

Updated as of 5th June 2021

Given the fast-changing nature of Covid-19 virus, this handbook may be revised accordingly



covid-19

home care

hand-book 1.0

This handbook will guide you through:

1. Treatment of Covid-19 in a home-setting
2. Basic medications & self-care practices to treat Covid-19
3. Symptoms & warning signs to watch out for
4. Directory of Helpline Numbers

Department of Health and Family Welfare
Government of Meghalaya



3

things to know about Covid-19 in Meghalaya

1

Actual spread of the virus is much higher than what is reported.
Very often, Covid-19 is mistaken for the flu.
For every 1 confirmed case, there maybe 25 unknown cases

2

Almost 20% of Covid-19 deaths were due to late detection of symptoms & delay in seeking medical treatment
Early diagnosis & treatment greatly reduces the risk of becoming a critical case.

3

The spread of the virus can be controlled through simple steps - but only if we **work together**

Even if a person does not show symptoms, they can still be **Asymptomatic** or **silent spreaders** of Covid-19

We can defeat Covid-19 by **taking collective responsibility** and identifying ourselves as one of the following:

If you have flu-like symptoms / fever, cough, body-ache or tiredness, assume you are COVID-19 POSITIVE	For everyone else, if you don't have any symptoms, assume you are ASYMPTOMATIC & COVID-19 POSITIVE
1. Isolate Yourself	1. Wear Double-Mask/N-95
2. Start Treatment Immediately	2. Maintain physical distance even at home
3. Schedule to Get Tested	3. Wash your hands!

This handbook will guide you through all the medicines & practices **needed to treat Covid-19 at home**

Covid-19 Treatment at Home

This handbook will answer all your questions on:

- ***The 2 phases of Covid-19 & how to manage them:***
Viral Phase & Hypersensitivity Phase
- ***What medical treatment to follow at home*** when you have been tested Covid-positive or are experiencing symptoms
- ***Covid-19 Homecare Practices*** such as measuring O2 levels & proning
- ***When to seek emergency medical attention & the danger signs*** to watch out for
- ***Directory of helpline numbers***

Good to Remember!

If you are experiencing any flu-like symptom such as fever, cough, sore throat or body ache-

**GET TESTED & START TREATMENT
EVEN BEFORE YOU GET YOUR TEST RESULTS**



**Isolate at home away
from family members & start
treatment**



**Get tested & look out
for emergency signs**

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section 1



The 2 Phases of Covid-19 & How they Can be Managed at Home

Covid-19 has 2 phases



**Always NOTE the first day
you feel any symptoms**

**Watch out for new/worsening symptoms
6-8 days after the start.**

**If this happens,
inform your doctor /
ASHA/14410 immediately**



day1

Do I feel unwell today?



day2 - day6

Viral Phase

**(Most people begin recovery at
the end of this phase)**



day6 - day8

Hypersensitivity &

Hyper Inflammatory phase

**(Some individuals may
experience critical symptoms)**

Tested Positive for Covid-19 or Experiencing Covid-19 Symptoms

What should I do next?

<p>If you have just tested positive or begun to experience flu-like symptoms such as fever, dry cough, diarrhea, weakness, sore throat, you are in the VIRAL PHASE</p>	<p>If it has been 6-7 days since you were tested positive/ experiencing flu-like symptoms, & you have observed new or worsening fever, cough or difficulty breathing then you maybe in the HYPERSENSITIVITY PHASE</p>
<p>Day 2- Day 6 Most people begin recovery at the end of this phase.</p>	<p>Day 7- Day 10 Some people may experience critical symptoms</p>
<p>Refer to Pg 6: For Medical Interventions Pg 7-14: For Non-Medical Practices Pg 16: When to Seek Emergency Care</p>	<p>Refer to Pg 17: For Warning Signs to Seek Medical Treatment Appendix: Pg 59: For detailed information on medical interventions</p>

PHASE 1: VIRAL PHASE

You must correctly identify the day that symptoms began in order to know when is the 8th day

MEDICAL INTERVENTIONS

• Paracetamol	(500 mg tds x 1 week)
• Ivermectin	(12 mg x 5 days for adults)
• Vitamin C	(500 mg/ 2 x day for 5 days)
• Multi-vitamin	(1 tablet x daily)
• Vitamin D3 2000 or 4000 I.u.	(1 tds x daily)
• Zinc	(50 mg x daily)
• Betadine gargle	(tds X 1 week)

