

Important To Get Yourself Tested

If you have any combination of these symptoms for two to three days,

- **cough,**
- **fever,**
- **body ache/ fatigue**
- **loss of smell and taste,**
- **diarrhea**



**GET TESTED
IMMEDIATELY!!**

Food Guidelines

- **Eat normal balanced food (veg and non-veg).**
- **Drink lots of fluids and stay hydrated.**
- **If you have diarrhea, eat according to comfort. Take plenty of fluids with salt, sugar, lemon.**
- **If you are too fatigued, consult your doctor and take necessary energy rich food.**

Majority of Positive Cases Recover

Over 80% positive cases have only mild symptoms and recover.

10-15% may have serious symptoms and may require hospitalisation.

NOT EVERYONE NEEDS HOSPITALISATION

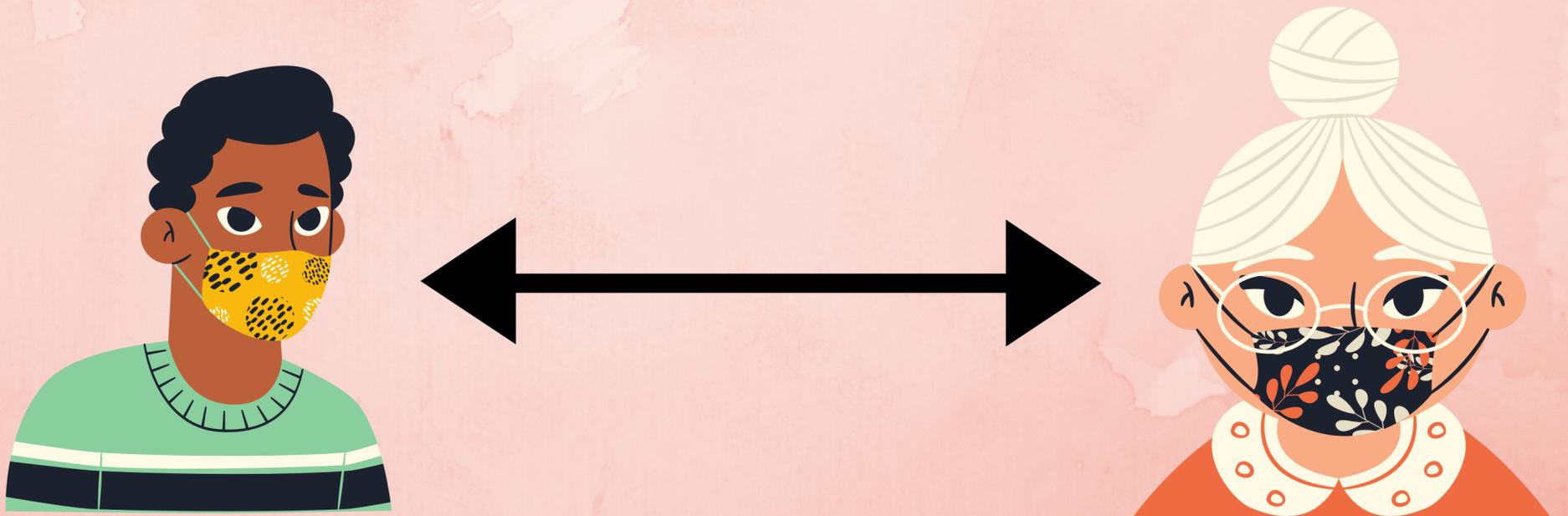
Strict Self-Isolation to Protect your Family

- **At the start of mild symptoms, immediately self-isolate from family members.**
- **Then if tested positive, continue self-isolation for 14 days.**

**IF YOU HAVE SYMPTOMS FOR
MORE THAN THREE DAYS,
GET TESTED!**

Care in COVID-19 is Different from other Diseases

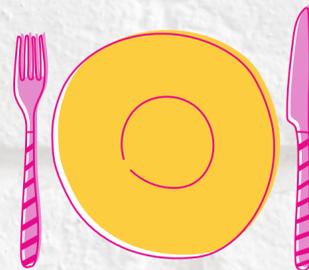
- **Care for your loved ones, but through a distance!**
- **Food from distance: Serve food in utensils that are exclusive for the patient.**
- **Talk from distance. Wear masks.**



