

Operating Guidelines for Home Isolation Amidst COVID-19 Scenario

13th July 2020



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Introduction

01



- These operating guidelines have been prepared using the Best Practices followed for Home Isolation, various orders and notifications from the Pimpri Chinchwad Municipal Corporation (PCMC) ,Central & State Government, World Health Organization (WHO),etc. from time to time
- An appeal is being made to all the residents of Pimpri Chinchwad to adopt these guidelines and help Pimpri Chinchwad Municipal Corporation in safeguarding your families and the residents of our city in general from this current Pandemic of COVID-19
- The guidelines provided herein are not exhaustive and PCMC may include such other appropriate measures to ensure compliance with advisories issued by the appropriate authorities such as the Ministry of Health and Family Welfare (MoHFW), Ministry of Home Affairs (MHA), Government of India (Gol), Government of Maharashtra (GoM), etc.



Who all can be Home Isolated?

02

Who all can be Home Isolated ?



The testing of Symptomatic Patients/ High Risk/Low Risk Contacts is done if the result is:

POSITIVE

Group A -
Asymptomatic

Complete Blood Count (CBC), Renal Function Test (RFT), Random Blood Glucose (RBG), Liver Function Test (LFT), ECG, will be checked

Group B – Mild symptoms **without** comorbidity*

Complete Blood Count (CBC), Renal Function Test (RFT), Random Blood Glucose (RBG), Liver Function Test (LFT), ECG, Chest X-Ray and SpO2 levels of the patient will be checked

Group C –Mild symptoms **with** comorbidity*

Will be treated at COVID Care Centre (CCC)/Dedicated COVID Health Center (DCHC)

Moderate to Severe symptoms

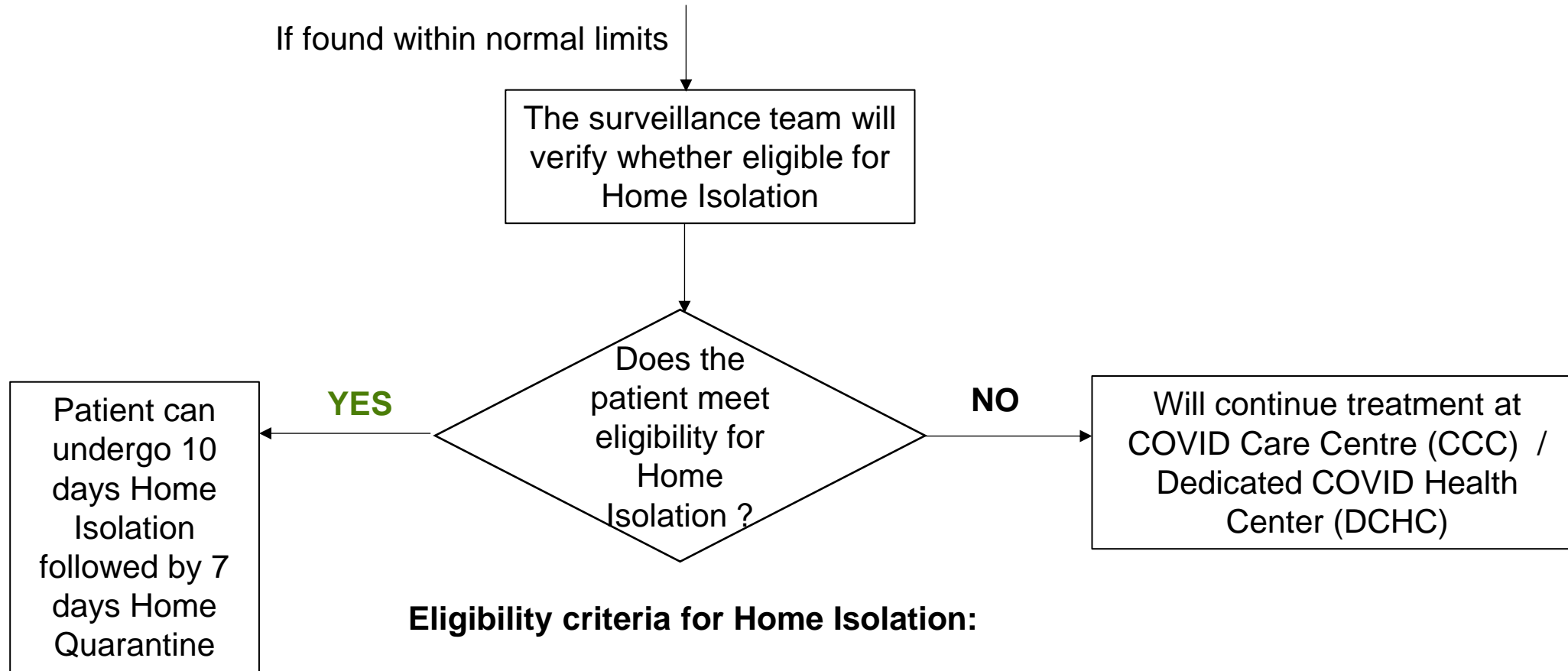
Will be treated at Dedicated COVID Hospital (DCH)

If found within normal limits

***Co-morbidity:**

- Patients >60 years of age
- Patients suffering from conditions such as Hypertension, Diabetes, Lung / Liver / Kidney diseases
- Patients with immunocompromised status (HIV, Cancer, etc.)