Take medicines only as prescribed by your consulting doctor

PHASE 1: VIRAL PHASE

You must monitor your temperature and oxygen (O₂ levels) at least 4 times a day

NON- MEDICAL INTERVENTIONS

- **Measuring Your Oxygen (O₂ levels)**
with pulse oximeter or respiration rate
- **Proning**
- **Measuring Your Temperature**
- **Importance of Hydration**
- **Steam Inhalation**

These combined with medical interventions are best suited for managing Covid-19 at home

PHASE 1: VIRAL PHASE

Oxygen Levels

Q. What is Oxygen Level?

Oxygen level is a measure of how much oxygen your red blood cells are carrying.

Normal Oxygen Level ranges from 95 to 100

Q. How to measure oxygen levels using an Oximeter?



Step 1
Sanitize your hand and insert your middle finger within the Oximeter



Step 2
Turn on the pulse oximeter and wait for 30 seconds for the result



Step 3
Record the SpO2 reading displayed by the oximeter



Oxygen Level

Heart Rate

Power Button

PHASE 1: VIRAL PHASE

Oxygen Levels

Tips for measuring correctly

- The device may sometimes give false readings. If you see a low reading, test the device on another healthy person to see if it gives a low reading again.*
- Ensure that the finger used to measure oxygen levels does not have nail polish, tattoos or henna.*
- Do not take the reading right after physical activity.*
- Take while calm and seated*

PHASE 1: VIRAL PHASE

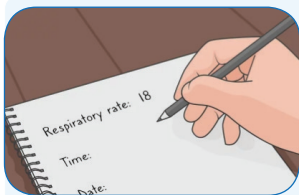
Oxygen Levels

Q. How to measure oxygen via respiration rate



STEP 1: Ensure that you are feeling relaxed and calm. You can measure the respiratory rate while sitting, standing or lying down.

STEP 2: Set the timer for 60s and observe. Count each time you observe the chest rising. Make sure to count only the inhales OR exhales.



STEP 3: Write down the respiratory count and the time it was taken.

A normal respiratory rate for a resting adult is between 12-20 breaths every minute.

If respiratory rate is above 24-breaths/minute, immediately seek medical attention!

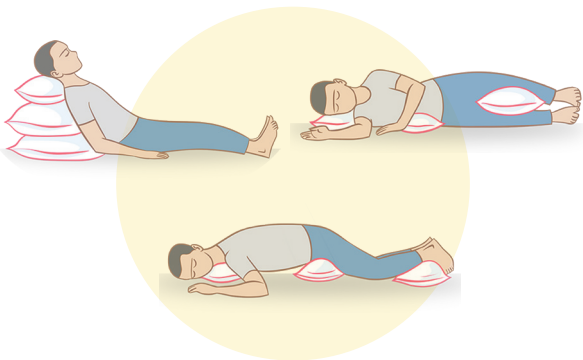
PHASE 1: VIRAL PHASE

Proning

Q. What is Proning?

A. Proning

is a process of holding the body in specific positions so as to improve breathing.



Q. When to do Proning?

A. Do proning when your oxygen levels fall below 94%

Q. Who should not do proning?

- *Pregnant woman*
- *People with major cardiac conditions*
- *People with unstable spine or femur conditions*
- *People with deep venous thrombosis*

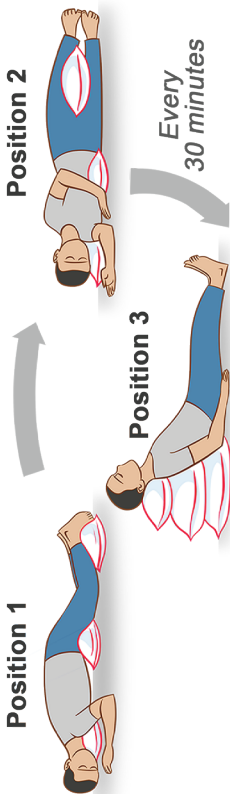
PHASE 1: VIRAL PHASE

Proning

Switch between these three positions every 30 minutes.
And try to keep the room well ventilated.

* WHAT IS PRONING?