NO PHYSICAL CLOSENESS

Safety Practices During Home-Isolation

- **Wash your own plates.**



- **Wash your own clothes.**



- **Clean your own room.**



DON'T STEP OUT OF YOUR HOME DURING THIS PERIOD

Right Step At The Right Time

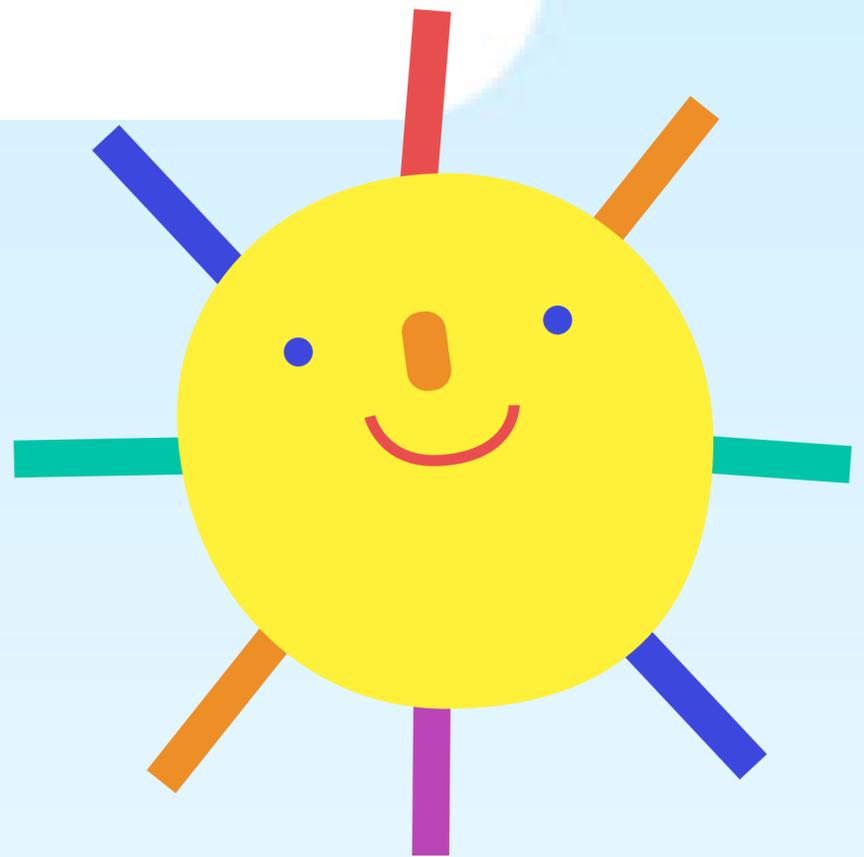
- **Take strict safety precautions at the onset of symptoms.**
- **Timely testing will help in emergency hospitalisation if needed.**
- **Do not ignore breathlessness, consult doctor.**



