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Start treasuring your health from home-post lockdown precautions

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Commentary:

COVID-19 protocols and guidelines are intended to direct the public towards health awareness, disease control. These protocols aid the health care workers¹ (HCW) and medical professionals to effectively halt the disease spread in the society. Moving on to the health security and home care for patients under the suspicion of COVID-19, presenting with signs and symptoms, more precautions have to be taken for proper sanitation to prevent infection with the COVID-19 virus². Other recommended measures include self-hygiene, including immune boosters through diet, proper garbage disposal, house sanitation, etc. A person suffering from mild symptoms where hospitalization may not be recommended due to overstressing on the health care sector. If the patients have systemic disorders, or immunocompromised conditions, where the risk rate of infection and COVID-19 related complications are higher, further protective measures, early diagnosis, and treatment planning are of utmost importance.

References

1. Coronavirus disease (COVID-19) advice for the public Geneva [website]. Geneva: World Health Organization; 2020. (<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/advice-for-public>, accessed 22 April 2020.)
2. World Health Organization. Home care for patients with Middle East respiratory syndrome coronavirus (MERS-CoV) infection presenting with mild symptoms and management of contacts: interim guidance (accessed 26 January 2020)

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