

Self-segregation under COVID 19

(Reverse Quarantine)



If you are elderly, or with pre-existing illnesses, you are vulnerable to COVID-19. If infected, you risk severe disease, complications and possibly death.

Others too will suffer. Self-segregation is a way to protect yourself from infection. You separate yourself from the family to prevent contact. How can you do this when many people live in a small house? This poster suggests ways to do so.

What? Self-segregation (Reverse Quarantine) as a practice for those of us who are old, ill or weak.

Method

Using Symbol Barriers

What are Symbol Barriers – Marking a self-segregation area with visible symbols and practices.



Who?

- If you are elderly (over 65 years old)
- If you are diabetic, have heart disease, cancer, TB, HIV, transplant, are undernourished, etc.



When?

- As soon as someone has COVID-19 in your neighbourhood.
- Continue till 14 days after there are no patients.
- But be very careful in the coming months.

Where? Inside the home



How?

- Use a visible signal for separation, like hanging sari, chalk line, rope.
- As far as possible:
- Don't cross line
 - Don't touch people across line
 - Talk from a distance of over 3 feet

Self-segregation under COVID 19

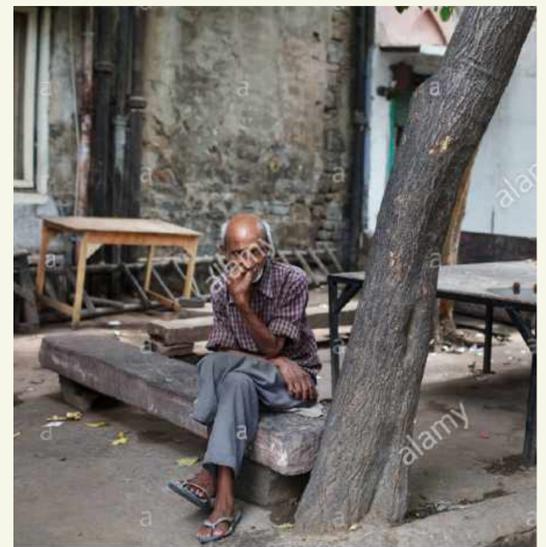


Suggestions for you if you self-segregate

- Wear a mask as much as possible.
 - Wash hands as often as possible.
 - If shortage of water, keep a bowl with soapy water and wash often in that.
 - Definitely wash before eating and after coming home from outside.
 - Maintain physical distance from others as much as possible.
 - Demarcate a portion of the room, using visual reminder.
 - Keep windows open for ventilation.
 - If helping with housework, you could mop the floor and wash clothes.
 - If helping with cooking, wash hands with soap before handling.
 - If possible, use a mobile phone to talk to others to cope with loneliness and anxiety.
 - This is a stressful period. Those of you who are vulnerable need special care and attention. Ask for it.
- Minimize contact with others, especially children.
 - Avoid family gatherings as far as possible. If unavoidable, keep a distance of more than 3 feet and don't touch.



Ensure common surfaces/ areas – especially toilets, eating places – are cleaned regularly with soap water/ disinfectant.



If symptoms of cough, fever, fatigue appear, contact government helpline/ health facility immediately !!

