



STANDARD OPERATING PROCEDURES FOR HOME ISOLATION

Self isolate till report is available in independent room with separate washroom as far as possible.

- Temperature to be self monitored - minimum 3 times per day.
- -SPO2 (Pulse-oxymeter reading) monitoring twice a day.
- -Take 6 minute walk test twice a day, i.e. check SPO2 and note the reading. Take a walk after this for 6 mins at normal pace inside the room itself, and recheck reading on pulse-oxymeter. Any drop in reading of 4 and above - kindly contact nearest health centre or hospital. For example if previous SPO2 is 94 and post walk test 90, i.e difference of 4 or more.
- -Avoid eating together completely- all family members to eat separately-
- **All family members to wear mask at all times.**
- -Continue medications for co-morbid conditions like Diabetes, Hypertension, Kidney disease, Asthma, etc.-

Following medications to be taken only if patient turns symptomatic

- **-Tab. Paracetamol 500 mg only if fever (Not more than 4 times per day)**
- **-Tab. Doxycycline 100 mg one tab twice daily x 5 days (1 hr before breakfast and dinner)**
- **-Tab. Ivermectin 12 mg one tab daily x 5 days (1 hr before Lunch)**
- **-Steam inhalation and gargling daily 5 times a day.**

Caution: Pregnant, lactating and below 15 years must not take Ivermectin and Doxycycline.