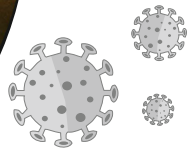




COVID CARE AT HOME

Guidelines for Covid-19 Patients



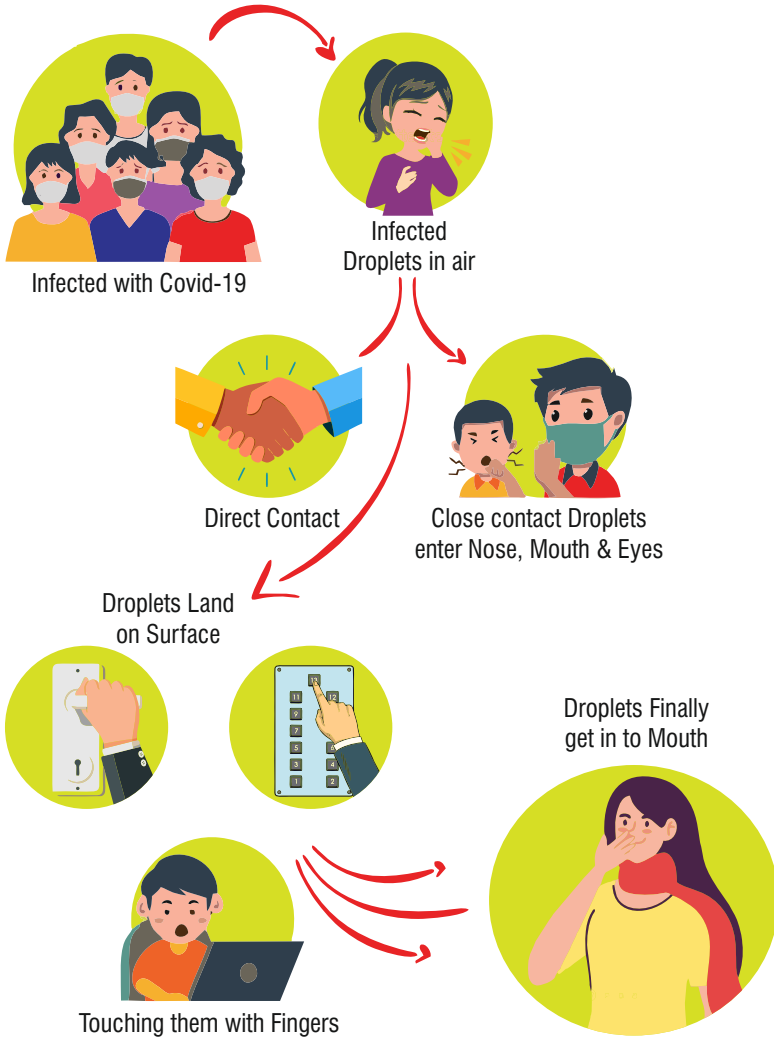
FIGHT COVID-19

BE INFORMED. BE PREPARED

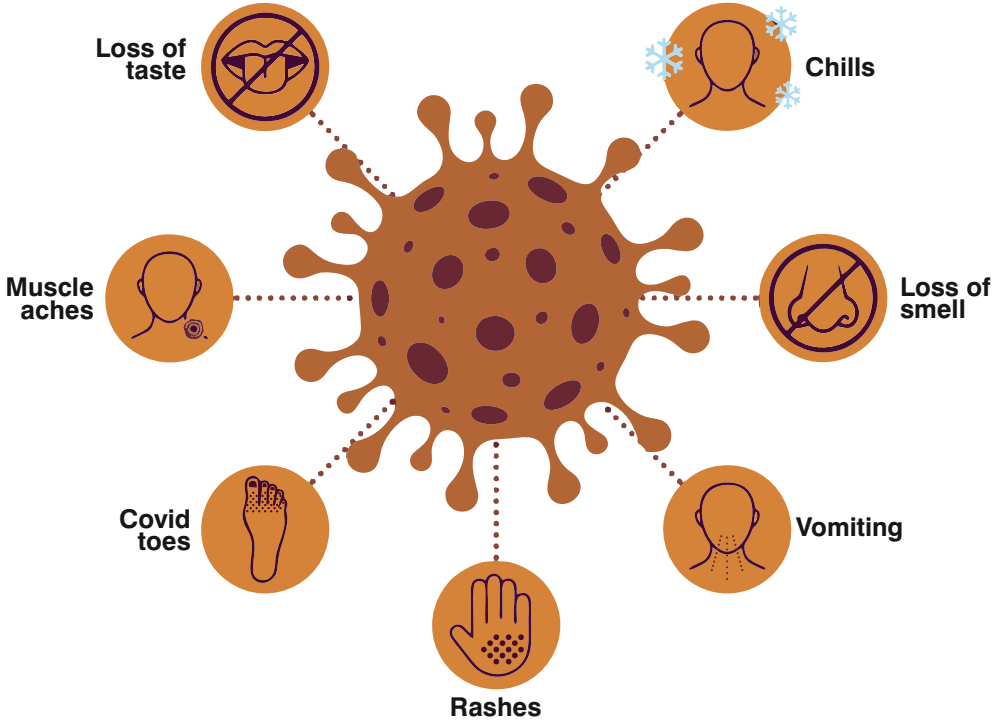
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MODES OF TRANSMISSION



SIGNS AND SYMPTOMS



SYMPTOMS IN CHILDREN

- Fever
- Vomiting
- Neck Pain
- Bloodshot Eyes
- Feeling Extra Tired
- Abdominal Pain
- Diarrhea
- Rash

MONITORING AT HOME

PULSE RATE



- 60 - 100 Per Minute (Normal)
- >100 Per Minute (High)
- <60 Per Minute (Low)

TEMPERATURE



- 97 - 99 F Normal
- 99 - 100 F Low Fever
- 100 - 103 F Moderate Fever
- 103 F above High Fever

BLOOD PRESSURE



- Below 100 / 70 - Low
- 120 / 80 - Normal
- 130 / 85 - Normal (Control)
- 140 / 90 - High
- 150 / 95 - Very High

OXYGEN LEVEL



- 94 - Normal
- 95 to 100 - Good oxygen level
- 94 to 90 - Low oxygen level
- Below 90 - Very low oxygen level,
(To be hospitalised for oxygen support)

HIGH RISK GROUP



People with health issues

Hypertension, diabetes, heart disease, kidney failure



Elderly

People in their 60s or 70s



Weak Immune System



Obesity

Overweight people

INSTRUCTIONS FOR ATTENDANTS

- **Mask:** The caregiver should wear an appropriate medical mask. He/she should avoid touching own face, nose or mouth.



