

# Precautions to be taken until arrival of ambulance for COVID-19+ve Cases

- ✔ Monitor your body temperature every 4 hours.
- ✔ If you have a Pulse Oximeter, monitor the Oxygen concentration levels every 4 hours. If your Oxygen level is less than 95%, call the emergency COVID ambulance. You need emergency attention.
- ✔ Do salt water gargling every 3 hours.
- ✔ Eat healthy food and ensure you are well hydrated.
- ✔ Isolate and stay away from your family members.
- ✔ Try and organise a few N95 masks and wear them.
- ✔ If you feel like freshening up, please do so, ensuring that the safety of the others around you is not compromised.
- ✔ In case of breathing discomfort or health issues, call your local emergency COVID helpline.
- ✔ Stay calm and rest till your bed has been confirmed or in cases of confirmation, until your ambulance arrives.