**Sooner you take care of yourself,
the better it is for you and your
family!**

Boost Your Immunity

- **Get direct sunlight daily. Vitamin D is essential.**

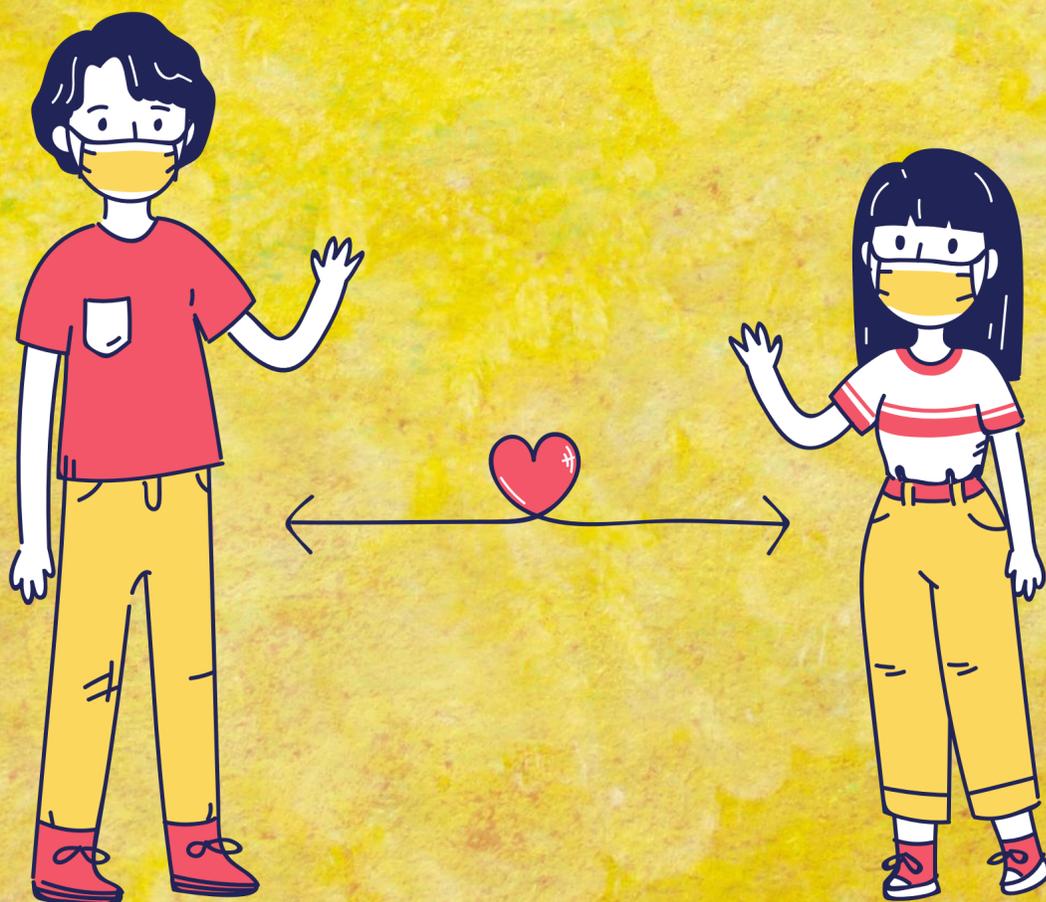


- **Exercise daily. Preferably alone, in open or well-ventilated space.**



Many Cases Are Asymptomatic

- **If you have tested positive and do not have symptoms, you can still spread infection.**
- **You still need to isolate yourself and wear a mask.**



Make Yourself Feel Better

To reduce congestion when you have cold, cough and fever,

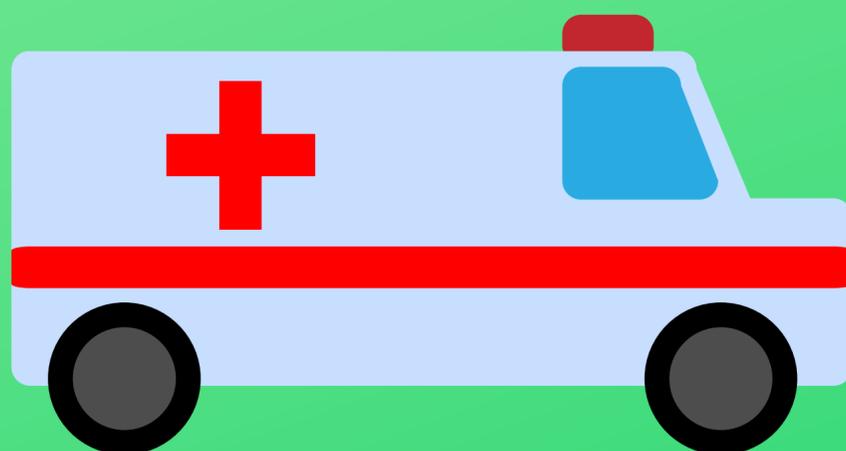
- **Do steam inhalation**
- **Gargle with warm salt water**
- **Drink hot fluids**
- **Rest adequately**



You Might Need Hospitalisation

In case you have these symptoms

- **Breathlessness**
- **Oxygen level drop below 95%**
- **Consistent high fever**
- **Shock and disorientation**



**GO TO THE HOSPITAL
IMMEDIATELY!**

Sharing a Common Basin & Bathroom with Suspect/Patient

- **Keep well ventilated.**
Keep window open, or use fan.



- **Next user should enter after 20-30 min. If less gap, then use mask.**



- **Commonly touched surfaces (toilet, flush handle, washbasin, mugs, taps, etc.) to be washed before & after each use with soapy water**



What to do if I meet someone who is COVID-19 suspect/positive?

- **If the suspect developed symptoms 1–3 days after meeting you, isolate yourself for at least 7 days -- even if you don't have any symptoms.**
- **Get tested after five days, or after the onset of symptoms – whichever is earlier.**
- **Meanwhile, keep drinking hot liquids, gargle with warm salt water, do steam inhalation at regular intervals.**