- **Hand hygiene** must be ensured following contact with ill person or his immediate environment. Use soap and water for hand washing at least for 40 seconds.

- **Exposure to patient:** Avoid direct contact with body fluids of the patient, particularly oral or respiratory secretions. Use disposable gloves while handling the patient. Clean hands after taking off gloves or handling used items.



- **Self-monitor their health** with daily temperature monitoring and report promptly if they develop any symptom suggestive of COVID-19.

BREATHING TRAINING

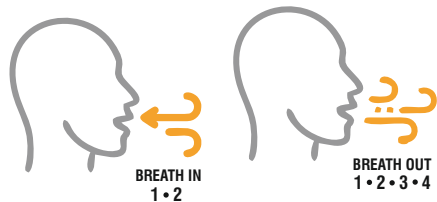
Breathing training is an essential part of managing respiratory conditions as they help to clear the sticky mucus from the lungs, and keep the airways open.

What does breathing training do?

- Moves stale air and carbon dioxide out of the lungs
- Moves fresh air and oxygen into the lungs
- Helps control shortness of breath at rest and with activity
- Helps remove mucous from the lungs

1. PURSED LIP BREATHING (PLB)

- Breathe in slowly through your nose & count 1 & 2.
- Purse your lips in a whistling position.
- Breathe out gently through pursed lips and count 1 to 4.
- Don't force air out of your lungs.



