



STANDARD OPERATING PROCEDURE for Home Isolation



Treatment Protocol for suspected Asymptomatic Covid-19 cases awaiting reports (except travellers)



- Self isolate till report is available, with independent room, with separate washroom as far as possible.
- Temperature monitoring minimum 3 times per day.
- SPO2 (Pulse-oxymeter reading) monitoring twice a day.
- Take 6 minute walk test twice a day, (i.e. check initial SPO2 and note down the reading. Take a walk after this for 6 mins at normal pace inside the room itself, and recheck the reading on pulse-oxymeter. Any drop in reading of 4 units and above kindly contact nearest health centre of hospital. For example if previous SPO2 is 94 and post walk test SPO2 is 90, i.e. difference of 4 or more)
- Avoid eating together with the family members.
- All other family members also to eat separately.
- All family members to wear mask at all times.
- Continue medications on co-morbid conditions like Diabetes, Hypertension, Kidney disease, Asthama, etc. as prescribed.

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 women and children below 15 yrs must not take Ivermectin and Doxycycline.

Positive cases with Comorbid conditions must get themselves assessed by the Doctor within hours of getting the positive report before going for home isolation.

Issued by:
Directorate of Health Services, Panaji-Goa





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 - Steam inhalation and gargling daily 5 times a day.
 - **Caution: Pregnant, lactating women and children below 15 years must not take Ivermectin Doxycycline.**
 - Patient to continue medication as above regardless of positive or negative covid test status.



Positive cases with Comorbid conditions must get themselves assessed by the Doctor within hours of getting the positive report before going for home isolation.

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