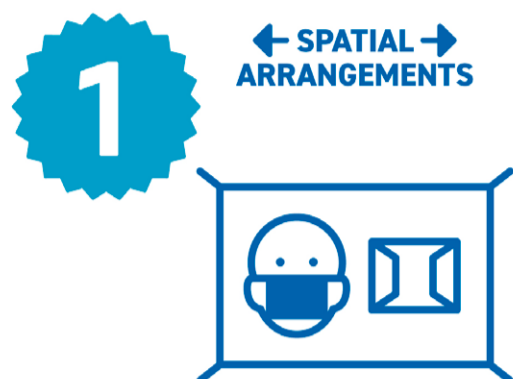


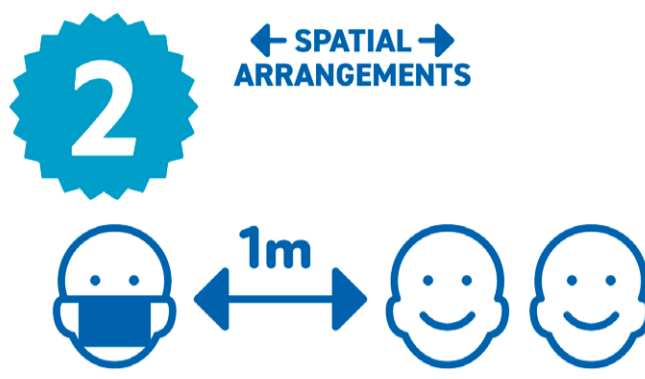
Home Care Guidelines (COVID-19)

NOTE

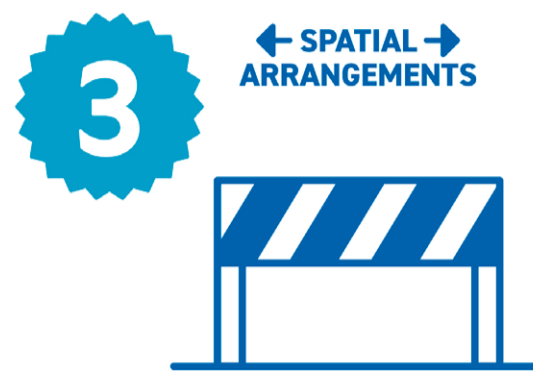
These guidelines target suspected patients with mild symptoms or in home care quarantine. Suspected patients with chronic illnesses or fever should seek medical help immediately.



If possible, place the patient in a well-ventilated (windows kept open) **single room**. No visitors are allowed. The patient should wear **a surgical mask** as far as possible.



Other household members should stay in a different room. If **a separate room** is not available, do not share the same bed with the patient and keep a distance of at least **1 metre**.



Limit the use of shared spaces (e.g. kitchen, bathroom) by the patient and ensure these spaces are **well ventilated**.



Designate **a household member without chronic illness to be the main caregiver**. When staying in the same room with the patient, wear **a surgical mask** to cover the nose and mouth completely. Avoid touching the mask during or after use. If the mask becomes wet or stained with secretions, **replace it immediately**. **Dispose of the mask properly** after use.



Wash hands frequently with water and soap for at least 20 seconds and dry hands with disposable paper towels, especially after coming into contact with the patient or his/her surroundings, before and after preparing meals, before meals, and after using the toilet.



Avoid direct contact with body fluids, including oral or respiratory secretions and stool. Use disposable gloves and a mask when providing oral or respiratory care and handling stool, urine, and other excreta. Wash hands before and after removing gloves and the mask, and dispose of the waste in a rubbish bin with cover.



Avoid dining together or sharing tableware, toothpaste, toothbrushes, towels, or bed linen with the patient.



Use **1:99 diluted bleach solution** to clean the household environment, bathrooms, toilets and the frequently touched surfaces daily.



Use **regular laundry soap (liquid)** to wash the patient's tableware, clothes, towels and bed linen. If conditions permit, machine wash at 60-90°C and dry thoroughly.



As all household members are considered **at-risk individuals**, they should monitor their own body temperature and health status daily.



If a household member develops fever or acute respiratory infection symptoms, including cough, sore throat, and difficulty in breathing, **seek medical help immediately and inform medical staff of the details of their close contact**. **Wear a surgical mask and avoid public transportation en route to medical facilities**.

References

- WHO Home care for patients with suspected novel coronavirus (COVID-19) infection presenting with mild symptoms and management of contacts, <https://apps.who.int/iris/rest/bitstreams/1269964/retrieve>
- China CDC, Guideline for self-quarantine at home, http://www.chinacdc.cn/jkzt/crb/zl/szkb_11803/jszl_2275/202002/t20200204_212210.html

Disclaimer: This leaflet has integrated recommendations in the references. Individuals may check out the original references for further details. (Update: 18 March 2020)

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