2. DEEP OR DIAPHRAGMATIC (BELLY) BREATHING

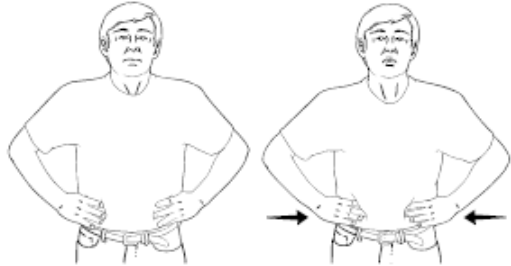
- Lie on your back on a flat surface (or in bed) with your knees slightly bent. To make it more comfortable, you can use a pillow under your head and your knees for support.
- Place one hand on your upper chest and the other on your belly, just below your rib cage.



- Slowly breathe in through your nose & feel your belly rise. The hand on the chest should remain still, while the one on your belly should rise.
- Slowly breathe out through pursed lips and feel your belly fall inwards as you exhale.
- Keep your shoulders relaxed and not hunched up.
- Do this in sitting or lying position.

3. RIB BREATHING

- Flatten your hands on the lower part of your rib cage.
- Breathe in through your nose and feel the ribs move outward.
- Breathe out and feel your ribs flattened.



4. CLAVICULAR BREATHING

- Keep your hand just below the collar bone.
- Breathe in through your nose and feel your fingers raised.
- Breathe out and feel your fingers flattened.

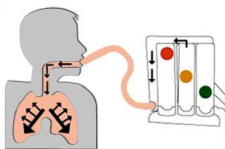


NOTE:

- Practice these technique 4-5 times a day at first so you can get the correct the breathing pattern.
- Don't exercise immediately after taking food. Wait for an hour after taking food.
- If you cannot do for 10 times, do according to your tolerance.

SPIROMETRY

- Sit upright in a chair or in bed.
- Put the mouthpiece in your mouth and close your lips tightly around it.
- Breathe in (inhale) slowly through your mouth.
- Hold your breath as long as possible.
- Breathe out (exhale) through the mouth piece.
- Repeat 10 times, try to lift as many balls as you can.



CLEARING THE AIRWAYS

- Sit up and take a slow deep breath until your lungs are almost full.
- Try to hold the deep breath for 2 -3 seconds.
- Cough 2 times with your mouth slightly open.
- Cough the mucous into a tissue.
- Discard the tissue in a closed bin.
- Wash your hands.
- Do this with your breathing exercises.



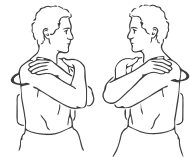
EXERCISES

Do physical activity if you are stable. The benefits of regular exercise are

- Increases your self-confidence
- Helps you relax and sleep better
- Makes you feel good
- Helps control anxiety
- Enhances your coordination and balance
- Helps your respiratory muscles work better
- Improves/maintains lung capacity and muscle strength

STRETCHING EXERCISES

1. Sit in a relaxed position.
2. Cross your arms in front of you, keeping your shoulders relaxed.
3. Turn to one side.
4. Repeat it on the other side.

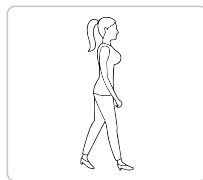


NECK STRETCHES

1. Tilt your head to one side.
2. Try to touch your ear to your shoulder.
3. Hold the positions for 10 seconds.
4. Repeat it on other side.



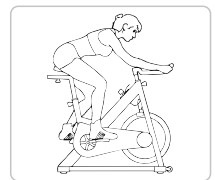
AEROBIC EXERCISE



**WALKING INSIDE
YOUR HOME**



STAIR CLIMBING



STATIC CYCLING

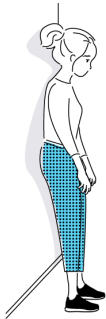
Above mentioned exercises can be done within your comfort levels without exerting yourself much. Continuous sitting or lying down is not recommended. Try to move as much as possible with proper monitoring of your oxygen levels with a pulse oxymeter.

