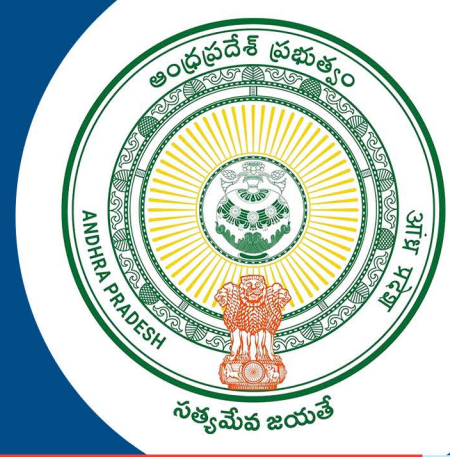




Home Quarantine



Do's



A minimum of 14 days of isolation is **MUST**

Isolate in a well-ventilated room with attached bathroom

Maintain 2m distance if you're staying with others in same room

Wash hands every 2hrs with soap or sanitizer for 20-40sec

Clean toilet with 1% Hypochlorite or Lysol solution daily

Stay hydrated and drink plenty of fluids

Dispose used mask and other waste separately

Cover mouth with tissue or cloth while coughing & sneezing

In case of symptoms call 104 immediately

Don't



Avoid all kinds of social gatherings

Do not meet visitors, unless absolutely necessary

Keep away from common areas in the house

Don't touch your face frequently

Refrain from shaking hands with others

Don't share household items with family

Do not reuse disposable masks

Don't interact with elderly, pregnant women, children & persons with chronic illness within the household

Don't use surgical mask for more than 6-8 hours

Dept. of Health, Medical, & Family Welfare, Government of Andhra Pradesh