



Home Quarantine Schedule/Protocol

Under the present pressure of COVID-19 on medical infrastructure and medical staff, India needs a “Home Quarantine Protocol / System” to reduce the burden on hospitals so that our resources may be more focused and utilized for the treatment of critically ill patients and we may reduce the fatality rate and improve our recover rate in this pandemic era.

Home Quarantine Schedule Suggested by International Experts:

1. Prof. Amar P. Garg, Vice Chancellor, Shobhit Deemed University, Meerut
2. Prof. Bernard Paul, University of Burgundy, France
3. Mr. Bajerao Patil, Clinical Director, Kirkbride Centre, USA
4. Dr. Sunil Nayak, European Institute of Health, Europa, Germany
5. Professor Amina Ather, Former Professor UNESCO
6. Ms. Maryam Salahuddine, Dubai
7. Mr. Nadeem, Founder Director, Institute of Designs, with centres in Thailand, China, India and other countries

Two of the above experts have recently recovered from COVID-19 without taking any medicines, and just used Home Quarantine/Isolation. Rest experts are advising various Covid-19 infected people to treat them at home.

Symptoms of COVID-19:

1. Dry throat, dry cough, with sneezing
2. Headache, body pain, high fever
3. Shortening of breathing
4. Highly variable and different from person to person

Requirements for Home Quarantine:

1. Well ventilated Separate room with WC
2. All necessary toiletries and cleaning appliances
3. Study table, TV, Lap-top, mobile with charger, bank debit card, online games, internet, reading books / material as per habits

4. A small hot plate for warming / boiling water and other material
5. Clothes as per requirement
6. Oxygen cylinder with respiratory device for emergency
7. All medicines for the diseases from already suffering like diabetes, BP, asthma, heart, kidney, stomach *etc.*
8. Keep a thermometer, BP apparatus, sugar measurement kit, pulse oxymeter, and normal medicines like paracetamol, and all other medicines for minor illnesses.
9. Adequate quantity of mask and gloves, hand sanitizer, soap, clean towels
10. A record book for keeping the medical record for every day.
11. All other items as required by the person as essential in his daily routine

Home Quarantine Schedule Suggested for Asymptomatic / pre-symptomatic:

S. No.	Approx. Time	Amount/Dose	Details of activity / Food / Drinks
1.	6:00 – 7:00 a.m.	Flexible	Wake up / See Sunrise / have a walk if separate garden facility available, being fresh (toilet, brush etc), news paper
2.	7:00 – 7:30	½ hour	Yoga, deep breathing exercise
3.	7:30 a.m.	200 – 250 mL	Hot lemon water (honey optional) Gargles with warm salt water + alum (fitkari) – caution- don't swallow
4.	7:30 – 8:00 a.m.	Vitamin C, D and Zinc rich	Breakfast - Vitamin C, D, and Zinc rich items Hot milk/water with turmeric
5.	9:00 -9:30 a.m.	½ h flexible	Bath, washing of clothes, cleaning of room, WC and maintenance of hygiene
6.	9:30 a.m.	10 min.	Steam through nose and mouth- helps in removing the viral load
7.	10:00 a.m.	150-200 mL KADA	Hot water with black pepper, clove, Tula, giloy, lemon grass, ginger, mullahati, cinnamon and ashwagandha (Honey and lemon optional), coriander, ajwayan, saunf, Neem leave extract in hot water may also be taken as it is antiviral anti-microbial and it helps in lowering the temperature

8.	10:00 – 11:00 a.m.		Reading, watching TV, listening music of choice, talking to friends and family member on phone or whatever you like
9.	11:00 a.m.	One cup / one glass	Hot tea with ginger, black pepper and clove (milk and sugar optional) with biscuits if required OR Coffee as per choice Or Vegetable Soup (Regional and Seasonal Vegetable)-the vegetable be properly washed and should be used without peeling, cumin seeds be added Or Fruits or fruit juice, Apple, Orange, (eating fruits is better than juice), Tomato fresh juice, mixed green vegetable juice;
10.	11:30 – 1:00 p.m.	1 and ½ hour	Rest or recreation as in column 8
11.	1:00 – 1:30 p.m. (flexible)	½ hour	Lunch, nutritious, rich in vitamin C,D and Zinc
12.	After lunch	10 min	Steam through nose and mouth-helps in removing the viral load
13.	2:00 – 4:00 p.m.	flexible	Rest, or relax as you wish
14.	4:30 – 5:00 p.m.	One cup	As in column no. 7
15.	5:00 – 7:00 p.m.	flexible	Relax. Watch TV, Read or talk to family or friends on mobile; walk if separate garden
16.	7:30 – 8:30 p.m.	flexible	Dinner, rich in vitamins, avoid grains, use vegetable soup, or other nutritious diet as per choice
17.	After dinner	5-10 min	Steam through nose and mouth
18.	9:30 p.m.	One cup	As in column no. 7, or hot milk/water with turmeric, use one spoon Chayvanprash, Drakchhasav
19.	9:30 -10:30	Flexible	Recreation as per choice
20.	By 10:30-11:00 pm		Go to sleep, sleep either with side or with stomach down-it helps in respiration

