

COMPLETE HOME ISOLATION GUIDE FOR COVID 19 PATIENTS (WITH MILD SYMPTOMS)

By VMEDO

MAY 2021



24/7 | EMERGENCY | NON-EMERGENCY



9343-18-0000

AMBULANCE HELPLINE

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Here are some practical "Homecare tips" for Covid-19 patients with mild symptoms. This document is curated with the help of expert opinions available on the internet.

Symptoms of COVID-19

Known symptoms of COVID-19 include



Fever



Shortness of breath



Cough



Headache



Sore throat

However, doctors are observing some additional new symptoms in the second wave, such as

- Stomach upset
- Rash on skin
- Pink eyes
- Body ache

These symptoms can be exclusive or may even be in a combination

Be aware of the warning signs

Seek out immediate medical attention when you notice



Difficulty in breathing



When your oxygen saturation drops below 90



Persistent high grade fever / severe cough



Mental confusion

Note: A low threshold should be kept for those with any of the highrisk features such as age > 60 yrs, comorbidities like diabetes and other immunocompromised states.

Detach. Relax and Take care



Distance yourself only physically

Daily routine is important, take your time and also stay connected with your loved ones virtually.



Rest but be active too

Staying active improves heart functioning and reduces Blood pressure



Eat healthy

Eat a lot of Fruits and veggies which can be digested easily

Take plenty of fluids (3-4 L/day).

Remember, it's just a phase, and will pass by super soon!

About 80% of patients have mild symptoms and recover without any specific treatment

Keep your Doctor close

Share your routine and vitals with your doctor and get reviews

Take advice over:

- Diet and Homecare
- Medical products
- Emergency preparedness
- Need of Hospitalization

**Call : 9343-18-0000
for Emergency COVID
Ambulance from VMEDO**

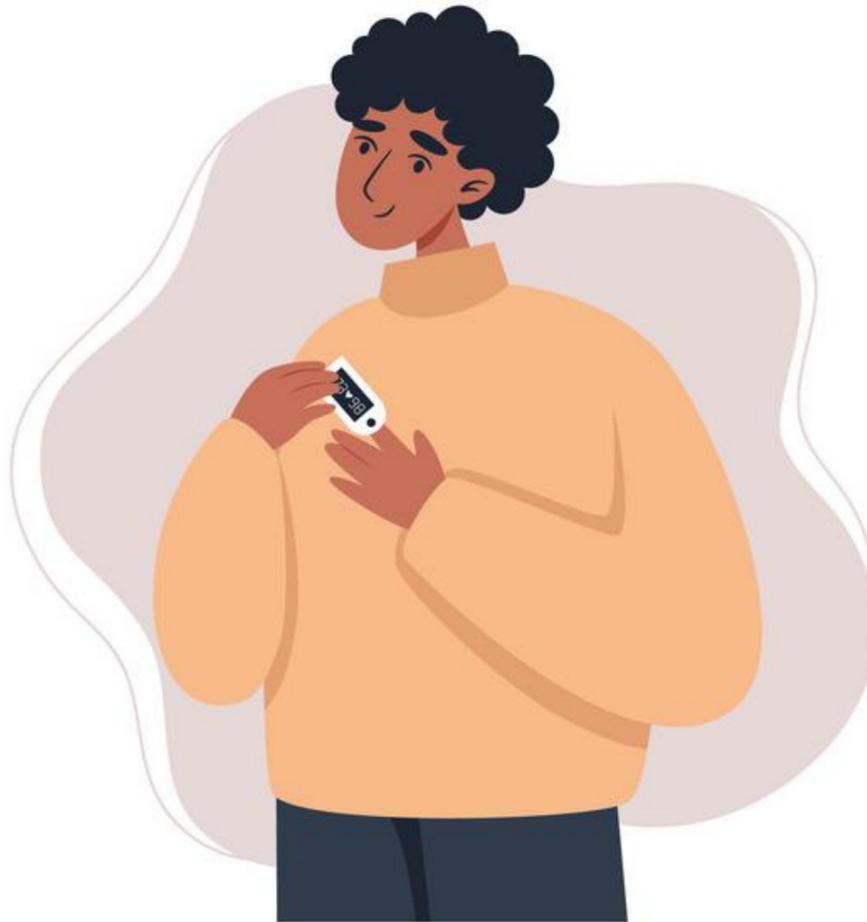
Always be nearer to Thermometer and Oximeter