Proning is a medically approved technique to help improve breathing comfort and oxygen levels



Caution: Avoid proning for an hour after meals

Avoid proning in conditions like pregnancy, major cardiac conditions and unstable spine, femur or pelvic fracture

PHASE 1: VIRAL PHASE

Measuring your temperature using a thermometer



USE OF DIGITAL THERMOMETER

- Take the thermometer out of its holder
- Clean the pointed end (probe) with soap and warm water or by rubbing alcohol. Rinse it with cool water before use
- With your mouth open, put the covered tip under your tongue and gently close your mouth
- Keep the thermometer under your tongue until the digital thermometer beeps
- Read the numbers in the 'window'. This reading indicates your temperature
- Record your temperature in a monitoring chart
- Clean the probe of thermometer and place it back in the holder
- Do not share the thermometer with any other member of the household



DISCLAIMER: This brochure is made possible by the generous support of the American people through the United States Agency for International Development (USAID). The contents are the responsibility of Jhpiego and do not necessarily reflect the views of USAID or the United States Government.

SOURCE: MoHFW, GoI revised guidelines for home isolation of mild/asymptomatic COVID-19 cases

PHASE 1: VIRAL PHASE

Hydration

Q. Importance of hydration

When infected with COVID-19, our body can lose a lot of water rapidly due to fever. Many cases in Meghalaya have been referred to the hospital because of dehydration. You can reduce the risk of hospitalization by staying hydrated.

Q. Signs of dehydration

- Urine color may be very yellow.
- Reduced urine output.
- Dry mouth
- Increased heart rate
- Tiredness and confusion

Q. Staying hydrated with Covid-19?

- Drinking at least 10-12 glasses of water daily.
- Use a variety of liquids to avoid getting tired of one taste. Soup is also helpful for rehydration, and can help replenish the body's salt and calories
- If you are vomiting or have diarrhea, make sure to take an oral rehydration solution (ORS) in addition to water

PHASE 1: VIRAL PHASE

Summary for Covid-19 Positive Patient

Take Following Precautions:

- Stay at home, wear a mask, and maintain distance from other family members.
- Drink a lot of hot water and other fluids like soup and juices.
- Steam Inhalation
- Do proning if SpO₂ below 94%
- Eat nutritious food

Medications:

1. Paracetamol if you have fever
2. Ivermectin Dosage: Take tablet with or after food for 5 days
 - Adults: 12 mg tablet x Once a day
 - Children (6-12 yrs): 6 mg tablet x Once a day
3. Vitamin C
 - Dosage: Take tablet after food for 5 days
 - Adults: 500 mg tablet x 2 times a day
 - Children (6-12 yrs): 500 mg tablet x Once a day
4. Antibiotics may be added as prescribed by the consulting doctor

**Monitor your symptoms
at least 4 times a day**

PHASE 1: VIRAL PHASE

When to seek emergency care?

The following symptoms are indicative of a high-risk patient and need medical attention on a priority basis:

- Difficulty in breathing
- Dip in oxygen levels (SpO₂) to below 94
- Respiratory rate more than 24 breaths / min
- Persistent chest pain
- Mental confusion
- Persistent fever beyond 7 days

How to seek Emergency Care

- Consult your doctor Or Call your ASHA or your local headman
- Call 14410, the toll-free Helpline
- Refer to the directory at the end of this handbook to contact your nearest healthcare facilities

PHASE 2:

***Hypersensitivity / Hyperinflammatory
phase***

***When to seek
step-up medical
treatment?***

***In Days 6-10 from onset of
Covid-19 symptoms,
the following signs are indicative of
a high-risk patient and need medical
attention on a priority basis:***

- Difficulty in breathing while doing normal activities
- New or worsening fever
- New onset cough

How to seek Emergency Care

- Consult your doctor Or Call your ASHA or your local headman
- Call 14410, the toll-free Helpline
- Refer to the directory at the end of this handbook to contact your nearest healthcare facilities

Good to Know!

Vaccination is our long-term tool to fight against Covid-19.

It reduces your risk of getting critically sick, reaching the hypersensitivity stage, hospitalization and also deaths.



Side-effects are common for any injectable vaccine and usually go away quickly.

These include injection site soreness, mild fever, body ache, etc. Take a paracetamol to manage them at home.

section 2



My Covid-19 Home Care Guide

What is Home isolation

Home isolation
is when an individual who tests positive is allowed to continue self-treatment at home.

- Individuals with no symptoms or mild symptoms like low grade fever no difficulty in breathing, diarrhea, sore throat, running nose, dry cough, SPO₂ > 94% without oxygen support can quarantine at home
- If possible, isolate in a well-ventilated room with a separate washroom to maintain maximum distance from household members

Please consult your local doctor/ASHA to confirm if you are eligible to manage Covid-19 at home.

