

## Department of Infection Prevention and Hospital Epidemiology (DIPHE)

### Home Care Instructions of Suspected or Confirmed COVID-19 Patients

#### What precautions do I need to take at home?

- Stay in a well-ventilated single room.
- Avoid shared spaces.
- Use surgical mask at all times. If the mask gets wet or dirty with secretions, it must be changed immediately.
- Cover your mouth with a tissue when coughing or sneezing and immediately throw the tissue in dustbin.
- Keep your hands clean by using soap and water or sanitizer.

#### What precautions do people taking care of me need to take?

- Only healthy people with no other health issues should take care of you.
- The caregiver should wear a surgical mask when in the same room with you.
- The mask should not be touched or handled during use.
- When the mask is being taken off, it should be untied from the back; the front of the mask should not be touched when being removed.
- The mask should be disposed of immediately after use.
- Hands must be washed properly with soap and water immediately after disposal of the mask.
- Hands must also be frequently cleaned with soap and water or sanitizer.

#### What precautions do the people I live with need to take?

- Avoid visitors while you have symptoms.
- Household members should stay in other rooms. If that is not possible, a minimum distance of one meter should be maintained.
- Hands must be cleaned before and after preparing food, before eating, after using the toilet, and whenever they appear dirty.

#### What special arrangements do I need to make at home?

- Use dedicated utensils and linen.
- Use separate bathrooms. If a separate bathroom is not available, the shared bathroom should be cleaned and disinfected properly after each time you use it.
- Dustbins must be covered with lids and lined with plastic bags and the bags must be tied up before being sent for garbage collection.
- Disposable gloves must be used when cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning, and hands must be washed with soap and water or cleaned with a hand sanitizer.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- Use a diluted solution (1-part household bleach to 99 parts water) to clean bathroom, toilet surfaces, tables, bedframes, and other bedroom furniture once a day.
- Disposable gloves must be worn while handling used linen and linen should be kept in a laundry bag. Soiled laundry and line should not be shaken.
- Direct contact of skin and clean clothes with contaminated material must be avoided.
- Wash clothes, bedclothes, bath and hand towels, etc. using regular laundry soap and water or machine wash at 60–90 °C with common household detergent, and dry thoroughly.

#### What should I do if a person I have met develops symptoms?

Ask them to contact their local doctor to be checked and screened.

#### How will the results of the COVID-19 tests be communicated?

If your COVID-19 test results are positive, you will be called by the Pakistan Government representative and told about the next steps you need to take. In case of negative results, you will be asked to collect your reports directly.

#### When should I seek medical care?

Monitor your symptoms. If your symptoms are worsening or you are having difficulty breathing, you must get care. Go to a hospital which is on the list of government identified hospitals for COVID-19 patient, or come to the Community Health Center (CHC) at AKUH and let them know that you have, or are being evaluated for, COVID-19. Put on a facemask before leaving your home and keep it on during commute and while at the hospital.

#### When can I discontinue home isolation?

You should remain under home isolation precautions until the risk of transmission to others is thought to be low. The decision to discontinue home isolation precautions is made in consultation with your healthcare providers and varies patient to patient. For some patients, two negative tests results 24 hours apart are needed to ensure that the risk of transmission is not there anymore while some patients might need to be evaluated further etc.

Sources: World Health Organization (WHO) and Centres for Disease Control and Prevention, USA (CDC).

