COVID-19: Home Isolation Guidelines

As per the latest communication from the local health authorities, you would need to be in quarantine for 7 days from the last date of contact or positive test.

You can isolate yourself at home or if that is not possible, let us know and we will assist you to do the isolation at the Auroville COVID-19 Isolation facility at Sharanam, Bharat Nivas.

Below are the guidelines that will help you during your home isolation:

1. Stay Indoors in well ventilated spaces and do not come outside the house at all in case of living apartments.
2. If living in an individual (isolated) house, can come out and walk around the house or on the terrace, but not venture into areas that are frequented by others/neighbours.
3. No touch/ physical contact with anyone from outside- Including delivery people, any working Amma, or anyone at all.
4. Take plenty of fluids, drink warm water and a healthy diet.
5. When family/ friends/ volunteers come for delivery of the essential, they will drop the items at the entrance, and you will pick it from there without making any contact. See this link to be shared with family/ friends who will be assisting for the protocols.
6. The house - toilet, bed linen, clothes, frequently touched surfaces shall be sanitised regularly.
7. Do not dispose of your waste or clothes for cleaning in the isolation period.
8. In case you are availing a tiffin lunch scheme from any of the Auroville units and want to continue doing so while in quarantine, please give your tiffin to your friend/ family who would deliver the food regularly and ask them to clean it right after receiving it from you. And on delivery ask them to transfer the food without touching, into another container and the tiffin is to be cleaned daily by the friend/ family only after that until the quarantine finishes.
9. Monitor your health Conditions regularly. A sheet has been attached and medical equipment will be given for use for self-monitoring. A coordinator will call to check your vitals ( ). This sheet is essential to share with the medical team.