Individuals can discontinue self-isolation after 14 days from when they first experienced symptoms if they have no fever for at least 3 consecutive days. **There is no need for testing after 14 days of home isolation and absence of symptoms**

When to practice Home Isolation?

If you are in a Containment Zone, have tested positive or experience symptoms, keep distance from others in your home

- If possible, stay in a separate room from others
- Otherwise, keep windows open and wear masks
- Wash hands frequently and sanitize surfaces that are frequently touched
- Use separate dishes and cups, and do not eat with others

Avoid the Three Cs



Be aware of different levels of risk in different settings.

There are certain places where COVID-19 spreads more easily:



Crowded places

with many people nearby



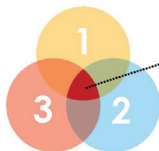
Close-contact settings

Especially where people have close-range conversations



Confined and enclosed spaces

with poor ventilation



The risk is higher in places where these factors overlap.

Even as restrictions are lifted, consider where you are going and #StaySafe by avoiding the Three Cs.

Ventilation at Home

With the new strain of the virus, a well-ventilated home is key to prevent transmission of the virus

Improved ventilation can lower the potential for infection from accumulated virus in closed spaces.

Better ventilation = Lower potential for transmission

***POOR VENTILATION:
No open windows, no exhaust fan***

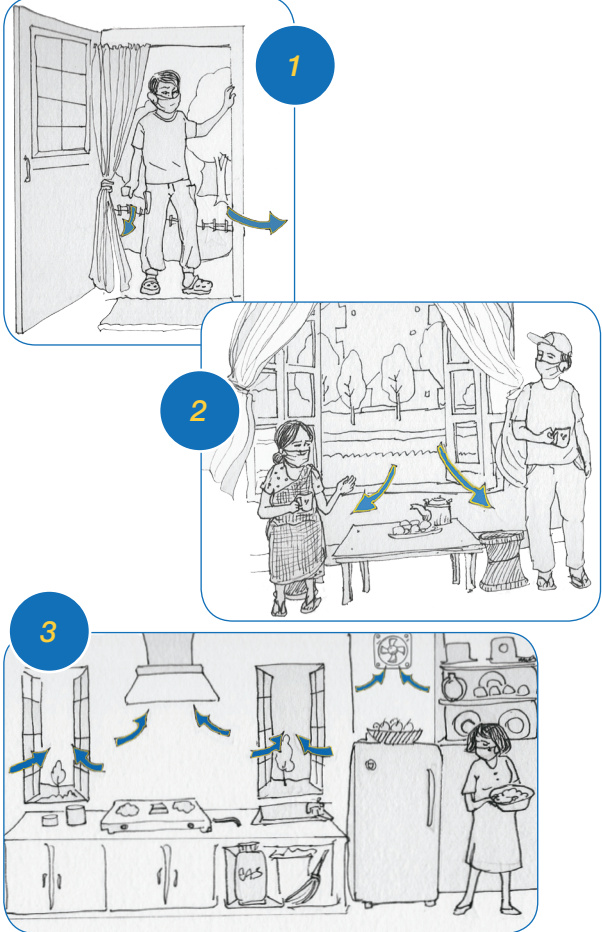


Ventilation at Home

Bring as much fresh air into your home as possible.

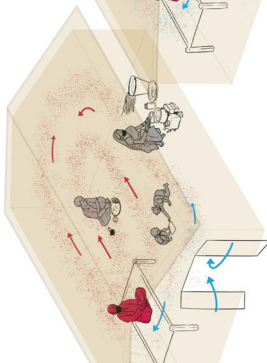
- ***Bringing fresh, outdoor air into your home helps keep virus particles from accumulating inside.***
- ***If you can, open multiple doors and windows to allow more fresh air to move inside.***
- ***Consider using a window exhaust fan if you have one. Be sure it is placed safely and securely in the window.***
- ***Another option is to place a fan as close as possible to an open window or door, blowing outside.***

Good Ventilation at Home

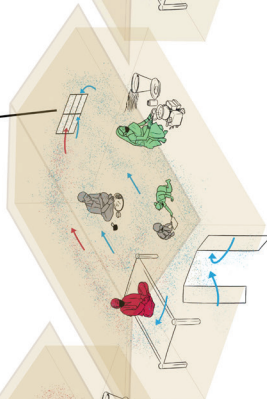


Ventilation: Hutments

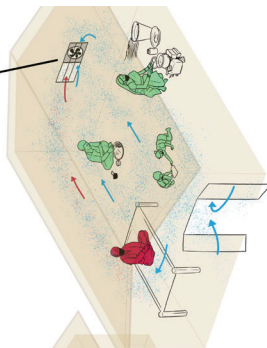
1. **Poor Ventilation**
(no air circulation).



