

Tested Positive for COVID-19?

Homecare tips for mild cases

By 1mg

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Accept, Prepare and Don't Panic

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Take care of yourself. Don't panic.

Here are some practical 'homecare tips' for Covid-19 patients with mild symptoms based on our discussion with the various experts from the reputed institutes and analysis of the MoHFW guidelines, WHO and CDC.

Disclaimer

The content in this booklet is for informational and awareness purposes only. It is not a substitute for any professional medical advice.

Isolate. Rest. Restore Health.



Isolate, but stay connected

Maintain a daily routine, read books and take out time for self care.

Stay in touch with your loved ones through audio/video calls.



Take rest, but stay active

Walk in your room for at least **15–20 min a day**.

Staying active will improve blood circulation and prevent clotting.



Eat well & take fluids

Eat easy-to-digest food.

Take plenty of fluids (**3–4 L/day**).

Remember, it's just a phase, and will pass by super soon!

About 80% of patients have mild symptoms and recover without any specific treatment.

Keep In Touch With Your Doctor

Share all your test reports and vitals with your doctor

Take advice over:

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

Connect with experienced doctors over chat, audio or video.

[Consult Here](#)



Keep Thermometer And Pulse Oximeter By Your Side

Maintain a log of your temperature, oxygen saturation & pulse thrice daily*

Days	Body temperature			Oxygen saturation			Pulse		
	Morning	Evening	Night	Morning	Evening	Night	Morning	Evening	Night
1									
2									
3									
4									
5									

*or as advised by your doctor

Also record BP and blood sugar readings if you are consuming medicines for BP or diabetes.

Want to monitor your vitals?

[Download the complete chart here for FREE.](#)

Use Pulse Oximeter The Right Way



- Rest your hand on the chest at heart level and keep it steady.
- Turn on the pulse oximeter and keep your middle or index finger onto the sensor.
- It may take a few seconds for the correct reading to appear.
- If the reading is not stable, keep the device in place for a minute or longer.
- Record the highest value once if it has not changed for 5 seconds.

Looking for a reliable pulse oximeter?

[Click here to find one](#)

Source:

<https://twitter.com/mygovindia/status/1385982498451058689>

How To Check If Pulse Oximeter Is Working Properly?



Method 1

Simply check the probe on a healthy person's finger to see if it shows healthy oxygen levels.



Method 2

Count your pulse for one minute and compare it with the pulse reading on the oximeter. If they are nearly the same, the pulse oximeter is working fine.



Method 3

Keep two pulse oximeters, if possible, and check with both to validate the readings.

Symptoms Of COVID-19

Known symptoms of COVID-19 include fever, cough, sore throat and loss of smell or taste. However, doctors are observing some additional new symptoms in the second wave, such as:



**Stomach upset
(Diarrhea & vomiting)**



Headache



Body aches



**Pink eyes
(Conjunctivitis)**

All of these symptoms can be in various permutations and combinations.

What should I do if I have any of these symptoms, but awaiting my test results?

- Isolate yourself, so you don't infect your family in case you are positive
- Watch out for worsening of symptoms
- Monitor your health parameters – most importantly temperature and oxygen saturation

Sources:

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>

Is There Any Specific Timeline For Symptoms?



There is no specific timeline, but watch out for red flags!

According to Dr. Manisha, Senior Pulmonologist

“For the first 5-7 days, you can expect standard flu-like symptoms such as fever, cough, weakness, bodyache, throat irritation/ dryness and nausea”.

“In most patients, the temperature may lower down after the first week. However, the fever can last longer and even take 10-12 days to subside.”

Dr. Manisha suggests to keep patience through this time, and continue taking plenty of rest, fluids and paracetamol for aches and fever.

Watch Out For These Warning Signs

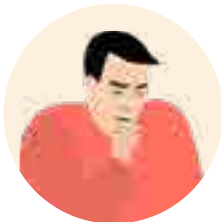
Seek immediate medical attention if you notice:



Difficulty in breathing



Decrease in oxygen saturation
(SpO₂) < 95%; below 90% is alarming



Persistent high grade fever/
severe cough



Mental confusion

Note: A low 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.

Source:

Clinical Guidance for Management of Adult Covid-19 Patients_23.04.2021

<https://www.mohfw.gov.in/pdf/COVID19ManagementAlgorithm22042021v1.pdf>

Breathe Better With The Following Tips



Lie down flat on your abdomen/tummy

Do this for a few minutes during the day – may be beneficial for improving ventilation and making breathing easy in mild cases.



