



Basic Do's and Don'ts if you or your family contract the Coronavirus

1. DO NOT PANIC and stay strong.
2. Do a self-check to verify the following symptoms- Fever $>38^{\circ}\text{C}$, cough and pressure in chest along with shortness of breath / breathing difficulties, maybe muscle pain) as well.
3. Make a phone call to your huisarts/ family doctor. In case the family doctor is not available, contact hospital emergency services and you should be advised accordingly.
4. Follow the family doctor's / hospital/ emergency services guidance on the next steps as suggested.
5. Work out a recovery procedure in consultation with your medical support (Recovery can take anywhere from 2 weeks for mild cases to even 6 weeks for severe cases).
6. Self-quarantine both the patient and the family separately (to avoid maximal isolation)/ use separate dishes/ disinfect surface areas/ etc.
7. Please protect Infants and elderly from patients as their immune system is relatively weaker.
8. Please keep handy some important numbers (e.g. Family doctor, hospital, etc.)
9. Please inform your workplace contact/manager and loved ones.
10. In this time of need, request everyone to openly come forward and support each other to share the pain.
11. This may come critical especially in families with children (where a child needs a home if one or both the parents contract the virus).
12. For caretakers - Control your stress levels, anxiety, sleep (follow your own medication not ignoring yourself) in order to take care of the patients.
13. Avoid smoking and alcohol as this may aggravate the virus and try to follow a healthy diet (with lot of water/warm water consumption).
14. During this quarantine and healing recovery process, the Indian community has created a support group mail id. Reach out and maybe this group can assist.
15. Disinfect in a very disciplined manner (for both the patients and the caretakers).