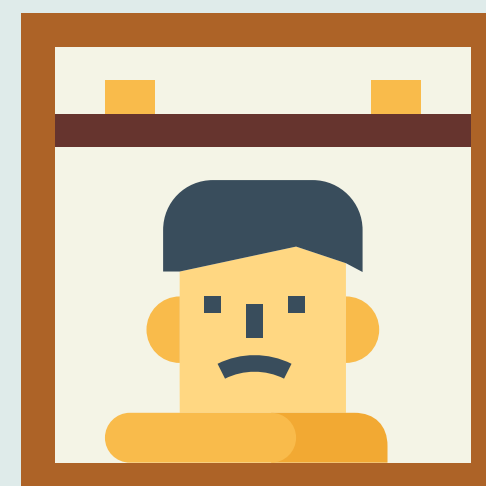




# CARE FOR PATIENTS WITH SUSPECTED OR CONFIRMED MILD COVID-19 AT HOME



At home isolation measures



Basic infection and prevention  
and control measures



Identification of warning signs



Advice for caregivers



Disclaimer: This content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.



# AT HOME ISOLATION MEASURES

## Always wear a face mask



The sick person should wear a mask around other people to reduce spread of droplets.

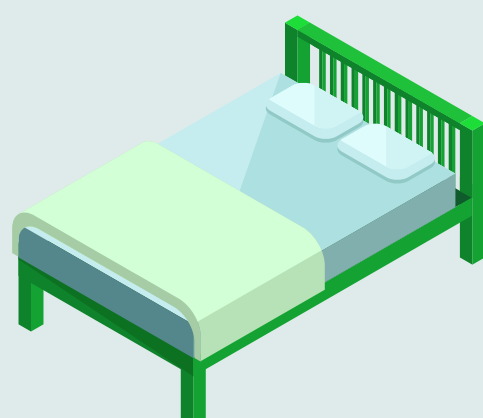
Caregivers should wear a mask around the sick person.

Throw the used mask into a closed bin and perform hand hygiene.

## Prepare a room for the use of patient only

Stay in a specific room and away from other people in your home.

Ensure room is well ventilated.



## Use a separate bathroom, if available

If this is not possible, the patient may use a common bathroom, but it should be cleaned after each use with at least water and soap.



## Do not eat with other people and do not share food

Patient should not share their utensils.

Patients are advised to clean their own utensils and keep aside.



## Disinfect frequently touched surfaces with a household cleaner

Disinfect high touched areas (e.g : doorknobs, light switches, bed, table, remote control, bathroom) and any other item the patient had come in contact with at least once daily



## Stay separate

Avoid sharing personal items (e.g dishes, cups/glasses, towels, bedding, electronics).

Avoid face to face interaction with family members. If unavoidable, patient and family member must wear a mask when face to face and maintain a physical distance of >1m.

Eat in separate rooms or areas.



**Always be at home and contactable at all times**

## Handling dirty laundry

Patient's laundry should be washed separately and hands should be washed thoroughly after handling dirty laundry.

If possible, advise to wash laundry at warmest setting or with warm water.



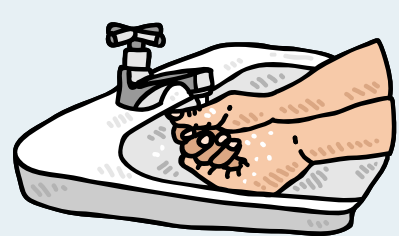
## Trash

For contaminated items, put in a trash bag and wash your hands afterward



# BASIC INFECTION PREVENTION CONTROL MEASURES

## PRACTICE GOOD HAND HYGIENE



Wash your hands with soap and water regularly



OR use hand sanitiser (if hands are not visibly soiled)

## WHEN TO WASH YOUR HANDS?

- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste
- After handling garbage

