



NOVEL CORONAVIRUS (COVID-19)

When to Practise Home Quarantine?

IF YOU ARE ASYMPTOMATIC but have ONE OF THE FOLLOWING:

Travel history to COVID-19 affected countries/states in last 14 days

Physical exposure to COVID-19 case or body fluids or secretions

Living in the same household with a COVID-19 suspect who turned positive

Do Follow Home Quarantine for 14 days



STAY in a well-ventilated single-room



FOLLOW respiratory and hand hygiene



MAINTAIN 1 meter distance from co-inhabitants and stay away from elderly people, pregnant women and children



WEAR face mask, if you develop symptoms or you are caring for a suspect/confirmed COVID-19 case



AVOID sharing household items



STRICTLY AVOID visitors at home

Together we can fight Covid-19

If you feel unwell (Cough, fever or difficulty in breathing) during home quarantine, immediately call the helpline numbers.

For further information:

Dial 6913347770/1/2/3 or 104

National Health Mission, Assam