Practice breathing exercises

Practice deep breathing exercises to improve your breathing capacity.



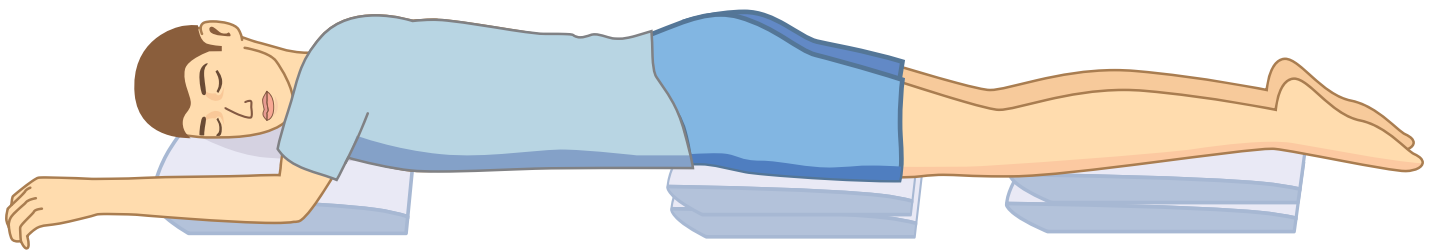
Blow balloons to boost lung capacity

Blow 2–3 breaths, hold for a while, and exhale. Repeat this for a few times.

What Is Proning & How Does It Help In Improving Oxygen Levels?

Proning is a medically accepted process for increasing oxygen concentration in the lungs and is beneficial in home isolated COVID-19 patients with breathing difficulty.

Proning is recommended when you have discomfort in breathing and the oxygen saturation drops < 94.



Proning involves the use of 4-5 pillows:

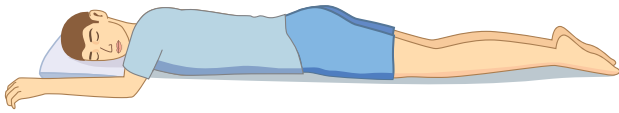
- 1 below the neck
- 1-2 below the chest through upper thighs*
- 2 below the shins (front side of legs)

*Make sure the pillows are placed in a way that they don't put pressure on the stomach.

Source:

COVID-19 Proning for Self care. <https://www.mohfw.gov.in/pdf/COVID19ProningforSelfcare3.pdf>

How To Do Self Proning ?



1. Lie down on your stomach
for 30 minutes – 2 hours



2. Lie on your right side
for 30 minutes – 2 hours



3. Sit up
for 30 minutes – 2 hours



4. Lie on your left side
for 30 minutes – 2 hours
& go back to position 1

Points to note

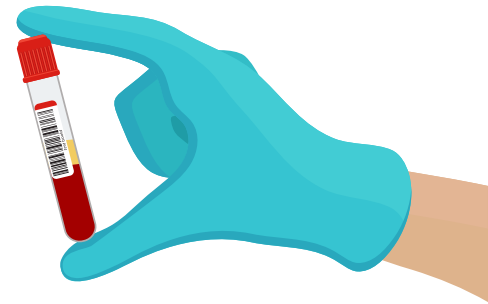
- Do it as long as it feels tolerable
- Proning should not be done for an hour after meals
- Avoid proning in conditions such as pregnancy, deep venous thrombosis, serious heart conditions

Source:

COVID-19 Proning for Self care. <https://www.mohfw.gov.in/pdf/COVID19ProningforSelfcare3.pdf>

Blood Tests That Can Predict Serious COVID-19

Your doctor may recommend blood tests such as C Reactive Protein (**CRP**), Lactate Dehydrogenase (**LDH**), **D-Dimer**, Interleukin 6 (**IL6**), **Ferritin** and Complete blood count (**CBC**).



With the help of these tests, your doctor may get a better sense of:

- Severity of COVID-19 infection
- Whether you may require any higher level of treatment other than routine home care management.

Book COVID Home Monitoring Package

[Book Now](#)



Take Medicines, But Don't Self-medicate



Medicines for relieving symptoms

- Take Paracetamol for fever, with a minimum gap of 4-6 hrs between two doses
- Some patients may benefit from blood thinners or steroids; but **DO NOT take these unless advised by your doctor**

Supplements for immunity

Take supplements containing Zinc and Vitamin C for boosting immunity.