## RESPIRATORY HYGIENE

Cover your mouth and nose with a tissue when you cough or sneeze



OR

Cough or sneeze into your elbow



Throw the used tissue into a closed waste bin and perform hand hygiene





# IDENTIFICATION OF WARNING SIGNS

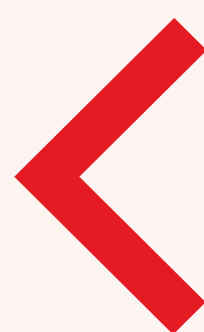


Shortness of breath

Cyanosis (purple-blue lips or fingers), even when the patient is on oxygen



Oxygen saturation of less than 96 percent



96%

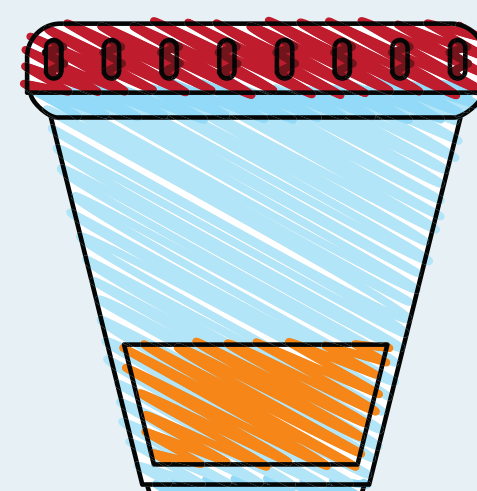
Chest tightness



Altered state of consciousness (irritability in infants, lethargy in adults)



Frequent vomiting and diarrhea



Reduced urine output



Unable to tolerate orally



Coughing up blood





# ADVICE FOR CAREGIVERS

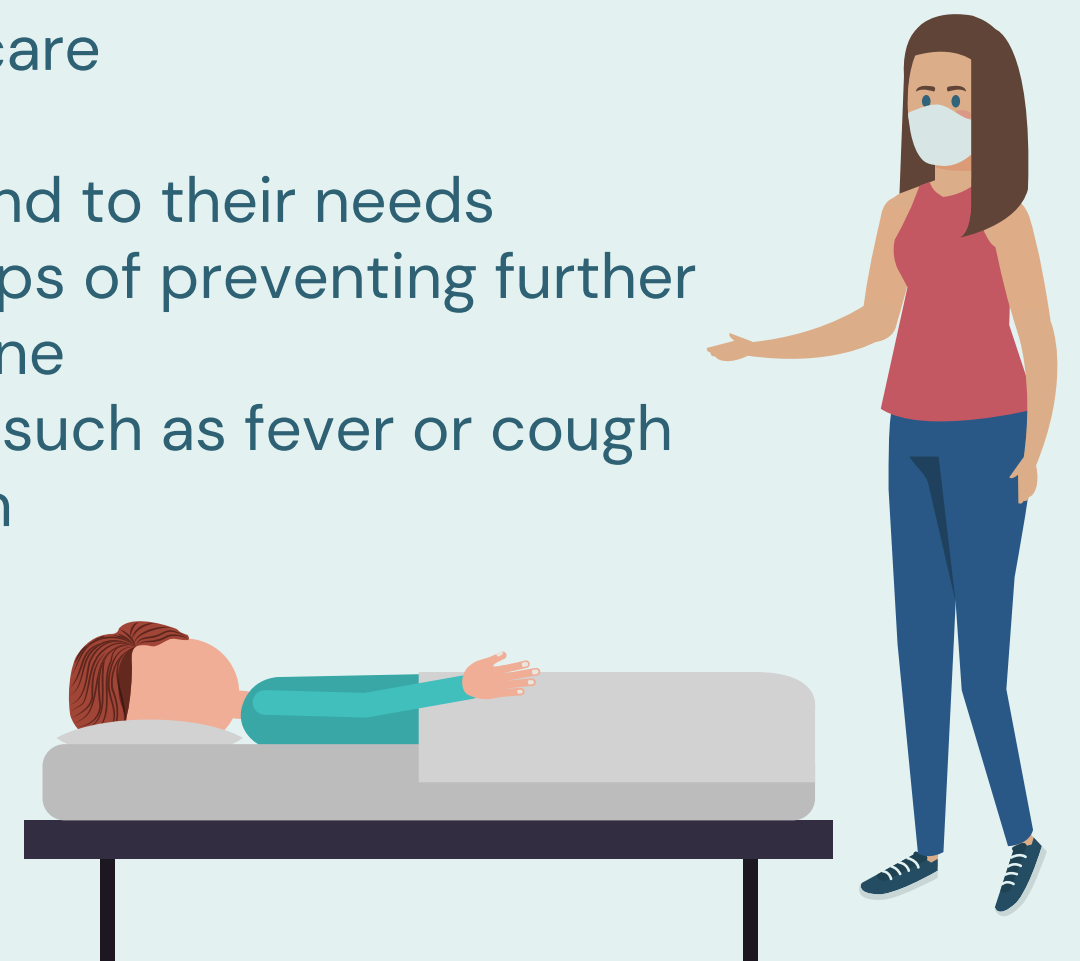
*Caregiver is a family member or paid helper who regularly looks after a child or a sick, elderly, or disabled person.*

