



## Home Isolation / Home Care Guidelines for COVID-19



1. **'Home Care'** has been used as synonym for 'Home isolation' to remove associated stigma
2. **Irrespective of age, all persons are allowed for 'home care' after clinical evaluation** (previously up to 60 years allowed)
3. **Pregnant women within 2 weeks of expected date of delivery** are not allowed for 'Home care' (4 weeks in previous guideline)
4. **Home isolation / home care shall be allowed for lactating mothers** after clinical evaluation by medical officer / physician / family doctor
5. **Those with co-morbid conditions such as hypertension, diabetes, heart disease, chronic lung / liver / kidney disease, cerebro-vascular disease etc. are allowed for 'home care'** after proper clinical evaluation by the treating medical officer/physician/ family doctor
6. **The newer symptoms of COVID-19 have been added:** Loss of smell (anosmia), loss of taste (ageusia), loose motion, reduced alertness, loss of appetite, delirium (mental confusion, disorientation), etc.
7. **Telephonic triage (screening) of the person for 'home care' has been allowed.** Person in 'home care' shall be followed up by tele-monitoring
8. **Handling of waste as per revised guidelines** of Central Pollution Control Board (CPCB) have been incorporated
9. **Release from 'home care' has been updated to 10 days** from date of symptom onset or 10 days from date of swab collection for asymptomatic persons synchronising with GOI guidelines. Further 7 days of isolation at home with self-monitoring advised
10. **There is no need for any COVID-19 test** (RT-PCR/CBNAAT/True-NAT/Rapid Antigen test) after the period of home isolation/home care is over
11. **Practice of hand-stamping of persons in 'home care' has been discontinued** to destigmatise the disease
12. **An e-certificate by tele-monitoring team** may be issued to release the person from 'home care'

FOR MORE INFORMATION CALL TO TOLL-FREE APHAMITRA HELPLINE **14410**