2. Adding jaali or another simple air outlet improves directional air flow and reduces viral load.



3. Installing exhaust fans next to the jaali/ air outlet further improves directional air flow to lower the risk of transmission.



Lack of window/cross ventilation creates excessive viral load and increases chances of infection inside poorly ventilated spaces.



*It is advised that jaali / air outlets with exhaust fans are installed by villages in homes where there is no cross-ventilation

Mask-Wearing at home to prevent spread of Covid-19

Q. Why should I wear a mask?

A. Wearing a mask can significantly reduce the spread of the virus by 95%
(Based on the Centres for Disease Control & Prevention (CDC, USA) study which finds that a double-mask reduces exposure to the Covid-19 virus by nearly 95%.)

Q. What mask should be used?

A. You should either wear:

Two Masks:

a Surgical Mask + a cotton cloth Mask

Or

One N95 Mask

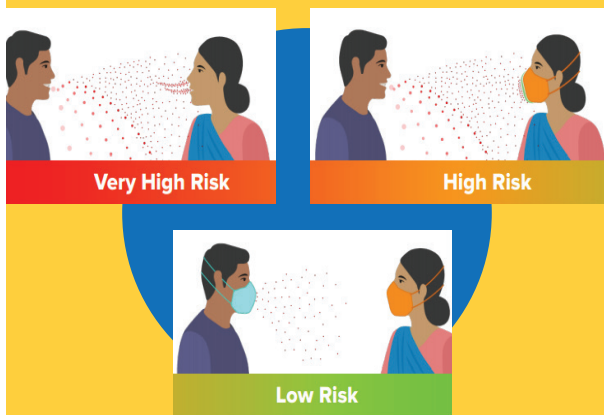
***As a Covid-19 patient,
wear your mask at home and ensure
that other household members wear
their mask to prevent spread of the
virus.***

***It is also important to wear your mask
when you step outdoors or come in
contact with someone.***

Wear Masks

PSA Guidelines on Masks here:

<https://static.psa.gov.in/psa-prod/publication/ManualonHomemadeCover.pdf>



- ✓ ***A double layer cotton homemade mask is better than none.***
- ✓ ***N95 mask offers maximum protection.***

A mask should:

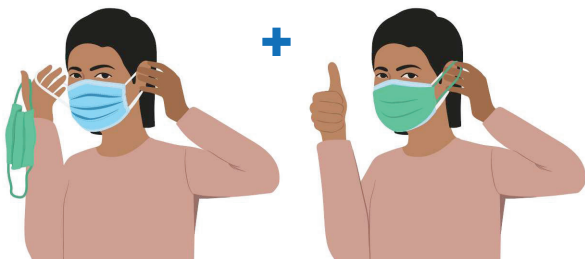
- ⊙ ***Fit snugly on your face leaving no air pockets around your nose or chin.***
- ⊙ ***Cloth masks should be washed and sun-dried each day.***
- ★ ***Wear masks when away from home and also at home when with outsiders***

For Double Masking:

- ★ Wear a surgical mask, then wear another tight fitting cloth mask over it.
 - ★ If you do not have a surgical mask, wear two cotton masks together.
 - ★ Ideally surgical mask should be used only once, but when pairing, you can
 - ★ use it up to 5 times by leaving it in a dry place for 7 days after one use (ideally give it some sun exposure) and then reuse as double layer.
- Surgical masks should never be washed.**

Pair Two Masks Together

#Double masking recommended



Two Masks:
a Surgical Mask + a
cotton cloth Mask



or

One Mask
N95 Mask



Re-use of Masks

Reuse of N95 Masks

- You should have at least four (4) N95 masks that you should use on a rotational basis
- Place the masks in small paper bags and mark each paper bag as 1, 2, 3, and 4.
- On day 1, wear Mask 1. After returning home, return the mask to the paper bag and let it dry out for 4 days. The following day, wear Mask 2 and so on.

