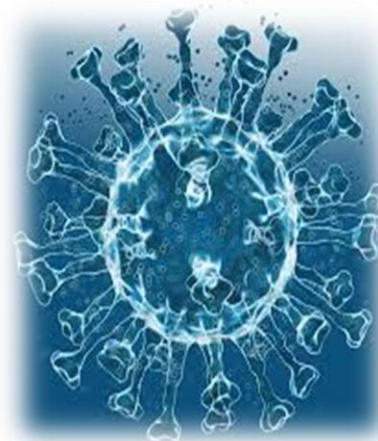


HOME CARE GUIDANCE COVID-19

The following guidance was issued by The World Health Organization on provision of safe home care for patients who present with mild symptoms of covid-19.

HOME CARE ENVIROMENT

- Patient should ideally be placed in a well-ventilated single room (i.e. with open windows and doors)
- Limit movement of patient in the house using minimum shared space. Ensure all shared spaces (e.g. kitchen, bathrooms) are well ventilated (keep windows open)
- Household members should stay in a different room or if that is not possible maintain a distance of at least 1metre from the ill person (e.g. sleep in separate bed)
- Visitors should not be allowed until the patient has fully recovered



HOME CARE PERSONAL AND DOMESTIC TASKS

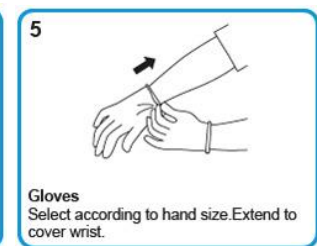
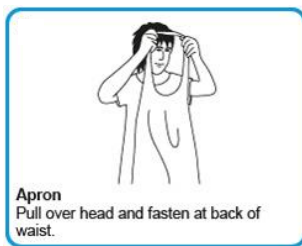
- Perform hand hygiene after any kind of contact with patients or their immediate environment. Hand hygiene should also be performed before and after preparing food, before eating, after using toilet, and whenever hands look visibly dirty. If hands are not visibly dirty, an alcohol-based sanitizer can be used. For visibly dirty hands use soap and water.
- When washing hands with soap and water, it is preferable to use disposable paper towels to dry hands. If these are not available, use clean cloth towels and replace them frequently
- To contain respiratory secretions, a medical mask should be provided for patient and worn as much as possible and changed daily. Individuals who cannot tolerate a medical mask should use rigorous respiratory hygiene; that is, the mouth and nose should be covered with a disposable paper tissue when coughing or sneezing. Materials used to cover the mouth and nose should be discarded appropriately after use.
- Caregivers should wear a medical mask that covers their nose and mouth when in the same room as the patient. Masks should not be touched or handled during use. If the mask gets wet or dirty from secretions, it must be replaced immediately with a clean dry mask. Remove the mask using the appropriate technique – that is, do not touch the front, but instead untie it, discard the mask immediately after use and perform hand hygiene
- Avoid direct contact with body fluids, particularly oral or respiratory secretions. Use disposable gloves, aprons and masks especially when providing oral or respiratory care. Perform hand hygiene before and after removing gloves, aprons and masks.
- The order in which PPE should be put on is **Apron-Mask-Gloves** and removed **Gloves-Apron-Mask**
- Use dedicated linen and eating utensils for the patient: these should be cleaned with soap and water after use.
- Daily clean and disinfect surfaces that are frequently touched in the room where patient is being cared for, such as bedside tables, bedframes and other bedroom furniture. Regular household soap or detergent should be used first for cleaning, then after rinsing, a regular household disinfectant should be applied
- Clean and disinfect bathroom and toilet surfaces at least once a day. Regular household soap or detergent should be used first for cleaning, then after rinsing, a regular household disinfectant applied.
- Clean the patient's clothes, bed linen, bath and hand towels using regular laundry soap and water or machine wash at 60-90C with common household detergent, and dry thoroughly. Do not shake soiled laundry and avoid contaminated materials coming into contact with skin and clothes.

HOME CARE PERSONAL AND DOMESTIC TASKS CONTINUED....

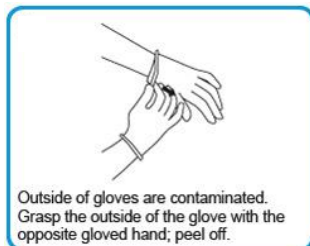
- Gloves and protective clothing (e.g. aprons) should be used when cleaning surfaces or handling clothing or linen soiled with body fluids and secretions. Always perform hand hygiene before putting on and after removing gloves
- Gloves masks and other waste generated during home care should be disposed of accordingly as infectious waste. This will vary from region to region so please follow your local health authority advice on disposal of clinical waste.

PUTTING ON AND REMOVAL OF PPE

Perform hand hygiene before putting on PPE. The order for putting on PPE is Apron or Gown, Surgical Mask, Eye Protection (where required) and Gloves



The order for removing PPE is Gloves, Apron or Gown, Eye Protection, Surgical Mask



Reference:

World Health Organization WHO/nCov/IPC/HomeCare/2020.3

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