

# Self-segregation under COVID 19

(Reverse Quarantine)



*If you are elderly, or with pre-existing illnesses, you are vulnerable to COVID-19. If infected, you risk severe disease, complications and possibly death.*

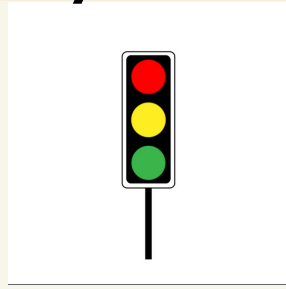
*Others too will suffer. Self-segregation is a way to protect yourself from infection. You separate yourself from the family to prevent contact. How can you do this when many people live in a small house? This poster suggests ways to do so.*

**What?** Self-segregation (Reverse Quarantine) as a practice for those of us who are old, ill or weak.

## Method

Using Symbol Barriers

**What are Symbol Barriers** – Marking a self-segregation area with visible symbols and practices.



## Who?

- If you are elderly (over 65 years old)
- If you are diabetic, have heart disease, cancer, TB, HIV, transplant, are undernourished, etc.



## When?

- As soon as someone has COVID-19 in your neighbourhood.
- Continue till 14 days after there are no patients.
- But be very careful in the coming months.

**Where?** Inside the home



## How?

- Use a visible signal for separation, like hanging sari, chalk line, rope.
- As far as possible:
- Don't cross line
  - Don't touch people across line
  - Talk from a distance of over 3 feet

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## Suggestions for you if you self-segregate

- Wear a mask as much as possible.
  - Wash hands as often as possible.
  - If shortage of water, keep a bowl with soapy water and wash often in that.
  - Definitely wash before eating and after coming home from outside.
  - Maintain physical distance from others as much as possible.
  - Demarcate a portion of the room, using visual reminder.
  - Keep windows open for ventilation.
  - If helping with housework, you could mop the floor and wash clothes.
  - If helping with cooking, wash hands with soap before handling.
  - If possible, use a mobile phone to talk to others to cope with loneliness and anxiety.
  - This is a stressful period. Those of you who are vulnerable need special care and attention. Ask for it.
- Minimize contact with others, especially children.
  - Avoid family gatherings as far as possible. If unavoidable, keep a distance of more than 3 feet and don't touch.



*Ensure common surfaces/ areas – especially toilets, eating places – are cleaned regularly with soap water/ disinfectant.*



**If symptoms of cough, fever, fatigue appear, contact government helpline/ health facility immediately !!**