Daily Log

Days	Body Temperature			Oxygen Saturation			Pulse		
	Morning	Evening	Night	Morning	Evening	Night	Morning	Evening	Night
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
11									
12									
13									
14									

Maintain a log of your temperature, oxygen saturation & pulse thrice daily

How to use Pulse oximeter?



- Make sure you don't have nail paints or henna on your finger.
- Make sure that your hands are at normal temperature, warm them a bit if you feel they're cold.
- Rest and make your body relaxed before putting on the pulse oximeter.
- Place the pulse oximeter on your index or middle finger.
- Place your hand on your chest near your heart and try reducing hand movement
- Keep the pulse oximeter on your finger for at least a minute, till the reading stabilises.
- Record the highest reading that flashes on the oximeter after it has established after 5 seconds.

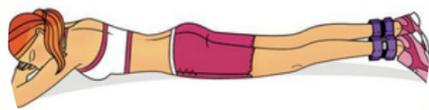
Looking for
a reliable
pulse oximeter

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Now!

Tips to improve breathing



dreamstime.

Lie down flat on your stomach

Do this for a few minutes during the day – may be beneficial for improving ventilation and making breathing easy in mild cases.



Practice Pranayama

Practice deep breathing exercises to improve your breathing capacity.



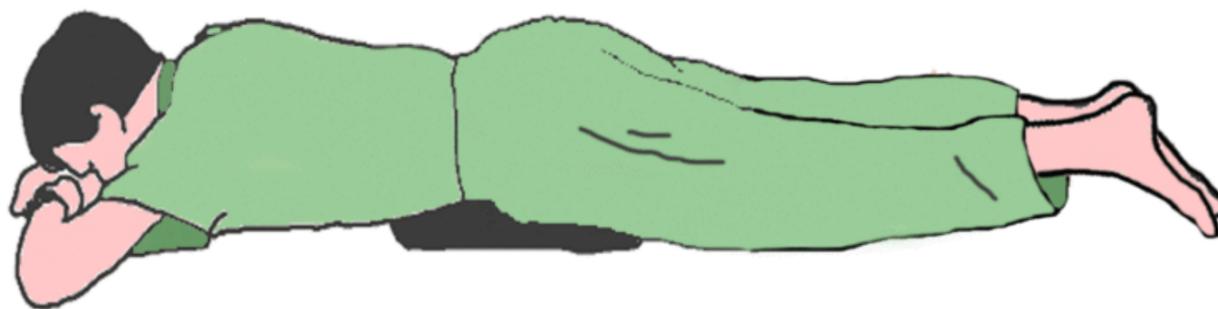
Use Balloons to increase lung capacity

Blow 2–3 breaths, hold for a while, and exhale. Repeat this for a few times

What Is Proning & How to do it ?

Proning is a medically approved process of improving oxygen concentration levels, proning can be an excellent home remedy for people with covid 19

Proning is recommended when you have discomfort in breathing and the oxygen saturation drops below 94



Proning involves the use of 4-5 pillows:

- 1 below the neck
- 1-2 below the chest through upper thighs*
- 2 below the shins (front side of legs)

*Make sure the pillows are placed in a way that they don't put pressure on the stomach.

What Blood tests can predict serious cases of COVID-19

The blood tests such as **C Reactive Protein (CRP)**, **Lactate Dehydrogenase (LDH)**, **D-Dimer**, **Interleukin 6 (IL6)**, **Ferritin**, and **Complete blood count (CBC)** can be used to predict serious cases of Covid19



With the help of these tests, your doctor may get a better sense of

- Intensity of COVID-19 infection
- Whether you may require to be hospitalized or not

Also, these tests give doctors insights about home care and diet plan for patients.

