

Protection Tips to Save Oneself from COVID-19 Infection

Steps to help prevent the spread of COVID-19 if you are sick

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community as per government's order.

Stay home except to get medical care



Stay home: People tested positive for COVID-19 are allowed to go out to seek medical help. Others please stay at home and do not leave unless essential. Do not visit public areas. Remember that there are instructions of lockdown covering the entire country and also respective state governments have notified prohibitive orders under Sec 144 of Cr PC.



Stay in touch with your family doctor: Call before you get medical care. Be sure to get care if you have trouble breathing, or have any other emergency warning signs, or if you think it is an emergency.



Avoid public transportation: Avoid using public transportation, ride-sharing, or taxis.

Separate yourself from other people in your home, this is known as home isolation



Stay away from others: As much as possible, stay away from others. You should stay in a specific "sick room" if possible, and away from other people in your home. Use a separate bathroom, if available.

Take special care of people age 60 and above who have high-risk factors due to lower immunity.

People with co-morbid conditions like Diabetes, Hypertension and cardiac disease also have a high- risk outcome due to impaired immunity or known as immune-deficient.

If you have pet animals, watch their sickness. Please avoid close contact and also wash hands when you handle these pets. If you can, please keep them in an enclosure outside the home or in the balcony or sit-out if you have. Though COVID19 is a human-to-human infection only, it is better to take precautions.

Call ahead before visiting your doctor



Call ahead: Many medical visits for routine care are being postponed or done by phone or telemedicine. Avoid getting out of the house.



If you have a doctor's appointment that cannot be postponed, call your doctor, and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.



If you are sick: You should wear a facemask, if available, when you are around other people (including before you enter a healthcare provider's office).



If you are caring for others: If the person who is sick is not able to wear a facemask (for example, because it causes trouble breathing), then as their caregiver, you should wear a facemask when in the same room with them.

Note: During a public health emergency like this, facemasks may be reserved for healthcare workers. You may need to improvise a facemask using a scarf, dupatta or handkerchief



Cover your coughs and sneezes



Cover: Cover your mouth and nose with a tissue or a handkerchief when you cough or sneeze.



Dispose: Throw used tissues in a lined trash can.



Wash hands: Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

Clean your hands often



Wash hands: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.



Hand sanitizer: If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.



Soap and water: Soap and water are the best options, especially if hands are visibly dirty.



Avoid touching: Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items



Do not share: Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.



Wash thoroughly after use: After using these items, wash them thoroughly with soap and water or put in the dishwasher.

Clean all “high-touch” surfaces every day



Clean high-touch surfaces in your isolation area (“sick room” and bathroom) every day; A family member, caregiver or support persons if they are available can clean and disinfect high-touch surfaces in other areas of the home.



Clean and disinfect: Routinely clean high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.

If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other people should wear a mask and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

Clean and disinfect areas that may have blood, stool, or body fluids on them



Household cleaners and disinfectants: Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.

Be sure to follow the instructions on the label to ensure the safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during the use of the product. Please check with this resource about the type of disinfectant to be used:

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

Monitor your symptoms



Common symptoms of COVID-19 include fever and cough. Trouble breathing is a more serious symptom that means you should get medical attention.



If you are having trouble breathing, seek medical attention, but call first.



Call your doctor or emergency room before going in and tell them your symptoms. They will tell you what to do. It is likely the Government will despatch an Ambulance with a trainer-driver and paramedical staff to handle the safe transportation of the patient from home to Hospital



Wear a facemask: Put on a facemask before you enter the building. If you can't put on a facemask, cover your coughs and sneezes. Try to stay at least 6 feet away from other people. This will help protect the people in the office or waiting room.



Follow care instructions from your healthcare provider and local health department: Your local Corporation / District Administration / State Government health authorities will give instructions on checking your symptoms and reporting information.

IMPORTANT: If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:

- **Trouble breathing**
- **Persistent pain or pressure in the chest**
- **New confusion or inability to arouse**
- **Bluish lips or face**

*This list is not all-inclusive.

Please consult your medical provider for any other symptoms that are severe or concerning.

Call Emergency Numbers given by State Government **1090 / 1097** if you have a medical emergency: If you have a medical emergency and need to call **1090 / 1097**, notify the operator that you have or think you might have, COVID-19. Put on a facemask before medical help arrives.

You may wish to access local Government website portals where Government notifications are posted for public information. For example, Tamilnadu Government Orders/notifications related to COVID19 Containment and Management are available at:

https://www.tn.gov.in/go_view/dept/11

Disclaimer: The above are only suggested tips. Please follow the guidance of your healthcare provider and local health department. The decision on how to handle your situation rest with your local, state and Union Government health departments. Local decisions depend on local circumstances.