- i. During home quarantine, the patient should wear the mask when opening the doors to receive the food and other items.
- ii. The caretaker should also wear the mask while delivering the items from the outside (no touch), keep on the doors and knock the door,
- iii. Caretaker should not be child or a person at risk. The room should be ventilated, no AC and proper sun light. The person should involve himself / herself in creative writings/activities and positive attitude with peace of mind
- iv. Continue your medical treatment for other diseases like BP, sugar, heart, thyroid *etc.*
- v. Walking necessary, not sedentary habits, sleep either from the side or stomach down for at least 7-8 h minimum with full mental peace and positive attitude are must.
- vi. Even after full recovery, the person will feel headache and body pain which may remain for a month or so. Generally, temperature rises in night.

Note: Medicines as per prescription of the medical doctor, watch that fever does not go up and the oxygen level in the blood is adequate (90 or more), if drops critically, use external oxygen supply immediately and consult the doctor.

Normal person may use some of above things (like Kadha, lemon, gargles, steam, vitamin C, D and zinc rich diet, fruits, chyavanprash, drakchhasav), Yoga and walking as protective measures for protection against COVID-19.

Shobhit University organises Int'l meet on 'Home Quarantine and Protection from COVID-19'

TSN/Meerut:
India needs a 'Home Quarantine Protocol/System' to reduce the burden on hospitals so that our resources may be more focused and utilized for the treatment of critically ill patients and we may reduce the fatality rate and improve our recover rate in this pandemic era, said Kunwar Shekhar Vijendra, Chancellor of Shobhit University, while opening the International Meet on 'Home Quarantine and Protection from COVID-19'.

Prof Amar Garg introduced the speakers to the audience and readout the "Home Quarantine Schedule" which was discussed at length with following members at the Zoom conference on Monday.

The panelists were asked to discuss the importance of each and every factor and the final protocol/schedule was

drawn which is given here. Two of the experts have recently recovered from COVID-19 without taking any medicines, and just using Home Quarantine. They are advising various Covid-19 infected people to treat them at home.

During home quarantine, the patient should wear the mask when opening the doors to receive food and other items. The caretaker should also wear the mask while delivering the items from the outside (no touch), keep on the doors and knock the door, the caretaker should not be a child or a person at risk. The room should be ventilated, no AC and proper sunlight. The person should involve himself / herself in creative writings.

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Experts were of the opinion

that France and Dubai could get rid of this pandemic because of the strong political will power and strict rules followed by the public. Mask must be made compulsory, extreme fine, social distancing must. Experts were of opinion that in India still it is not at peak. COVID-19 is not a killer virus, the me-

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<p>need to educate the people to have faith in them that we can defeat it. We have to take care, protect us from it, improve and focus on our immunity, vitamin C, D and zinc rich diet, with deep breathing exercise. We should wear the mask while talking with others or going in crowds. It is not necessary in fresh air.</p>		
<p>The international experts who suggested the home quarantine schedule here included, Prof. Amar P. Garg (Vice Chancellor, Shobhit Deemed Univ., Meerut), Prof. Bernard Paul (University of Burgundy, France), Bajerao Patil (Clinical Director, Kirkbride Centre, USA), Dr. Sunil</p>		
<p>Health, Europa, Germany), Prof Amina Ather (Former Professor UNESCO and Prof Emeritus, China, presently in Germany), Ms. Maryam Salahuddine (Dubai), and Mr. Nadeem (Founder Director, Institute of Designs, with centres in Thailand, China, India and other countries).</p>		