

If you have been diagnosed with COVID-19 or you suspect that you have contracted it and you are waiting for test results, you'll have to self-isolate at home to avoid spreading the virus to others. Here's advice on looking after your health while you are recovering.

## Guidelines for self-isolation

- Self-isolate for **14 days** from the date of a positive test
- Use a **separate room** that nobody else enters
- Use your **own cutlery, crockery, toiletries and linen**
- Do your **washing separately** and use hot water
- **Wear a mask** and keep a distance of 1 to 2 metres when interacting with housemates
- **Disinfect** all surfaces regularly
- **Contact your doctor** if your symptoms change

## Recovery tips

### Boost your immune system

- Take daily doses of vitamins C and D as well as a zinc supplement
- Eat healthy whole foods
- Avoid processed foods
- Drink enough water
- Avoid alcohol & sugary drinks
- Sleep 8 hours per night
- Monitor your symptoms

### Reduce your viral load

- Gargle with a saline solution twice daily
- Use a saline nasal spray several times daily
- Add a few drops of oral antiseptic solution to your saline solutions
- Dissolve a teaspoon of menthol rub in boiling water & inhale the steam

### Clear your airways

- Box breathing: inhale for 3 seconds, hold your breath, exhale for 3 seconds, hold your breath
- When you exhale, make sure to empty your lungs completely; also, inhale deeply to activate the airways
- Blow up a balloon while sitting down
- Blow bubbles in water through a straw
- Sleep on your stomach with a pillow supporting your torso

**Monitor your progress:** Use a pulse oximeter to monitor your blood oxygen level daily. A score of 95 – 100% is a normal range. If your reading drops below 93% you should seek urgent medical attention.



**Simple recipe for a saline nasal rinse:** 250 ml cooled boiled water, ½ teaspoon bicarbonate of soda and ½ teaspoon salt. Pour in a soft, squeezable bottle with a funnel cap and use as a nasal rinse 2 – 3 times a day.

Source: Dr Sandhya Ramanathan, general practitioner, Auckland, New Zealand | <https://www.youtube.com/watch?v=2ZoBb-ngk5k>