

Home Isolation is the separation of treatment at home. It's another way to treat COVID-19 patients. with mild symptoms This may not require hospital inpatient care. or stay in the hospital for a short time and then go to recuperate at home or at a government facility Most of the patients with mild symptoms will gradually improve until complete recovery. Let's take a look at the criteria for consideration and how to behave in isolation at home.

**Guidelines for people with COVID-19 during separation should strictly adhere to the following.**

1. Do not allow other people to visit and refrain from leaving the house during isolation.
2. Stay in your private room all the time If there is no place to make a barrier away from others. and open the ventilation window.
3. If it is necessary to approach other people, they must wear a mask and stay at least 1 meter apart.
4. If coughing and sneezing while not wearing a mask, use the inner arm to cover the mouth and nose.
5. Rub your hands with alcohol gel. or wash your hands with soap and water regularly Especially before touching shared risk points such as doorknobs, handrails, etc.
6. In the case of mothers who are breastfeeding Always wear a mask and wash your hands before touching or breastfeeding.
7. Use a separate bathroom from others. If you need to use a shared bathroom to be used as the last Close the toilet lid before pressing the water.
8. Cleaning the bathroom and surfaces with 1 part bleach to 9 parts water.
9. Separate personal items not shared with others, such as plates, cutlery, glasses, towels, telephones, computers.
10. Not eating with others should let someone else provide food and place the food in a convenient spot and take the food home. Do not accept food directly from the food delivery person.
11. Wash clothes, bed linens, towels, etc. with water and soap or normal detergent and fabric softener.
12. Dispose of used masks and waste contaminated with secretions to plastic bags. and close the bag tightly before Dispose of rubbish in tightly closed lids. and clean hands with alcohol or water and soap immediately.