Reuse of Cloth Masks

- Change your mask daily (rotating between masks). Clean your mask at the end of each day as described below:
- After returning home, wash your cloth mask with tap water and laundry detergent or soap
- Rinse thoroughly with clean water to remove detergent or soap
- Hang your mask in direct sunlight to dry completely. If you cannot hang it in direct sunlight, hang or lay it flat and let it dry completely.

section 2a



My Covid-19 Home Care Checklist

Name:					
Name of ASHA:					
Test Taken (Select only one): RAT / RTPCR					
Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Daily Checklist: Day 1					
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8					
Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Name:					
Name of ASHA:					
Test Taken (Select only one): RAT / RTPCR					
Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Daily Checklist: Day 2					
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8					
Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Name:					
Name of ASHA:					
Test Taken (Select only one): RAT / RTPCR					
Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Daily Checklist: Day 3					
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8					
Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Name:					
Name of ASHA:					
Test Taken (Select only one): RAT / RTPCR					
Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Daily Checklist: Day 4					
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8					
Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Name:
 Name of ASHA:
 Test Taken (Select only one): RAT / RTPCR
 Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension

Daily Checklist: Day 5
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8

Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Proning/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Watch out for signs of hypersensitivity

Name: _____ Name of ASHA: _____							
Test Taken (Select only one): RAT / RTPCR							
Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension							
Daily Checklist: Day 6							
Watch out for signs of hypersensitivity like new or worsening fever, sudden onset cough & difficulty breathing while doing normal activities							
Time of Day	Fever (temperature) -Has fever worsened since Day 1?	Oxygen (SpO ₂ %) -Any breathing difficulties while doing normal activities?	Body Ache	Sudden onset cough	Chest pain Or Trouble Breathing	Medicines (Paracetamol Ivermectin Vitamin C)	Practices (Proning/ Steam Inhalation)
Morning							
Afternoon							
Night							
Are you wearing a double-mask or an N-95?				(Yes/No)			
Are you drinking at least 8 glasses of water a day?				(Yes/No)			

Watch out for signs of hypersensitivity

Name:

Name of ASHA:

Test Taken (Select only one): RAT / RTPCR

Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension

Daily Checklist: Day 7

Watch out for signs of hypersensitivity like new or worsening fever, sudden onset cough & difficulty breathing while doing normal activities

Time of Day	Fever (temperature) -Has fever worsened since Day 1?	Oxygen (SpO ₂ %) -Any breathing difficulties while doing normal activities?	Body Ache	Sudden onset cough	Chest pain Or Trouble Breathing	Medicines (Paracetamol Ivermectin Vitamin C)	Practices (Proning/ Steam Inhalation)
Morning							
Afternoon							
Night							

Are you wearing a double-mask or an N-95?

(Yes/No)

Are you drinking at least 8 glasses of water a day?

(Yes/No)

Watch out for signs of hypersensitivity

Name:

Name of ASHA:

Test Taken (Select only one): RAT / RTPCR

Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension

Daily Checklist: Day 8

Watch out for signs of hypersensitivity like new or worsening fever, sudden onset cough & difficulty breathing while doing normal activities

Time of Day	Fever (temperature) -Has fever worsened since Day 1?	Oxygen (SpO ₂ %) Or Respiration Rate -Any breathing difficulties while doing normal activities?	Body Ache	Sudden onset cough	Chest pain Or Trouble Breathing	Medicines (Paracetamol Ivermectin Vitamin C)	Practices (Proning/ Steam Inhalation)
Morning							
Afternoon							
Night							

Are you wearing a double-mask or an N-95?

(Yes/No)

Are you drinking at least 8 glasses of water a day?

(Yes/No)

Name: Name of ASHA: Test Taken (Select only one): RAT / RTPCR Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Daily Checklist: Day 9 Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8					
Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Name:

Name of ASHA:

Test Taken (Select only one): RAT / RTPCR

Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension

Daily Checklist: Day 10
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8

Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Name:					
Name of ASHA:					
Test Taken (Select only one): RAT / RTPCR					
Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Daily Checklist: Day 11					
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8					
Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Name:					
Name of ASHA:					
Test Taken (Select only one): RAT / RTPCR					
Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Daily Checklist: Day 12					
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8					
Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Name:					
Name of ASHA:					
Test Taken (Select only one): RAT / RTPCR					
Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Daily Checklist: Day 13					
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8					
Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Name:					
Name of ASHA:					
Test Taken (Select only one): RAT / RTPCR					
Do you have any of the following: Diabetes / Kidney problems / Asthma / Cancer / Hypertension					
Daily Checklist: Day 14					
Remember to watch out for signs of hypersensitivity such as worsening fever, sudden onset cough and difficulty breathing while doing normal activities in Days 6-8					
Time of Day	Fever (temperature)	Oxygen (SpO2%) Or Respiration Rate	Chest pain Or Trouble Breathing	Medicines (Paracetamol/ Ivermectin/ Vitamin C)	Practices (Prone/ Steam Inhalation)
Morning					
Afternoon					
Night					