MANAGING SHORTNESS OF BREATH

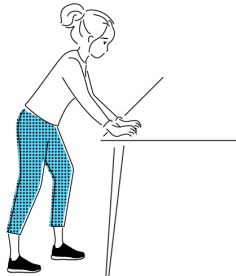
WHEN TO USE S.O.S. FOR SHORTNESS OF BREATH?

- To recover after coughing.
- To recover after exercise or activity .
- To help control panic and anxiety.
- To help control sudden onset of shortness of breath.
- To aid in relaxing the breathing muscles.

POSITIONS TO EASE SHORTNESS OF BREATH



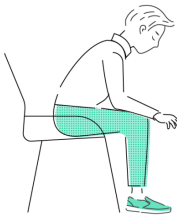
Standing with supported back



Standing with supported arms



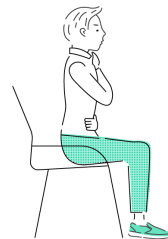
Sleeping in a relaxed position



Sitting forward



Sitting forward supported by a table



Diaphragmatic breathing

PRONING FOR SELF CARE

If you have any other comorbidities please follow the advised diet as per your existing medical problem. (Diabetic diet or renal diet or hypertensive diet etc.)

Improve Lung Oxygenation by lying in prone position

If the oximeter reading shows **SpO2 levels below 94%**, patients in home care are advised to lie prone on their stomachs. This will improve breathing and increase oxygen saturation.



1
Begin by lying in prone position on a flat bed for 30 minutes to 2 hours.



2
Switch to lying on your right side for 30 mins to 2 hours



3
Switch to 30 minutes to 2 hours of sitting up (30-60 degrees)



4
Switch to lying on your left side for 30 minutes to 2 hours



5
Switch to semi-prone position for 30 minutes to 2 hours



6
Return to prone position for 30 minutes to 2 hours. Repeat cycle...

Caution

- Avoid proning for an hour after meals
- Maintain proning for only as much times as easily tolerable
- One may prone for up to 16 hours a day, in multiple cycles, as felt comfortable
- Pillows may be adjusted slightly to alter pressure areas and for comfort
- Keep a track of any pressure sores or injuries, especially, around bony prominences

Avoid Proning in conditions like

- Pregnancy
- Deep venous thrombosis (Treated in less than 48 hours)
- Major cardiac conditions
- Unstable spine, femur, or pelvic fractures

SOURCE OF NUTRIENTS

List of foods that are a good source of nutrients and play an important role in boosting immunity

S.No	NUTRIENTS	COMMON FOOD SOURCES
1	Carotenoids	Carrots, sweet potatoes, pumpkin, dark leafy green vegetables, musk melon, red and yellow peppers, apricots & peas
2	Vitamin D	Salmon, tuna fish, egg yolk, fortified foods like orange juice, almond milk, soy milk, yogurt and milk
3	Vitamin E	Nuts, seeds, green leafy vegetables, fortified breakfast cereals, mango and peanuts
4	Vitamin C	Guavas, kiwifruit, bell peppers, strawberries, oranges, broccoli, tomato and papaya
5	Vitamin B6	Fish, bread, brown rice, eggs, vegetables, banana, sweet potato, potato, avocado and pasta
6	Folate	Lentils, spinach, broccoli, avocados, mangoes, lettuce, sweet corn, oranges, beans, green leafy vegetables and whole grains
7	Vitamin B12	Fortified cereals, fortified juice, soy milk, low-fat milk, low-fat yogurt, cheese, eggs and whey protein
8	Iron	Fortified cereals, enriched breads, dried fruits (apricots), beans, spinach, pumpkin seeds, fruits (figs, avocado, banana and raspberries), nuts and seeds, legumes (black beans, chickpeas and kidney beans) soy beans, broccoli, brussels sprouts, seafood, liver and organ meats and red meat
9	Zinc	Oysters, red meat and poultry, whole grains and milk products, baked beans, chickpeas, nuts, tofu, oatmeal, hemp seeds, low-fat yogurt, lentils, cashew and almonds
10	Selenium	Chicken, fish, shellfish, shrimp and eggs, nuts, tuna, tofu, cottage cheese, mushrooms, sunflower seeds, oats, whole wheat pasta
11	Copper	Liver, organ meats, oysters, nuts and seeds, leafy greens
12	Magnesium	Green leafy vegetables, seeds, tuna, brown rice, almonds, dark chocolate, avocados, bananas, non-fat yogurt

