



## Department of Health and Family Welfare Services Government of Karnataka

Dear citizen,

As you are awaiting the results of COVID – 19 test, Please follow these instructions to safeguard yourself, family members & others from COVID-19

- Your swab sample has been collected for COVID 19 test. You shall follow 'Home isolation'/home care, till your test results are communicated
- Stay in a separate room and maintain physical distancing from other members of your family
- Wear a face mask at all times
- Your test result will be informed to you by telephone/in person

Don't panic, if you test positive for COVID-19. You will soon recover, if you follow the below mentioned instructions

- Continue self-isolation at home for 17 days & follow the necessary precautions
- Stay in a separate room and maintain physical distancing from your family members and wear a mask at all times
- Call toll free helpline Apathmitra 14410 to know about instructions to be followed during home isolation / home care and to Consult doctor for medical triage
- Dial 108 ambulance / 1912, in case you want to visit the nearest health centre/hospital (government or private) for triage
- Toll free helplines shall provide you necessary information regarding different facilities available. Based on medical triage, you may be allowed for home isolation/home care or admission to Covid Care Centre (Govt/private) or Covid hospital(Govt/private)
- Please ensure that, you follow the medical advice received for further management

**Follow the above instructions**

**Your cooperation is necessary-Let us join hands for a COVID free Karnataka**