Are you wearing a double-mask or an N-95? (Yes/No)

Are you drinking at least 8 glasses of water a day? (Yes/No)

Precautions for Covid-19 Caregivers

Home care for people with suspected or confirmed COVID-19

1



Ensure the ill person **rests, drinks plenty of fluids and eats nutritious food.**

2



Wear a medical mask when in the same room with an ill person. **Do not touch the mask or face** during use and discard it afterward.

4



Use dedicated dishes, cups, eating utensils, towels and bedlines for the ill person. **Wash dishes, cups, eating utensils, towels, or bedlines** used by the ill person with soap and water.

3



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.

5



Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet

6



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

section 3

Directory of Helpline Numbers



1. State Emergency Helpline: 14410
2. EKH Block-War Room Numbers

NAME OF THE C&RD BLOCK	HELPLINE
Mylliem Block	6009311109
Mawphlang Block	6009311120
Khatarshnong - Laltkroh Block	6009311121
Sheila - Bholaganj Block	6009311123
Mawsynram Block	6009311124
Mawrykneng Block	6009311125
Sohiong Block	6009311126
Pynursla Block	6009311127
Mawkynrew Block	6009311128

DEPUTY COMMISSIONER'S CONTROL ROOM | **2502094 / 2225289**

YOU CAN ALSO CALL: **14410** - FOR ANY COVID RELATED SERVICES
108 - FOR AMBULANCE SERVICES

NAME OF THE ZONE / AREA (Shillong Urban Area)	HELPLINE
Zone I: under Laitumkhrah P.S.	6009311101
Zone II: under Laban P.S.	6009311102
Zone III (A): under Sadar P.S.	6009311103
Zone III (B): under Pasteur Beat House	6009311104
Zone IV: under Lumdiengjri P.S.	6009311105
Zone V: under Rynjah P.S. & Mawpat Block	6009311106
Zone VI: under Madantring P.S.	6009311107
Zone VII: Areas under Mawlai P.S & Mawlai Block	6009311108

Contact Details of District Hospitals both Public and Private in Meghalaya

** GH: Government Hospitals

CMH: Central Ministry Hospital

PH: Private Hospitals

Cat.	Name of the facility	District	Nodal Officer	Mobile No
GH	Williamnagar Civil Hospital	East Garo Hills	Dr. Jimmy Carter CH Marak	9366560239
GH	Khiehriat Civil Hospital	East Jaintia Hills	Dr Pahoh	7005208253
CMH	Composite Hospital		Dr Dakji Dulom	9436040314
CMH	Military Hospital		Col S Bhattacharya	8486561501
CMH	NEIGRIHMS		Dr. Vijay Noel Nongpiur	9968941365
GH	BSF Composite Hospital		Dr. Wilson K	9402131810
GH	Shillong Civil Hospital		Dr. Andreas Dkhar	9436103945
PH	Bethany Hospital	East Khasi Hills	Dr. Kyntiewlang Sanmiet	8974881870
PH	Dr H Gordon Robert Hospital		Dr. Banhiam Carey Kharrngi	8974570660
PH	Supercare Hospital		Dr. Kune	8731021418
PH	Nazareth Hospital		Dr. Santanu Deb	7005357037
PH	Woodland Hospital		Dr. Papia Chakraborty	9774760713