Remember, your doctor will suggest the right course of treatment. Do not self medicate.

Take Medicines, But Don't Self-medicate



Home remedies

- Gargle with salt water or betadine (dilute 1 part of betadine with 3 parts of lukewarm water) to relieve throat pain.
- Practice steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) once in a day.

Oxygen support

- There is no need to take oxygen if your saturation is over 94%.
- Do not panic even if the saturation goes down by a percent or two.
- In case of high risk patients, such as those with lung disease, diabetes and high blood pressure, oxygen may be required early.

Sources:

Ministry of AYUSH: <https://www.mohfw.gov.in/pdf/ImmunityBoostingAYUSHAdvisory.pdf>
CLINICAL GUIDANCE FOR MANAGEMENT OF ADULT COVID-19 PATIENTS
22nd April 2021. www.mohfw.gov.in

Does High CT Value In RT-PCR Mean Less Severe Infection?

No.

ICMR recommends not to rely on CT values as a measure of infectiousness or disease severity

- The CT or Cycle Threshold value of a COVID test is the number of cycles of the PCR machine the test sample took to detect COVID-19 genetic material.
- Viral load refers to the amount of virus in an infected person's blood.
- **Theoretically, lower numerical CT values correlate with high viral load,** and thus with increased infectiousness and severity of the disease. However, ICMR recommends not to rely on numerical CT values in RT-PCR.

Source:

ICMR advisory:

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

COVID-19 And Pneumonia

Most people who get COVID-19 have mild to moderate symptoms but some may develop pneumonia of lungs.

Pneumonia is an infection that causes the small air sacs in the lungs to fill with pus or fluid, which may cause difficulty in breathing and drop in oxygen saturation.

This can be diagnosed with the help of a chest CT scan.

When is a chest CT scan recommended?

A chest CT scan is recommended when:

- Your doctor needs to check the severity of lung involvement in COVID-19.
- If you have observable symptoms that point towards pneumonia such as difficulty in breathing, decrease in oxygen saturation < 95% (below 90% is alarming), high grade fever/severe cough, particularly for >5 days and mental confusion.

Confused About Your CT Severity Score? Know It Here:

This is a scoring system that the radiologists use to quickly and objectively evaluate how severe is the lung involvement in people with COVID-19. Total lung score can fall between 0 and 25.

Total Score	COVID Severity*
<8	Mild
9-15	Moderate
>15	Severe

*All the medical reports should be best interpreted by a medical professional.

If your doctor has recommended a chest CT Scan, get yourself tested at the earliest.

[Click here to book](#)



When To End Home Isolation?

If you were symptomatic:

10 days after symptom onset, plus at least 3 additional days without symptoms

If you were asymptomatic:

10 days after positive test for SARS-CoV-2

Loss of taste and smell may persist for weeks or months after recovery. In such cases, you need not delay the end of isolation.

Source:

Revised Discharge Policy for COVID-19 <https://www.mohfw.gov.in/pdf/ReviseddischargePolicyforCOVID19.pdf>

Is Retesting Required After The Home Isolation Is Over?

Not required.

According to WHO, **“patients whose symptoms have resolved may still test positive for the COVID-19 virus by RT-PCR for many weeks. Despite this positive test result, these patients are not likely to be infectious and therefore are unlikely to be able to transmit the virus to another person”**.

In a nutshell, even though your repeat RT-PCR test may come positive after the isolation period, you will not transmit the infection to people around you.

Source:

Criteria for releasing COVID-19 patients from isolation.

<https://www.who.int/news-room/commentaries/detail/criteria-for-releasing-covid-19-patients-from-isolation>

Will I be Immune To COVID-19 After Getting Infected Once?

Yes, but only for an unknown period.



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.

[Register here to get vaccinated against COVID-19](#)

Stay Abreast With Latest Updates On COVID-19



New symptoms of COVID-19

[Watch Now](#)



Home care for mild COVID-19

[Watch Now](#)



How to use a pulse oximeter

[Watch Now](#)



Antibody testing for COVID-19

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How to strengthen immunity

[Watch Now](#)

Cut The Clutter

Avoid misinformation about COVID-19 and keep yourself informed with our concise booklets compiled by the team of expert doctors with verified information from sources such as WHO, CDC, & MoHFW.

[Links to all e-books](#)



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Book RT-PCR test

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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.

<http://1-mg.in/feedback>

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