

# COVID -19: HOW TO DO HOME QUARANTINE AND SPEND TIME DURING LOCKDOWN

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### ABSTRACT

*The lockdown is causing us to do a wide range of things like sorting out and cooking our homes. Be that as it may, with regards to youngsters, it turns into a tricky region. Particularly at this time, when in a perfect world it would have been their midyear excursion, you would need them to be occupied with profitable exercises. It sure gets troublesome, as guardians, to oversee family errands, alongside having to keeps an eye on kids' needs, and office work, which is an all-day work in itself. Furthermore, if quarantine or isolating is making life hard for grown-ups, it must be the equivalent, if not more, for child. Follow the guidelines provided by the government of India for spread of covid-19 to others.*

### INTRODUCTION

According to the WHO, COVID-19 turned into a worldwide pandemic affecting 3,92,5815 persons & claimed 2,74,488 deaths (at the time of writing this article). About 190 countries have been infected with this deadly virus. According to the Ministry of Health and Family Welfare, Government of India, 41,432 people have been infected with 2101 deaths in the country so far. To prevent the spread of this rapidly spreading virus, quarantine is an essential step.

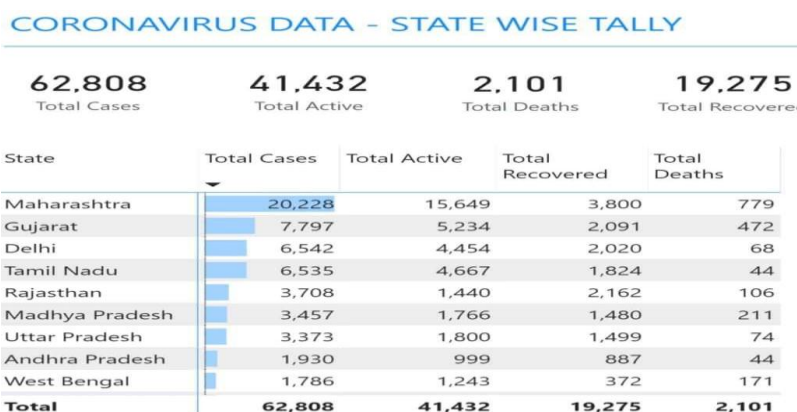


Figure no.-1 Corona total case in India.

Amidst the growing threat of Corona virus, many measures are being taken to protect it. If a person is seeing corona infections, then home quarantine is also a great remedy for that. Do you understand the meaning of home quarantine. If you have a cold, dry cough, cold or fever etc. and you want to keep other people away from this disease along with the people of your home, then you can do a home quarantine. This means separating yourself from other persons while living in your home.

If you suspect to be infected with the corona virus or have a cold, then you should separate yourself in a room in your house. This will not spread corona virus infection to anyone in your family.

**COVID-19**

Covid-19 or Coronavirus virus is infectious disease brought about by a newfound Coronavirus. A great many people contaminated with the COVID-19 infection will encounter mild to moderate respiratory disease and recoup without requiring extraordinary treatment. More established individuals and those with hidden clinical issues like diabetes, CVS disease, cancer, chronic respiratory disease, are more likely to develop severe sickness. [According to WHO]

**TRANSMISSION**

It is transmitting through sneeze and cough, contact with infected person, contact with contaminated objects and things.

**COMMON SYMPTOMS**

- General body ache
- Patient suffer from fever
- Develop dry cough after 2-7 days
- Patients have mild difficulties in breathing.
- Issues related to GIT.
- Sometimes diarrhea.

**SEVERE SYMPTOMS**

- Patients have high grade fever
- Kidney failure
- Pneumonia
- Death

**HOME QUARANTINE**

Home quarantine means isolating yourself from other persons at home. If you suspect to be infected with the corona virus or have a cold, then isolate yourself in a room. The virus will not spread.

**HOW TO LIVE IN QUARANTINE HOME?**

For home quarantine, firstly you choose a ventilated room that also has a toilet. If you aren't able to live alone in that room and there is someone else with you, then keep at least 1 meter distance in both. You both keep distance from the elders of the house, pregnant women and children.

If you suspect of corona infection, please don't attend functions in public place, marriage, party, etc. for fourteen days or until you are healthy. Wash hands with soap and use a hand sanitizer with at least 80 percent alcohol. Do not touch water, utensils, towels and other items of public use in the house. Stay with surgical mask; change the mask every 6-8 hours. Lastly, dispose of mask correctly.



Figure no.-2 Instruction for self Home quarantine.

### **CAN THE CORONA VIRUS BE PREVENTED BY KEEPING ITSELF ISOLATED AT ITS OWN HOME?**

Corona virus infection is increasing rapidly in the country. Looking at the cases of corona till now, experts say that home quarantine has proved very helpful in preventing the spread of corona virus. If anyone suspects a corona infection, you can do quarantine at home for 14 days. The ICMR doctor also says that home quarantine can prevent the corona virus from spreading.

### **WHO CAN DO HOME QUARANTINE?**

People who have come in contact with a patient infected with the corona virus or who are suspected of having symptoms of cold- dry cough-fever can isolate themselves at home. It is taking 14 weeks for the symptoms of corona virus to come out, in such a situation, if you are negligent, hundreds of people can become ill due to contact with you. The WHO has declared Covid 19 an epidemic. To prevent the spread of corona virus infection, it is very important to recognize its symptoms. The corona virus can be controlled only by identifying the clinical manifestations.

### **THINGS TO DO WHEN PERSON QUARANTINE AT HOME**

- You can meditate.
- You can exercise at home.
- Can clean the house.
- Watch TV
- Cooking
- Can play simple game
- Can chat online with your friends
- Can play online games with your friends
- Monitor your symptoms etc.
- Activities for childlike coloring, cycling, play simple game, art and craft, dancing etc.

### **REFERENCES**

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