

# COVID-19 HOME ISOLATION GUIDE

(suspect or confirmed cases)

## SYMPTOMS TO LOOK OUT FOR:

- Congestion or runny nose
- Loss of taste/smell
- Muscle aches
- Sore throat
- New continuous cough
- Nausea or vomiting
- Headaches
- Diarrhea
- Shortness of breath
- Muscle tremors
- Tiredness
- Fever



## DO'S AND DON'TS IF YOU ARE DIAGNOSED WITH COVID-19 OR HAVE THE ABOVE SYMPTOMS BUT CAN'T GET TESTED:

### DO:



- Stay at home for 14 days
- Stay calm
- Ensure you have someone who can get you supplies and other necessities
- Keep connected to people you care about by phone and video calls.

### × DON'T:



- Go to work
- Use public transport
- Go to public places
- Go shopping
- Visit anyone
- Attend religious gatherings
- Have visitors in your home
- Leave home unless you need medical care



## HOW TO ISOLATE IF YOU HAVE COVID-19

- Stay in a well-ventilated bedroom. If possible, your family should not sleep or stay in the same room as you.
- Use a separate bathroom. If this is not possible, clean and disinfect surfaces after every use.
- Avoid sharing items and spaces with other people and clean surfaces often.
- Stay at least 1.5 meters (3 steps) away from other people in the house.
- Wear a face mask to help prevent spreading the disease to others.
- Cough or sneeze into the fold of your elbow or use a tissue to cover your nose and mouth when you cough or sneeze and dispose of the tissue in a dedicated bin.
- Clean your hands often with soap and water for at least 20 seconds or use alcohol-based sanitizer containing at least 60% alcohol.

## ISOLATION VERSUS QUARANTINE

### Isolation means:

- You have tested positive for COVID-19 or you have the likely symptoms.
- You need to avoid contact with other people for
  - 14 days after your test if you have no symptoms
  - 14 days after your symptoms started if you have mild disease
  - 14 days from the last day you needed oxygen if you were treated in hospital with severe disease
- You do not need to re-test to confirm you are negative to de-isolate

### Quarantine means:

- You have been in close contact with someone with the virus and you don't have symptoms and haven't tested positive
- You need to avoid contact with other people for 14 days after your exposure to the person with COVID-19
- If you do not develop symptoms, you can de-isolate after 14 days
- If you develop symptoms, you are also considered to have COVID-19 and then you need to isolate for 14 days from the start of your symptoms



## WHAT IS CLOSE CONTACT?

- Face to face encounter with a confirmed case.
- Within less than one meter
- For more than 15 minutes
- Where both were not wearing masks.



## WHO IS AT GREATEST RISK FOR SEVERE DISEASE?

- Diabetes
- Asthma
- Cancer
- Unfit
- HIV
- TB
- Overweight
- Medical conditions not well controlled
- Chronic heart, lung or kidney disease
- Multiple medical conditions
- Over 60 years
- Hypertension



## WHAT TO DO IF YOU IDENTIFY AS HIGH RISK

- Ensure you have sufficient quantity of your medication and take them correctly and on time
- Monitor your blood pressure and sugar. It's a good idea to get a home device to measure your sugar if diabetic.
- Consider getting a pulse oximeter to measure your oxygen saturation level in your blood. Oxygen Saturation should always be higher than 92%



## YOUR IMMUNE SYSTEM BEST WEAPON AGAINST CORONAVIRUS

- Eat healthy meals, keep hydrated, sleep well, and stay active at home.
- Stop smoking!
- Take the following :**
  - vitamin D 50 000 once-off, zinc 200mg daily for 5 days.
  - vitamin C 500mg three times per day for 5 days, vitamin B complex 1 tablet daily.
- TAKE** the above supplements after consultations with your doctor.

## COLD REMEDIES: TO RELIEVE SYMPTOMS



- Take painkillers for fever and pain.
- Drink warm lemon water with honey or use lozenges to relieve sore throat.
- Gargle salt water twice daily.
- Steam inhalation to ease sneezing and nasal congestion- Use eucalyptus oil or leaves in your steam bath if possible (for adults only).
- Infuse your glass of warm water with green tea, ground, mashed or grated turmeric and ginger. These herbs have anti-inflammatory properties and are not harmful.
- Do not take steroids or hydroxychloroquine, or any medicine you may have heard about in the media.
- Many of these treatments have not been proven to work for seriously ill patients who are being treated in hospital.



## FEELING A LITTLE SHORT OF BREATH?

1. 30 minutes – 2 hours: lay on your belly.
  2. 30 minutes – 2 hours: lay on your right side.
  3. 30 minutes – 2 hours: sitting up.
  4. 30 minutes – 2 hours: laying on your left side.
- Simply changing position, can help relax your body and airways.

## DEEP BREATHING & FORCED EXPIRATION

- Take a deep breath-in through the nose.
- At the end of it, hold your breath for five seconds then breathe out through the mouth.
- Do this five times - five breaths in total.
- Next, take a sixth deep breath-in and then cough strongly, covering your mouth when you do so.
- The six breaths plus cough at the end represent one cycle.
- Repeat this cycle twice.

## BELLY BREATHING

- Lie on your back. Bend your knees.
- Breathe deeply through your nose, allowing your chest and belly to expand.
- Breathe out through your mouth at least twice as long as your inhale.
- Perform for 1 minute.
- Then, rest for 30 seconds.

## PURSED-LIP BREATHING

- Breathe in through your nose and breathe out at least twice as long through your mouth, with pursed lips.
- REMEMBER** only to do these breathing exercises when you are alone in the room

## BREATHING EXERCISES TO CLEAR YOUR LUNGS AND IMPROVE OXYGEN FLOW

The idea is to get the lower part of your lungs to expand so that any mucus collected there can be dislodged and coughed out.

## WHEN SHOULD YOU SEEK MEDICAL HELP?



- If your symptoms are worsening or have not improved after 7 days.
- If you become confused or have difficulty concentrating.
- If you develop a new fever or your fever returns.
- If you develop chest pains.
- If you have diabetes and your sugar level is very high (>18) or very low (<3.5).
- If your breathing becomes difficult and the number of breaths you take in one minute (respiratory rate) is more than 25.
- If your oxygen level on the pulse oximeter is lower than 92%.



**DO NOT GO TO YOUR GP'S ROOMS** - Call the doctor or arrange a virtual medical consultation- Or call an ambulance and go to the hospital.  
In case of any queries or worsening symptoms, patients or caregivers are advised to **CALL 719 IMMEDIATELY** or send a short message (SMS) TO \*719#  
**CALL MINET HELPLINES:** ☎ 0719 044 988 ☎ 0730 674 988 ☎ 020 4974 988

## REFERENCES

Certain Medical Conditions and Risk for Severe COVID-19 Illness. (n.d.). Retrieved from <https://www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-with-medical-conditions.html>  
Coping with COVID- A guideline for managing mild Covid-19 disease. Dr. Aysha Kola-Adam et al. (3rd July 2020)