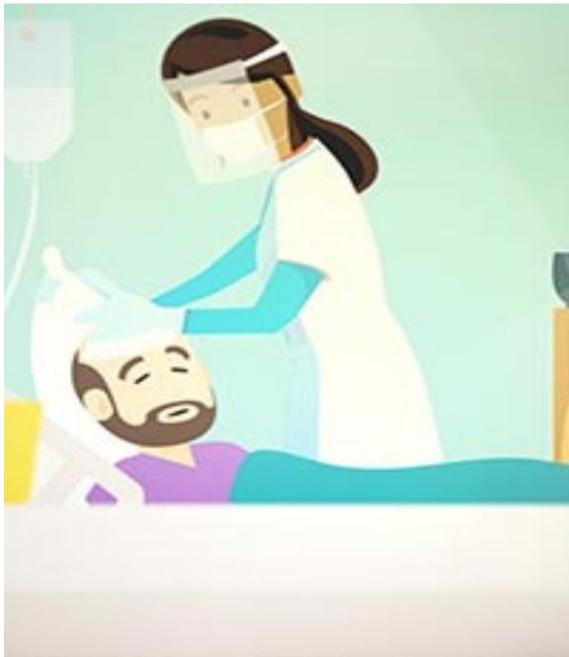


Warning: Home care can only be provided by a capable adult, preferably supported by the family doctor

Instructions for

Home Care of COVID Patients



Who will benefit from this:

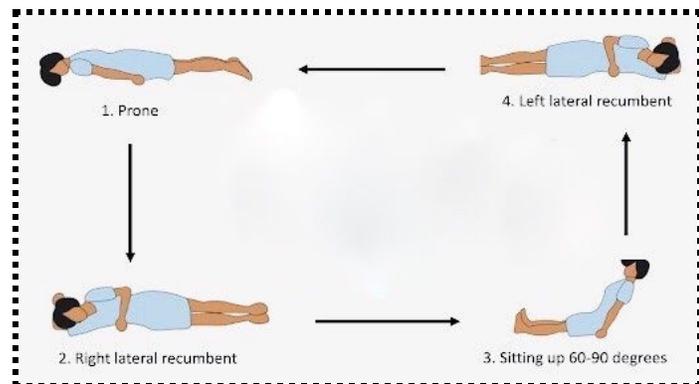
- COVID 19 positive with mild symptoms
- People suspecting COVID 19

Symptoms:

- Fever, sore throat, cough, loss of smell/taste and breathlessness.

Home Management Strategy

1. **Self isolation:** Self isolate yourself in a room or restricted space. If isolation is difficult, then wear a face mask all the time. Minimise physical interaction.
2. **Hygiene:** Regular hand washing or use of hand sanitisers. Avoid using the common toilet/bathroom or use them last & clean the surfaces after use. Use separate towels for suspected patients. Wipe door handles and common use surfaces. Keep patients' laundry separate.
3. **Medications:** Paracetamol with or without Ibuprofen, cough syrups, lots of oral fluids. Vit D, Vit C and Zinc and other local immune boosters can be started. Consult your doctor regarding antibiotics. Keep taking the prescribed medications from your regular physician.
4. **Monitoring:** **Every 6 hours, monitor temperature, oxygen saturation and urine output.** Monitor your **physical ability**, like ability to climb stairs. For example, if you could easily manage climbing 20 stairs and now struggle to do 10, then seek medical advice.



5. **Management:** Check your baseline oxygen saturation using pulseoximeter. If your oxygen saturation is less than 95%,

then lie down for 2 hours each in positions as given in the diagram. If you're passing urine less than twice a day, then consult your doctor.

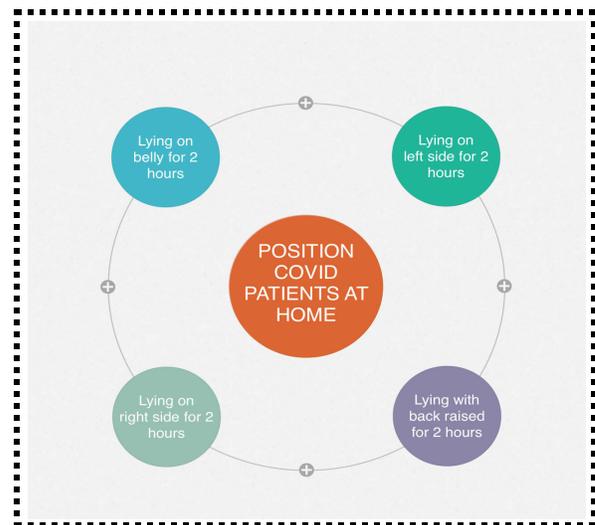
6. **Complications: If you start feeling breathless or your oxygen saturation drops below 92% then urgently move to a hospital. In the meantime start taking oxygen at home or in the ambulance** via a face mask at 4 litres/min, until saturation gets above 95%.



Tips

- Once the breathlessness starts, the patient could deteriorate very quickly and should be rushed to the hospital.
- Try not to operate the oxygen cylinder yourself and get a trained technician for this. Safely store oxygen as it is a fire hazard.
- Please prepare a list of nearest COVID test centres and hospitals with ICUs.
- Source emergency ALS ambulance numbers.
- Prepare COVID kit to share among a small community. Kit comprises a pulse oximeter, infrared thermometer and sanitisers.
- **Stop smoking** and start breathing exercises, it will open up your lungs and make them stronger. Click <https://youtu.be/bBkGDleQwXo> (Alternatively try blowing balloons several times a day).

- Gargling and steam inhalation help in clearing your chest but have no role in preventing COVID infection.
- **Vulnerable patients** are those with solid organ transplant, cancer undergoing chemotherapy, lung cancer undergoing radiotherapy, bone marrow or stem cell transplant and still on immunosuppression, severe asthma/cystic fibrosis/COPD, and pregnancy with significant heart disease.



Disclaimer: This document is based on our patient observations. If at any stage your condition worsens, please seek urgent medical help. We do not take any responsibility for deterioration or inadequate treatment.

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