



COVID19 MILD INFECTIONS

WHAT SHOULD YOU DO

IF YOU HAVE THESE SYMPTOMS

- ▶ COUGH
- ▶ NASAL STUFFINESS
- ▶ SORE THROAT
- ▶ FEVER
- ▶ CONTACT WITH SUSPECT/TRAVEL



What should you do?

- ▶ ISOLATE YOURSELF IN A SEPARATE ROOM
- ▶ USE MASK AT ALL TIMES



HYGIENE

- ▶ Have a bath daily
- ▶ Hand wash frequently
- ▶ Use a separate toilet
- ▶ If not possible
- ▶ Wash toilet with soap water solution after using it



FOOD AND WATER

- ▶ Nutritious easily digested food
- ▶ Adequate water and fluids of 2-2.5 litres/day
- ▶ Use separate utensils and do not mix it with rest



CAREGIVER ROLE

- ▶ Preferably only one person
- ▶ Young caregiver with no ailments
- ▶ Use mask at all times
- ▶ Least contact with patient
- ▶ Leave food at entrance of room
- ▶ Clean common areas



MEDICATION

- ▶ Continue taking regular long term drugs ,if any, for diabetes, heart disease, thyroid, hypertension
- ▶ Paracetamol for fever
- ▶ Cough syrup if necessary



CLEANING AND DISPOSAL

- ▶ Dispose tissues and kerchief into separate bin lined with cover into which bleach solution has been added
- ▶ Double wrap with additional cover and tie with rope
- ▶ Wash utensils separately after dipping in bleach solution
- ▶ Wash clothes after dipping for 1 hour in hot water and hang separately



VULNERABLE GROUP

- ▶ Elderly
- ▶ Heart disease
- ▶ Diabetes mellitus
- ▶ Hypertension
- ▶ Lung disease
- ▶ Cancer



SEEK MEDICAL HELP

- ▶ If vulnerable group
- ▶ Symptoms not improving or getting worse
- ▶ New symptoms like breathlessness
- ▶ Use ambulance or private vehicle to reach hospital
- ▶ Wear a mask



KEEP CALM AND DO NOT PANIC

- ▶ Government helpline numbers
- ▶ 044-29510400,
- ▶ 044-29510500,
- ▶ 9444340496
- ▶ We can beat Coronavirus
- ▶ Prepared by SRIHER TEAM