** including coconut water, juices & soups.
- Try warm water gargles and steam inhalation thrice a day.
- Take paracetamol (once in 6 hours) for fever & body ache. **Do not self-medicate with steroids or other medications.**



I may have come in contact with a person infected with COVID-19. What should I do next?

Opt for informed testing, depending on symptoms



*If SpO₂ < 93%, get tested

Source:

https://www.icmr.gov.in/pdf/covid/strategy/Advisory_COVID_Testing_10012022.pdf

What to do if an exposed person has symptoms, but is awaiting test results?

- Isolate, so that others are protected in case of a positive result
- Monitor health parameters, most importantly temperature and oxygen saturation
- Watch out for worsening of symptoms



Sources:

1. 3 Key Steps to Take While Waiting for Your COVID-19 Test Result: CDC.gov

<https://www.youtube.com/watch?v=P4TKxfj3tu4&t=2s>

<https://www.youtube.com/watch?v=P4TKxfj3tu4&t=5s>

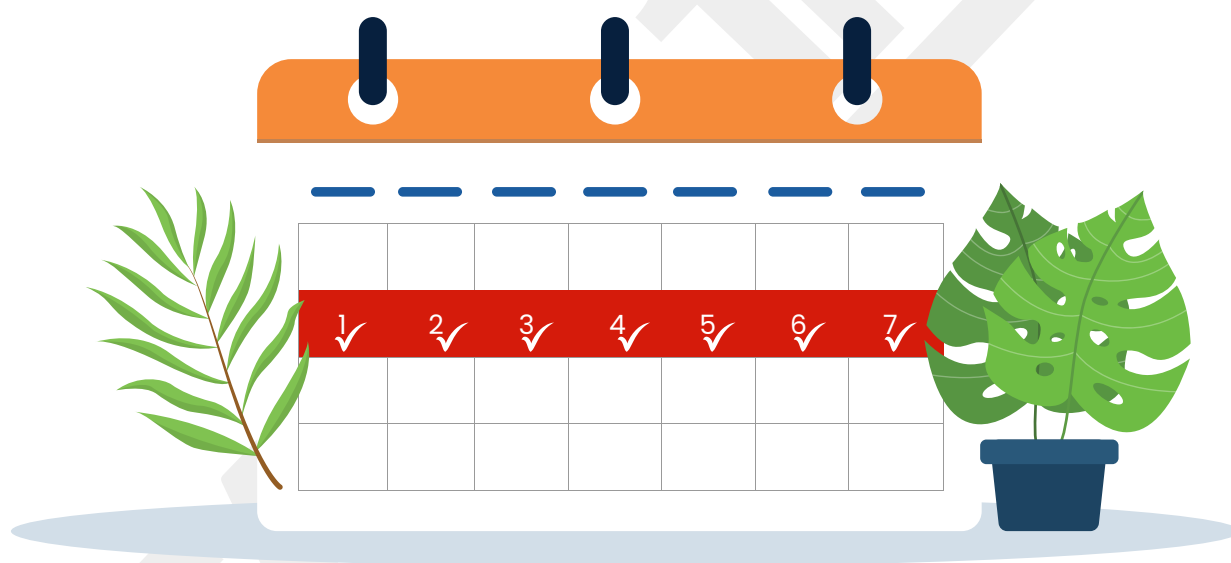
2. HOME ISOLATION & CARE FOR COVID-19

https://www.icmr.gov.in/pdf/covid/techdoc/COVID_HOME_CARE_En_05012022.pdf

When can I discontinue home isolation? Do I need to get re-tested once isolation is over?

Isolation can be ended if:

- At least **7 days** have passed since you tested **positive** and
- There's **no fever** for **3 consecutive days**.



There is **no need for retesting** after the home isolation period is over.

Sources:

Revised guidelines for Home Isolation of mild /asymptomatic COVID-19 cases

<https://www.mohfw.gov.in/pdf/RevisedHomeIsolationGuidelines05012022.pdf>

While isolating, remember...



Do not self medicate with antibiotics or steroids



Do not use inhalers unless prescribed by your doctor



Do not undergo unnecessary blood investigations or X-rays unless advised by your doctor

Source:

HOME ISOLATION & CARE FOR COVID-19

https://www.icmr.gov.in/pdf/covid/techdoc/COVID_HOME_CARE_En_05012022.pdf

Will I be immune to COVID-19 after getting infected once?

Yes, but not sure for how long

Research is still ongoing as to how strong and long-lasting would natural immunity be. Hence, it is important to continue taking all the precautions. Also, even if you have had COVID-19, it is important to get vaccinated. It is believed that the vaccine can boost your protection without causing any harm.



**Be informed. Be responsible.
Be prepared.**

Follow COVID-appropriate behaviour at all times



Get vaccinated



Wash your hands



Watch the distance



**Ensure your surroundings
are well-ventilated**



**Wear your masks well,
covering your nose, mouth & chin**

**Get the latest COVID-19 updates,
directly from experts**

**Subscribe to our YouTube
channel for regular updates,
tips and more**



Stay equipped with the correct information

Counter misinformation and rely only on facts with our help guides



Stay healthy at home with COVID essentials



Safety & Hygiene



Self-testing Kits



Pulse Oximeter



Thermometers



Lung Care



Immunity
Boosting Products



Covid Home
Monitoring Package



RT-PCR Test



Get in Touch
with a Doctor

We wish you a super speedy recovery if you are fighting COVID-19.

Want to share your feedback and concerns?
You can tell us right here.

TELL US HERE

Compiled by



Dr. Sakshi Sharma
Senior Manager,
Medical Affairs,
Tata 1mg



Dr. Lahari Bhavishetty
Manager,
Medical Affairs,
Tata 1mg

Reviewed by



Dr. Varun Gupta
MBBS, MD (Pharmacology),
Senior Vice President,
Medical Affairs,
Tata 1mg

Edited by



Rahul Manchanda
Head of Design & Content,
Tata 1mg



Shipra Sharma
Senior Copywriter,
Tata 1mg

Designed by



Dheeraj Kumar
Assistant Manager – Design,
Tata 1mg

TATA 1mg

Bringing Care to Health



Order
Medicines



Book
Lab tests



Consult
Doctors

Download the app



Connect with us