Cat.	Name of the facility	District	Nodal Officer	Mobile No
GH	Resubelpara CHC	North Garo Hills	Dr. Rezia K. Sangma	9436541709
GH	Nongpoh Civil Hospital	Ri Bhoi	Dr. D Blah	9366442652
GH	Mawkyrwat Civil Hospital	South West Khasi Hills	Dr. W Narry	7005168115
GH	Baghmara Civil Hospital	South Garo Hills	Dr Elvina A Sangma	9089402609
GH	Ampati Civil Hospital	South West Garo Hills	Dr Janupribalas Momin	9436306079
GH	Tura Civil Hospital	West Garo Hills	Dr. Aaron K. Sangma	9366294185
GH	MCH Jowai	West Jaintia Hills	Dr Arlangki Hinge	9615018278
GH	Tirot Singh Mairang Civil Hospital	West Khasi Hills	Dr.L.Mylliemumlong	8837367750
GH	Nongstoin Civil Hospital	West Khasi Hills	Dr.J.Kharkongor	9856084064

section 4

Top FAQs

Top FAQs

Q. How do I know if I am asymptomatic?

A: In case you are experiencing NO symptoms whatsoever, only a Covid-19 test could determine your diagnosis. That is why it is good to assume that we are all asymptomatic & follow all precautions.

Q. Can I re-use my surgical/N-95 mask or wash my cloth mask?

A: You can re-use your N-95 masks by storing them in a paper bag after use. Ensure that you do not use the same N-95 mask two days in a row. You have to wash your cloth mask daily and ensure that it is well-dried in the sun. Avoid re-using surgical (medical) masks. Or, if you must reuse, use them on rotation by drying them in sunlight each time after use.

Q. Will the side-effects of the vaccine be damaging in the long-term?

A: Like all vaccinations, individuals may experience side-effects such as fever, injection site pain, fatigue or nausea. These are only short-term - for most people, the symptoms go away in 1 day.

Q. I am a lactating mother, can I still get my Covid-19 vaccine?

A: As per new GOI guidelines, breast-feeding mothers are now eligible for the Covid-19 vaccine. Lactating women can safely continue to feed their babies before and after vaccination.

Q. Will the Covid-19 vaccine reduce my chances of having a baby?

A: There is no evidence that suggests that COVID vaccines affect fertility. Many women who planned for pregnancy after taking the vaccine, have become pregnant.

Top FAQs

Q. What medical conditions prevent me from taking the Covid-19 vaccine?

A: Persons with co-morbid conditions like diabetes, hypertension, asthma and kidney issues are ELIGIBLE to take the vaccine. Only those who suffer from immunity deficiency or a history of bleeding must consult their doctor before taking the vaccine.

Q. If I am experiencing symptoms of Covid-19, have been tested positive or have recently recovered from Covid-19, how long should I wait before taking the vaccine?

A: As per GOI guidelines, anybody who is experiencing symptoms of Covid-19, has been tested positive or has recently recovered from Covid-19 should wait 3 months after recovery to take the vaccine.

Q. What is the black-fungus disease and how is it related to Covid-19?

A: Mucormycosis (black-fungus) is a fungal infection that causes blackening or discoloration over the nose, blurred or double vision, chest pain, breathing difficulties and coughing blood.

The disease has a close link to diabetes, and conditions which compromise the immune system. Experts have said that an overuse during the COVID-19 pandemic of certain drugs which suppress the immune system could be causing the surge.

section 5

Appendix

PHASE 2:

HYPERSENSITIVITY PHASE

If you are experiencing **new or worsening symptoms such as fever, new onset cough or difficulty breathing while doing normal activities**, seek emergency medical step-up treatment:

Disclaimer:
Take these medicines as **ONLY prescribed by consulting doctor**

<ul style="list-style-type: none"> • Steroid eg. prednisone Or • Steroid - Methylprednisolone injection 	<p>(80mg dly x 1 week)</p> <p>(40 mg 1 to 2 times a day for 5 days)</p>
<ul style="list-style-type: none"> • Antihistamine 	<p>-Promethazine: (25mg tds x 5 days)</p> <p>-Levocetirizine: (10mg once a day)</p>
<ul style="list-style-type: none"> • Bronchodilator eg Montelukast 	(10mg bd x 5 days then daily x 1 month)
<ul style="list-style-type: none"> • Blood thinner eg. aspirin 	(325mg daily x 1 month)
<ul style="list-style-type: none"> • Ivermectin 	Add 12mg daily x 5 days in those with cough, dyspnea or decreased oxygen saturations
<ul style="list-style-type: none"> • Prevention of coagulation eg. Rivaroxaban (Xeralto) 	15mg bd if D-dimer is raised and decrease to 15mg daily x 1 month once D-dimer is normal
<ul style="list-style-type: none"> • Antibiotics eg. azithromycin for fever, bacterial co-infection or raised procalcitonin levels 	500 mg – once a day for 5 days

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