DIETARY ADVICE

SUPPLEMENTS CANNOT SUBSTITUTE A HEALTHY DIET

- C** - Consume a healthy, varied & balanced diet.
- O** - Opt for at least 5 portions of fruits and vegetables a day.
- R** - Restrict the intake of sugar and salt.
- O** - Optimal intake of good quality protein and fat.
- N** - No junk food.
- A** - Avoid overeating, processed food and eating out.

- V** - Validate nutrition information before you believe them.
- I** - Include whole grains, to at least half of your grain intake.
- R** - Replenish your body with adequate water intake.
- U** - Unnecessary vitamin and mineral supplements should not be taken.
- S** - Stay active, de-stressed and sleep well.



SAMPLE DIET PLAN

If you have any other comorbidities please follow the advised diet as per your existing medical problem. (Diabetic diet or renal diet or hypertensive diet etc.)

STANDARD CUP-200ML

6-7 AM: Early Morning: Exercise 30 mins

Plain warm water / Green tea - $\frac{1}{2}$ cup / Coffee- $\frac{1}{2}$ cup / Lemon juice-1cup /
Milk - $\frac{1}{2}$ cup with spices (anyone) + Plain Nuts / Oil seeds / Dried fruits /
Mixed unsalted -few

8-9 AM: Breakfast

Idly / Dosa / Pesarattu / Uttappam / Upma / Chapathi / Oats / Corflakes /
Bread slices+ Chutney / Sambar / Veg curry / Milk + Boiled egg-1 / Egg
whites-2 / Sprouts $\frac{1}{2}$ cup

11 AM: Mid-Morning

Vitamin C Rich Fruit :Orange / Sweet lime / Strawberries / Kiwi / Guava /
Papaya / Amla + ONS / Yogurt / Soup / Soy milk / Almond milk

1-2 PM: Lunch

Rice / Khichidi / Phulka / Others Vegetable curry -2 varieties Dal with
vegetable / Paneer / Soya Curd Mixed Vegetable salad

4-5 PM: Evening: Exercise 30 mins

Tea / Coffee / Milk - $\frac{1}{2}$ cup Boiled pulses / legumes / corn- $\frac{1}{2}$ cup (Channa /
Green gram / Cowpea / Groundnuts / Sweet corn) / High protein biscuits

7-8 PM: Dinner

Phulka / Rice Others Dal / High biological value protein foods like - Chicken
without skin / Fish / Paneer / Egg -anyone as curry - $\frac{3}{4}$ cup) Vegetable curry
Mixed Vegetable salad -1 cup

9-10PM: Bed time: Milk with spices + Fresh fruit

WHEN TO SEEK MEDICAL ATTENTION



Difficulty in breathing



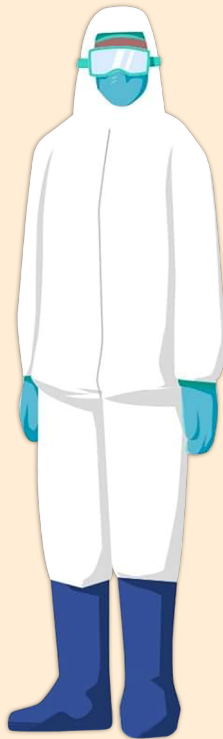
**Mental confusion
or mental instability /
depression**



**Persistent pain /
pressure in the chest**



**Developing bluish
discolorations of
lips / face**



**Home Care is only for Asymptomatic and Mild cases,
in case of Emergency please visit a hospital.**