It is recommended that people with the following conditions not care for COVID-19 patients:

- Adults over 60 years of age
- Patients with chronic kidney disease
- People with chronic obstructive pulmonary disease (COPD)
- Immunocompromised persons (including those who have had transplants of a solid organ)
- People who are obese (body mass index greater than 30 kg/m<sup>2</sup>)
- Patients with serious heart conditions: heart failure, coronary heart disease, or cardiomyopathies
- People with sickle cell disease
- Patients with type 2 diabetes mellitus
- Pregnant women
- People with other diseases considered at high risk by health personnel

Caregiver's role in home management of COVID-19 patients:

- The caregiver should use a mask when in the same room as the patient, or when at a distance of less than 2 meters from the patient
- Help the patient follow their doctor's instruction and care
- Make sure they rest and drink a lot of fluids
- Maintain at least 1 meter distance with patient to attend to their needs
- Explain to other family or household members the steps of preventing further transmission at home – wear mask and do hand hygiene
- Support the patient in treatment and other measures such as fever or cough medications, managing waste and do laundry for them





# HOW TO USE THE OXIMETER OR PULSE OXIMETER

General rules:

- 1 Make sure the patient is calm and sitting or lying on their back.
- 2 Choose the right sensor: pediatric or adult.
- 3 Confirm that the sensor and equipment are functioning properly.
- 4 Make sure that the patient's hands are cleaned (no creams, nail polish, paints, and so on).
- 5 Place the sensor on a middle finger of the dominant hand.
- 6 The red light should always be placed on the nail bed and the part that does not emit light on the nail pulp.
- 7 Avoid any pressure on the measurement site.
- 8 Perform the saturation and pulse reading and document in the diary provided
- 9 Clean the device after each use with a clean cloth or alcohol wipe (paper or cotton cloth and hand sanitizer).
- 10 Do not share pulse oximeters with other family or friends who are negative for COVID-19.



## Who to call for help?



Call medical staff at emergency line 999 immediately if the patient's lips turn blue, shortness of breath increases, or the patient is drowsy or confused.

## How many times do I need to monitor my pulse and saturation?

- Record pulse reading and saturation 2 times daily
- Keep the patient's oxygen level  $\geq 95\%$



## HOME MONITORING PACKAGE – OXYGEN SATURATION MONITORING

PATIENT'S NAME:

RN:

IC. NUMBER:

PHONE NUMBER:

DATE OF POSITIVE:

DATE OF END OF QUARANTINE:

DATE	AM	PM	COMMENTS

**If oxygen saturation is less than 96% or worsening of any of your symptoms, please seek for help immediately at 999.**

### RED FLAGS

- Severe breathlessness or difficulty breathing at rest
- Pain or pressure in the chest
- Blue lips or face
- Coughing up blood
- Cold and clammy with mottled skin
- New confusion
- Becoming difficult to rouse
- Significantly reduced urine output

#### Reference:

1. Health Policy Plus. 2020. COVID-19 Home-Based Quality Care: A Practical Guide for Healthcare Workers. Washington, DC: Palladium, Health Policy Plus.
2. *Pemantauan Kendiri Kes Positif COVID-19 Di Rumah, Kementerian Kesihatan Malaysia*
3. CDC, 10 Things You Can Do To Manage Your COVID-19 Symptoms at Home