Who all can be Home Isolated ?



Eligibility criteria for Home Isolation:

- ✓ The patient should have a separate room
- ✓ The room must have attached/separate washroom
- ✓ There should be a caretaker available 24x7

Please Note:

Group A patient should daily monitor **temperature**

Group B patient should daily monitor **temperature and oxygen saturation (SpO2) level**



Eligibility for Home Isolation

03

Eligibility for Home Isolation



Aarogya Setu App



PCMC Smart Sarathi Mobile Application

The patient should be clinically assigned as a **Group A- Asymptomatic or Group B- Mild symptoms without comorbidity**

Facility of **self-isolation at home** and for *quarantining the family members such as separate room and attached washroom for patient*

24x7 caretaker should be there. *Communication between caregiver and hospital is prerequisite condition*

Download **Aarogya Setu** and **PCMC Smart Sarathi App**

Patient must fill an **undertaking on self-isolation** and follow the guidelines

Caretaker assigned should be in age group of **18 to 50 years** and should not have any comorbid condition

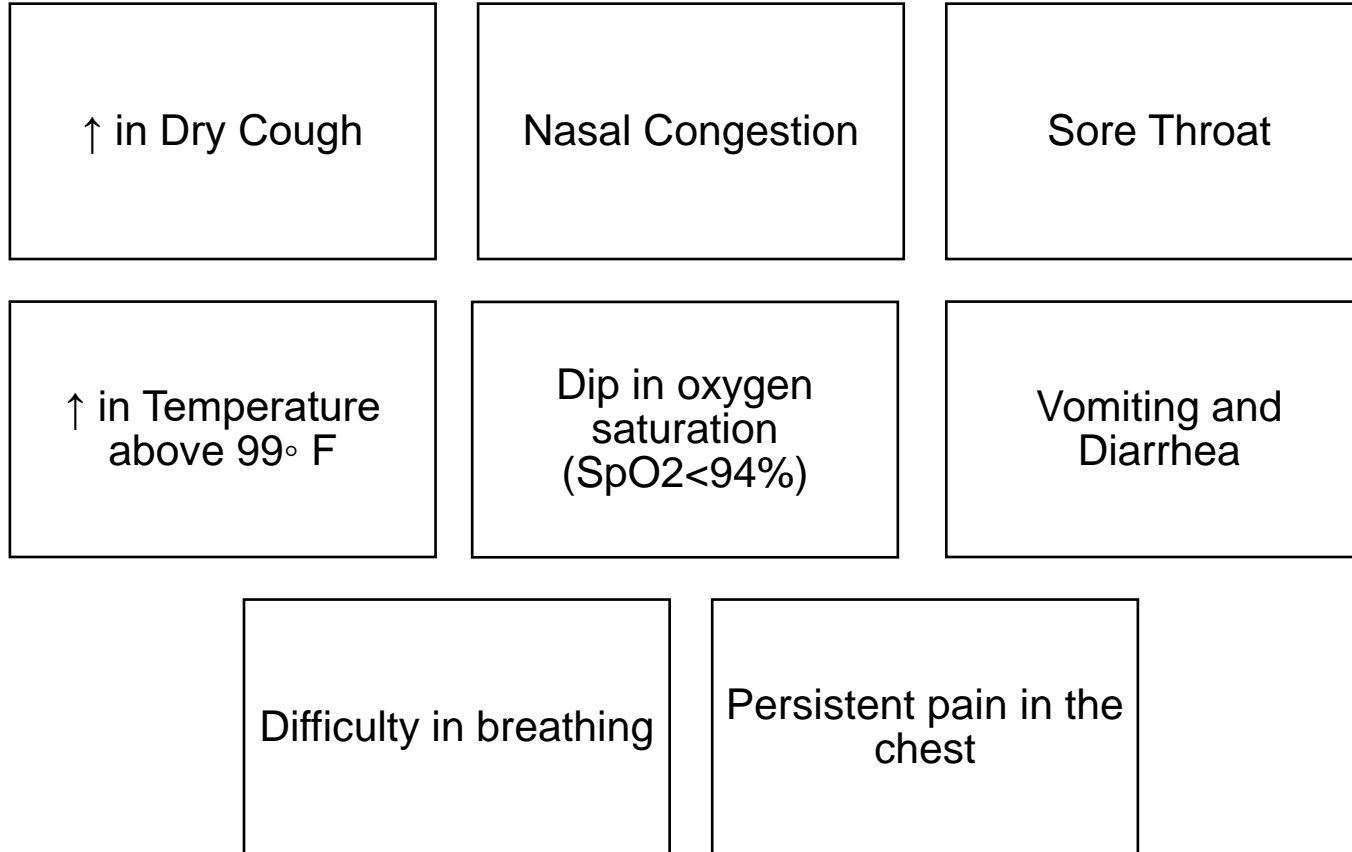


*Requirement of
Medical attention

04

*Requirement of medical attention

Patient and Care giver will keep monitoring the patient's health. Immediate medical attention must be sought if any of the following signs or symptoms develop:





When to discontinue Home Isolation

05

When to discontinue Home Isolation



Period of Home Isolation of patient ends after 10 days of symptom onset and no fever for 3 days

Thereafter the patient will be advised for home quarantine and will be asked to self-monitor his/her health for further 7 days

There is **“no need of testing”** after the Home Isolation period is over



Instructions for care givers

06

Instructions for care givers



Triple layer mask

Mask : The care taker must wear a triple layer medical mask appropriately when in the same room with the ill person. Front portion of the mask should not be touched

Hand hygiene must be ensured using soap and water or Hand Rub following contact with the patient

After using soap and water for washing hands , **use of disposable paper towels** to dry hands is desirable

Exposure to patient : Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions

Avoid exposure to potentially contaminant items (e.g.: avoid sharing cigarettes, utensils, drinks, used towels and bed linen, etc.)

The care-taker and all close contact should **self monitor their health with daily temperature monitoring** and report to Home Isolation helpline **SWASTHYA (020-67331140)** promptly if they develop any alarming signs or symptoms*



Monitoring of temperature



Drying of hands using disposable paper towel



Instructions for patients

07

Instructions for patients



- Patient must use triple layer mask all the time.
- Mask should be discarded after 8 hours or if it becomes damp.
- Mask should be disinfected with 1% Sodium Hypochlorite solution before discarding.

Mask

1

Self-Care & Hygiene

2

Cleaning

3

- Patient should take adequate rest.
- Patient must drink lot of fluids to maintain adequate hydration.
- Patient should not share personal items with anyone.
- Patient must strictly follow physician's instructions about medication.

- Clean surfaces in the room that are touched often (tables, doorknobs, handles, etc.) with 1% hypochlorite solution.

Patient must stay in the identified room and away from other people in home, especially elders and those with co-morbid conditions like hypertension, cardiovascular disease, renal disease, diabetes, etc



Guidelines for Use of Face Covers

08

Guidelines for Use of Face Covers



DOs

Wash hands thoroughly before wearing it



Clean your hands with 65% or more alcohol-based hand sanitizers or with soap and water for 20 seconds after using it



Wash face cover every day after use



Cover nose and mouth with handkerchief /tissue while sneezing and coughing

 World Health Organization

How to put on, use, take off and dispose of a mask

- 

1 Before putting on a mask, wash hands with alcohol-based hand rub or soap and water
- 

2 Cover mouth and nose with mask and make sure there are no gaps between your face and the mask
Avoid touching the mask while using it; if you do, clean your hands with alcohol-based hand rub or soap and water
- 

3 Replace the mask with a new one as soon as it is damp and do not re-use single-use masks
- 

4 To remove the mask: remove it from behind (do not touch the front of mask); discard immediately in a closed bin; wash hands with alcohol-based hand rub or soap and water

DONTs

Do not reverse face cover after use



Do not share face cover with anyone



Do not keep used gloves, face cover in pocket



Do not leave used mask within reach of others



WHO Protocols for the Use of Hand Wash and Hand Rub

09

Protocols for Handwash



How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

 **Duration of the entire procedure: 40-60 seconds**



0 Wet hands with water;



1 Apply enough soap to cover all hand surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Rinse hands with water;



9 Dry hands thoroughly with a single use towel;



10 Use towel to turn off faucet;



11 Your hands are now safe.



World Health Organization

Patient Safety

A World Alliance for Safer Health Care

SAVE LIVES

Clean Your Hands

Protocols for Hand Rub



How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds



1a Apply a palmful of the product in a cupped hand, covering all surfaces;



2 Rub hands palm to palm;



3 Right palm over left dorsum with interlaced fingers and vice versa;



4 Palm to palm with fingers interlaced;



5 Backs of fingers to opposing palms with fingers interlocked;



6 Rotational rubbing of left thumb clasped in right palm and vice versa;



7 Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8 Once dry, your hands are safe.



World Health
Organization

Patient Safety
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SAVE LIVES
Clean Your Hands



Shravan Hardikar, IAS
Municipal Commissioner
Pimpri Chinchwad Municipal Corporation
Pune, Maharashtra, India

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Stay Safe, Work Safe, Save Lives



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THANK YOU