



SCHOOL OF ALLIED HEALTH SCIENCES

(An ISO 21001:2018 Certified Institution by QCI, NABCB approved TUV-SUD)

VINAYAKA MISSION'S RESEARCH FOUNDATION

(Deemed to be University under section 3 of the UGC Act 1956), Salem



An Initiative by Institutional Social Responsibility cell

List of essentials for Hospitalization and Home Isolation essentials to have before Hospitalization

- Aadhar card
- Medicines for your already existing conditions (BP, Diabetes, etc.) A 30-day supply of your prescriptions.
- Insurance details (If you have)

Details such as :

1. Patient name
2. Age
3. Area / Location
4. Symptoms
5. Since how many days
6. SpO2 level
7. Is patient on an oxygen cylinder?
8. Searching for a hospital bed since?
9. Prefer Govt./Pvt./Any hospital?
10. Existing health issues
11. Attender name
12. Attender mobile no.

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13. Relation with the patient

14. SRF ID

15. BU number

- Hot water flask
- Sanitizer
- Gloves
- Masks
- Face shield
- Hair brush
- Tooth brush and tooth paste
- Necessary electronics
- Comfortable clothes
- Slippers
- Personal hygiene kit
- Suggested religious books
- Covid positive report and the reports of other existing ailments
- Sanitary napkins for women
- Some foods such as fruits and healthy snacks
- Tissues/Wet wipes

Essentials to have when in Home Isolation

- Oximeter
- Steam vaporizer
- Thermometer
- Hand Soap & Sanitizer
- Masks
- Gloves
- Medicines prescribed by the doctor(A 30-day supply of your prescriptions)
- Separate room for the patient
- Separate soaps, towels, bed linen, utensils, etc. for the patient
- Cleaning solutions to disinfect surfaces in the room, bathroom and toilet daily
- Separate dustbin for waste disposal