Call : 740-6000-787

For COVID-19 On-site RT-PCR Test

Take only prescribed medicines

Medicines for relieving symptoms

- Take Paracetamol for fever, with a minimum gap of 4–6 hrs between two doses
- **Don't take Blood thinners and Steroids without consulting a doctor.** They may help some people based on the level and timeline of infection but always consult a doctor.

For Immunity boosting

Take supplements containing **Zinc and Vitamin C** for boosting immunity.

**Remember not to self medicate,
Always contact a doctor.**

Source:

www.mohfw.gov.in/

Oxygen and Home remedies

Oxygen support

- Oxygen is not needed for people whose saturation level is over 94.
- There's no need to be afraid even if the saturation goes slightly below that
- If you're someone with Diabetes, Asthma or High blood pressure oxygen maybe required early. Please keep a tab on that.

Home Remedies

- **For throat pain** : Gargle with salt water or betadine (dilute 1 part of betadine with 3 parts of lukewarm water)
- **For blocked nose**: Practice steam inhalation with fresh Pudina (Mint) leaves or Ajwain (Caraway seeds) once in a day.

Sources:

Ministry of AYUSH: <https://www.mohfw.gov.in/pdf/ImmunityBoostingAYUSHAdvisory.pdf>
 CLINICAL GUIDANCE FOR MANAGEMENT OF ADULT COVID-19 PATIENTS
 22nd April 2021. www.mohfw.gov.in

COVID-19 And Pneumonia

Most of the times (Over 80%) people recover from covid 19 without few or no symptoms, but in some serious cases people might develop pneumonia

Infection that inflames air sacs in one or both lungs, which may fill with fluid.

With pneumonia, the air sacs may fill with fluid or pus. The infection can be life-threatening to anyone, but particularly to infants, children and people over 65.

When is a chest CT scan recommended?

A chest CT scan is recommended when:

- Doctor needs to check the infection spread in your lungs
- If your oxygen concentration levels go alarmingly down (Below 90) or your fever persists over 5 days. Also, CT scan is required if you show visible conditions of pneumonia such a difficulty in breathing and cough with phlegm or pus.

When To End Home Isolation?

If you were symptomatic

10 days after testing positive for COVID-19 and wait for another 3 days for symptoms to subside

If you were asymptomatic:

10 days after positive test for COVID 19

In some cases the loss of taste and smell will continue over 10 days which is quite normal. You can end the isolation if this persists.

Source:

Revised Discharge Policy for COVID-19

<https://www.mohfw.gov.in/pdf/ReviseddischargePolicyforCOVID19.pdf>

Vaccination for people with Covid Infection.

Does the vaccine prevent Covid?

First of all, As the recent figures highlight, getting your vaccine could save your life or stop you from becoming seriously ill from COVID-19. It will also significantly reduce your chances of getting infected and infecting others. It is vital to get both doses of your vaccine when you are offered it

I have or had covid, so when can I take the vaccine?

For starters, if you are currently COVID-positive, you should not get the vaccine until you are fully recovered. Even if the infection was mild or asymptomatic, it is important to wait for 3 Months since your symptoms first appeared before you go out to get the vaccine jab.

Source:

www.gov.uk

www.mohfw.gov.in/

Will I be Immune To COVID-19 After Getting vaccine or Getting Infected Once?

Will I be immune after getting infected once?

Yes, but only for an unknown period.

Immunity after getting vaccinated

Yes, You will be immune to COVID Infection but it's still unclear about the period of immunity.

Research is undergoing to determine the immunity levels around the world and we'll get to know soon.

But, It is believed that the vaccine can boost your protection without causing any harm.

Visit [COWIN.GOV.IN](https://cwin.gov.in) to register for vaccination in India

Source:

www.gov.uk

www.mohfw.gov.in/

Services we are offering to combat COVID-19

Covid Ambulance Services



9343-18-0000

COVID-19 On-site Vaccination Drive



740-6000-534

COVID-19 Medical Supplies



7348-852-143

COVID-19 On-site RT-PCR Test



740-6000-787

Visit the link below to get more information

vmedo.com/covid19

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