

Protocols for Corona Care for next 1 month at least

- 1 [Home hospitalisation](#) **ALERT** [Everything you want to know pre, during and post corona care](#) [Home hospitalisation oxygen infrastructure preparedness](#)
- 2 Drink at least 4 ltrs of water everyday
- 3 [Take steam inhalation at least twice a day \(5 min. each\)](#) **(first inhale by nose and exhale from mouth . Repeat by inhaling from mouth and exhaling from nose)**
- 4 Avoid going out as far as possible. If imperative, go when rush is least
- 5 Use double mask now while going out or when someone comes to meet you from outside. **Use Surgical Mask if you are meeting a Covid Patient**
- 6 Keep grocery/ vegetable for at least for one day in a basket after taking delivery, before using the same
- 7 Sanitise you door and visitor well if some one visits you for meeting or delivery
- 8 Wash your hands before eating for 20 times or after opening / closing the door
- 9 Do 25 times, morning and evening, exercise with respiratorometer, if you are not doing any other respiratory exercise
- 10 Tie 5 camphor tablets, 1 clove pieces and 1 tea spoonful of carom seed in a piece of cloth and inhale it every hour. **(However no experimental validation that it counters Corona)**
- 11 Keep 6 no. 1 ltr oxygen (if 100L cylinder not available) cans with mask for emergency use **(use only under guidance/ in consultation with doctor)**. **Keep a Oxy concentrator in society**
- 12 Start **monitoring** temperature and oxygen level if there are any symptoms like fever, dry cough, diarrhoea etc.
- 13 Follow the recommendations of Psychologist given below
 - a. [Isolate yourself from news about the virus. \(Everything we need to know, we already know\).](#)
 - b. [Don't look out for death toll. It's not a cricket match to know the latest score. Avoid that.](#)
 - c. [Don't look for additional information on the Internet, it would weaken your mental state.](#)
 - d. [Avoid sending fatalistic messages. Some people don't have the same mental strength as you \(Instead of helping, you could activate pathologies such as depression\)](#)
 - e. [If possible, listen to music at home at a pleasant volume. Look for board games to entertain children, tell stories and future plans.](#)
 - f. [Maintain discipline in the home by washing your hands, putting up a sign or alarm for everyone in the house.](#)
 - g. [Your positive mood will help protect your immune system, while negative thoughts have been shown to depress your immune system and make it weak against viruses.](#)
 - h. **Most importantly, firmly believe that this shall also pass and we will be safe.... !**
- 14 [Avoid giving ring for normal phone chats between 9 p.m. and 8 a.m.](#)
- 15 [Kovid Medical Kit \(Use only after consulting a doctor\)](#)
- 16 Keep some doctors no. ready in your mobile for contact in emergency
- 17 [Pranayam to fight Covid threat \(See the video can try if you are convinced\)](#). [Looks somewhat convincing with no side effects](#)
- 18 [How to keep Oxygen saturation level high in emergency \(do it only after consulting a doctor\)](#)
- 19 [People with O- blood have lower risk of catching Coroana and the impact is also less.](#)
- 20 [What "not to do" before taking any Corona vaccine](#)
- 21 [RT-PCR Explained simple way by Khan Sir](#)
- 22 Emergency Home Nursing support at Lucknow
[Astha Hospital, Mahanagar Mob. 8303210000/ 7275222222, Tel 05224955050](#)
[Era Hospital, Lucknow \(contact Ms Zehra on +91 7007 586 015\)](#)
- 23 [Clarifications on various concerns on taking Vaccines](#)
- 24 [Dr. Devi Prasad Shetty on how to prepare for the :](#)

25 Emergency Tiffin Service (Sahara States, Lucknow Shikhaji 7007723717)

26 [Covid 19 Overview](#)

27 [Untested Recommendations \(no harm in looking at them as preventive care, as they don't cost much and no side effects\)](#)

28 [Constructing Oxygen Plants](#)

29 [Reports on How Corona Virus Spreads through Air](#)

30 First hand experience of a person with [Gelay Khadha](#)