POST DISCHARGE COVID PATIENTS:
INFORMATION BOOK

DO’S AND DON’TS

GOVERNMENT MEDICAL COLLEGE AND HOSPITAL SECTOR 32, CHANDIGARH
Congratulations !!
You’ve won against COVID 19

- You have shown great courage and patience
- Now you are being discharged
- You've another responsibility of keeping yourself healthy

**REMEMBER**

Follow the suggested plan and do not miss or forget to take medications
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PREPARATIONS AT HOME

Do Not Use Public Transport For Going Home

Make sure you have a separate room in your home
Home isolation is necessary for at least 07 days

Monitor temperature and signs of breathlessness
In case of emergency contact hospital

FOLLOW ALL THE INSTRUCTIONS GIVEN AT TIME OF DISCHARGE
SAFETY PRACTICES AT HOME

Maintain Social Distancing

STAY HOME STAY SAFE (at least 07 days)

Make sure your room is well ventilated

NO Visitors

Do not go out of the house
Do not share till 14 days

Bed, belongings like utensils, glasses, mobile phones, towel, bedding etc.

Do not violate SOCIAL DISTANCING

No Party

No Family time, without precautions.

Do not go for weddings/ functions
Sanitize with alcohol based sanitizer or 1% sodium hypochlorite

- bathroom fixtures
- light switches
- toilet seat
- sink
- floor
- table tops
- kitchen surfaces
- door knobs
- toys
- remote controls
- any other article

WASH YOUR HANDS AFTER CLEANING AND SANITIZING
HANDLING OF LINEN / CLOTHING

While handling the used clothes - wear gloves

Wash used clothes and beddings at hot temperature in washing machine

If hot water facility (in washing machine) not available then soak the clothes in the Hot Water & Detergent for 30 minutes

Preferably iron (press) clothes after wash.

Dry Clothes In Direct Sunlight
Hand Washing Technique

Wash hands frequently for 20 seconds

1. Wet your hands & apply soap
2. Lather the hands, between your fingers
3. Rub fingers and palms and spaces between fingers
4. Scrub knuckles well in palms.
5. Work on thumbs in palms
6. Scrub the finger nails well
Whenever you touch any surfaces

But how frequently I have to wash hands?

Before eating and after eating

After coughing and sneezing
Do I have to wash hands when I am home?

YES
It will keep you safe and protect your family also.
HOW TO WEAR MASK

Hold the mask in front of face from strings

1. Pull the elastic on ear
2. Pinch the nose clip & secure it
3. Secure the second elastic on ear
4. Wash hands before wearing and after removing the mask
5. Do not reuse a disposable mask
6. Change if it's wet
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<td>Fully covered face and nose</td>
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<td>Nose clip Secured to prevent leakage</td>
<td>Air leakage from nose and not snuggly fitted</td>
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<td>Snuggly fitted mask</td>
<td>Air sucked in from all sides of mask</td>
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MASK RELATED PRECAUTIONS

Wear mask all the time, even at home

Do not touch your mask / eyes / nose or face

Do not remove mask and do not cough / sneeze without mask or mouth uncovered

While coughing or sneezing cover mouth and nose with tissue

Throw used MASK/TISSUE in covered dustbin and wash your hands
Throw used masks / tissue papers in closed dustbin

Keep dustbin in sunlight for 72 hours then treat the waste like general waste

THEN

WASH YOUR HANDS
WASTE MANAGEMENT

Burn the waste generated

OR

Put it in double yellow bag and hand it over to the nearest biomedical waste management facility

After handling waste/ used articles

WASH YOUR HANDS
LIFESTYLE CHANGES

Always wash raw fruits and vegetables with baking powder and water

- Eat balanced diet - home cooked food
- Eat fresh fruits after washing or peeling

Drink 3-4 liters (8-10 glasses) of water
• Drinking kadha may be beneficial for boosting immunity
• Drinking golden milk – 150ml milk with 1 teaspoon of turmeric added in it

Drink fluids - for example coconut water, lemon juice, tea and coffee

Do not drink alcohol  Do not smoke
Sleep for 6-8 hours

Remaining home doesn't mean isolation

Keep yourself busy by doing some online courses or interaction with relatives via video call or phone calls
You have to stay home for at least another 7 days. Keep yourself busy and fit.

- Meditate
- Enjoy Music
- Watch TV
- Water plants
- Read
- Do something you like
- Yoga
BREATHING EXERCISES

1. Simply think of smelling a flower
2. Then blow out your breath as if you are blowing the pinwheel or birthday candles.

BLOW BALLOON
PRACTICE PRANAYAM

Regular practice of Yoga (Minimum 20 minutes)

- Loosening / Breathing exercises
- Gentle Yoga
- Stretching exercises
- Pranayama

For more information visit:
http://www.ayush.gov.in//
OTHER BREATHING EXERCISES

SPIROMETER EXERCISE

DIAPHRAGM BREATHING

PURSED LIP BREATHING

Practice these exercises 5-10 minutes about 3-4 times/day, with mask on till 07 days then in an open area
Hurry!!
You have recovered

You are a warrior
But the battle is half won yet
Follow all precautions to PREVENT SPREAD
YOU ARE A SAVIOUR IF......YOU

HOSTED A VIRTUAL PARTY INSTEAD OF REAL ONE

DIDN'T GO OUT FOR PARTY WITH FRIENDS

STAYED HOME & FOLLOWED SOCIAL DISTANCING

WORKED FROM HOME
Ministry of AYUSH recommendations, based on Ayurvedic literature and scientific publications, for preventive health measures and boosting immunity with special reference to respiratory health.

Measures for Enhancing Immunity

1. Drink warm water throughout the day.
2. Daily practice of Yogasana, Pranayama and Meditation for at least 30 minutes.
3. Spices like Haldi (Turmeric), Jeera (Cumin), Dhaniya (Coriander) and Lahsun (Garlic) recommended in cooking.

Ayurvedic Immunity Enhancing Tips

1. Take Chyavanprash 10gm (1tsf) in the morning. Diabetics should take sugar free Chyavanprash.
2. Drink Herbal Tea/Decoction (Kadha) made from Tulsi (Basil), Dalchini (Cinnamon), Kalimirch (Black Pepper), Shunthi (Dry Ginger) and Munakka (Raisin) - once or twice a day. Add jaggery (Natural Sugar) and/or fresh Lemon juice to your taste, if needed.
3. Golden Milk - half tea spoon Haldi (Turmeric) powder in 150 ml Hot Milk - once or twice a day.

Simple Ayurvedic Procedures

1. Nasal Application - Apply Sesame Oil/Coconut oil or Ghee in both the nostrils (Pratimarsh Nasya) in morning and evening.
2. Oil Pulling Therapy - Take 1 table spoon Sesame or Coconut Oil in mouth. Do not drink, swish in the mouth for 2 to 3 minutes and spit it off followed by warm water rinse. This can be done once or twice a day.

Immunity Boosting Measures for Self-Care

Actions During Dry Cough/Sore Throat

1. Steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway Seeds) can be practiced once in a day.
2. Lavang (Clove) powder mixed with Natural Sugar/Honey can be taken 2-3 times a day in case of cough or throat irritation.
3. These measures generally treat normal dry cough and sore throat. However, it is best to consult doctors if these symptoms persist.