

# COVID-19

## Guideline for Self-Quarantine

### General Instruction on Self-Quarantine for NSET Staff

**Isolation** is to separate ill person who is already diagnosed of having any sort of communicable diseases from the healthy person to stop the spread of infection.

**Quarantine** is used to separate and restrict the movement of healthy persons who may have been exposed to a communicable disease to see if they become ill. These people may have been exposed to a disease and do not know it, or they may have the disease but do not show symptoms.

- Stay home except to get medical care. Call the doctor if you have the number for the advice or if you notice, some sign or symptoms related to COVID-19. Also, inform EMRT team in case you suspect any signs of infection.
- Separate yourself from other people in your home. Isolate yourself in a room. Keep your distance from others (at least 1meters).
- Discourage going outside, except while going to the hospital. Wear a facemask and eyeglass anywhere outside, in buses, and public spaces. Disinfect mask and clothes when worn outdoors.
- Wash used clothes properly and dip in diluted Dettol liquid for 5 minutes before drying up properly under the sunlight.
- Cover your coughs and sneezes with a tissue, or by your sleeve. Throw used tissues immediately; wash your hands with soap and water.
- Wash your hands properly for 20 seconds, if no water, use alcohol-based hand sanitizer
- Avoid sharing household items even with your family members in your home
- Take your temperature with a thermometer two times a day and monitor for fever. Also watch for cough or trouble breathing.
- Get medical care quickly if your illness is getting worse (for example if you are having trouble breathing).
- Avoid contact with pets and other animals.
- DO NOT spit in public or outside.
- Stay home and avoid contact with others. Do not go to work or school for this 14-day period.
- Avoid crowded places (such as shopping centers and movie theaters) and limit your activities in public.
- Educate your family members regarding the quarantine to reduce panic and to maintain isolation.

### 1. INSTRUCTIONS FOR FAMILY MEMBERS

- Only one person should be assigned to care the person in quarantine
- Elderly people, pregnant women and children should not come in close contact of the person in quarantine
- Visitors should not be allowed during the quarantine period



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- Clean and disinfect the room and toilet used by person in quarantine daily with 0.5% sodium hypochlorite solutions. Use disposable gloves when cleaning with the chemicals.
- Wash the clothes of the person in quarantine separately. After washing, disinfect clothes by soaking in the solution prepared by water and Dettol liquid for 5 minutes and dry completely under the sunlight.

### 2. TREATMENT

Except the symptomatic treatment, there is no specific treatment for disease caused by a novel coronavirus, unless it develops any other secondary infections. However, many of the symptoms can be treated and therefore treatment is based on your clinical condition. Consult your doctor, immediately if you develop fever or sore throat along with cold.



### 3. WHERE TO GO IN KATHMANDU

Seek for medical or professional help from your nearest hospital for the blood test and following medication. Nepal Public Health Laboratory (NPHL) Teku, Kathmandu has the capacity for testing coronavirus in its laboratory; however, the blood sample should go through the medical doctors or hospital in case you are suspected. Independent blood test is discouraged hence, not allowed.



### 4. FOODS TO BUILD IMMUNITY

Drink Plenty of water, Normal Nepali home cooked meals, in addition you may add: Soups, Garlic, Vitamin-C containing vegetables (Broccoli, beans, cauliflower, Brussel sprouts and capsicums), Yoghurt, Vitamin –c containing fruits orange, kiwi, lemon, guava, grapefruit) and Green leafy vegetables.



### 5. AVOID

Under cooked eggs (poached egg, half boiled eggs), Under cooked meat, barbeque or sekuwa, Cigarette, Alcohol, Processed food, Packed foods, Street foods.

