

WHAT TO DO IF SOMEONE IN YOUR HOUSEHOLD IS INFECTED WITH COVID-19

Every country in the world right now is battling with COVID-19. But what would you do if it infects someone you care about. Overcoming such a situation requires you to be calm, as it will help the mental well-being of you and your family.

Here, we have compiled a guideline that will help you in taking care of the patient and everyone around, without panic.

1 The patient should be in complete isolation

- Prepare a separate room or isolated space. The patient should stay away from other household members as much as possible, and should also use a separate bathroom, if possible.
- Keep the windows opened frequently so that the room is well ventilated and has a good air flow.



2 Reduce contact with the virus

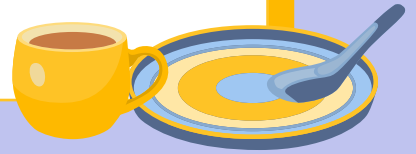
- Identify one household member, who is not at a high-risk of being infected and who has few contacts with people outside, to be in contact with the patient.
- Wear a medical mask if in the same room as the patient.



- Clean and disinfect frequently touched surfaces every day. This includes doorknobs, faucets, and light switches.



- Use separate household items from the patient - such as dishes, cups, eating utensils and bedding.



- All household members should wash their hands frequently and avoid touching their eyes, nose & mouth.



3 Take good care of the patient

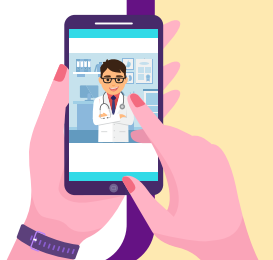
- The patient's symptoms should be monitored regularly.



- Make sure that the patient drinks plenty of fluids to stay hydrated, eats nutritious food and rests at home.



- Pay special attention if the person is at high-risk for serious illnesses. Call your healthcare provider immediately if you see any of these danger signs:
Difficulty breathing | Confusion
Loss of speech or mobility | Chest pain



Source: World Health Organization

Disclaimer: The guideline outlined in this document is to safeguard you and your loved ones from COVID-19. We advise you to seek professional guidance if you wish to clarify any section on this document or if you feel the need to take any action based on this document.