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SELF-ISOLATING AT HOME WITH
COVID - 19

WHAT IS THE DIFFERENCE BETWEEN QUARANTINE AND ISOLATION?

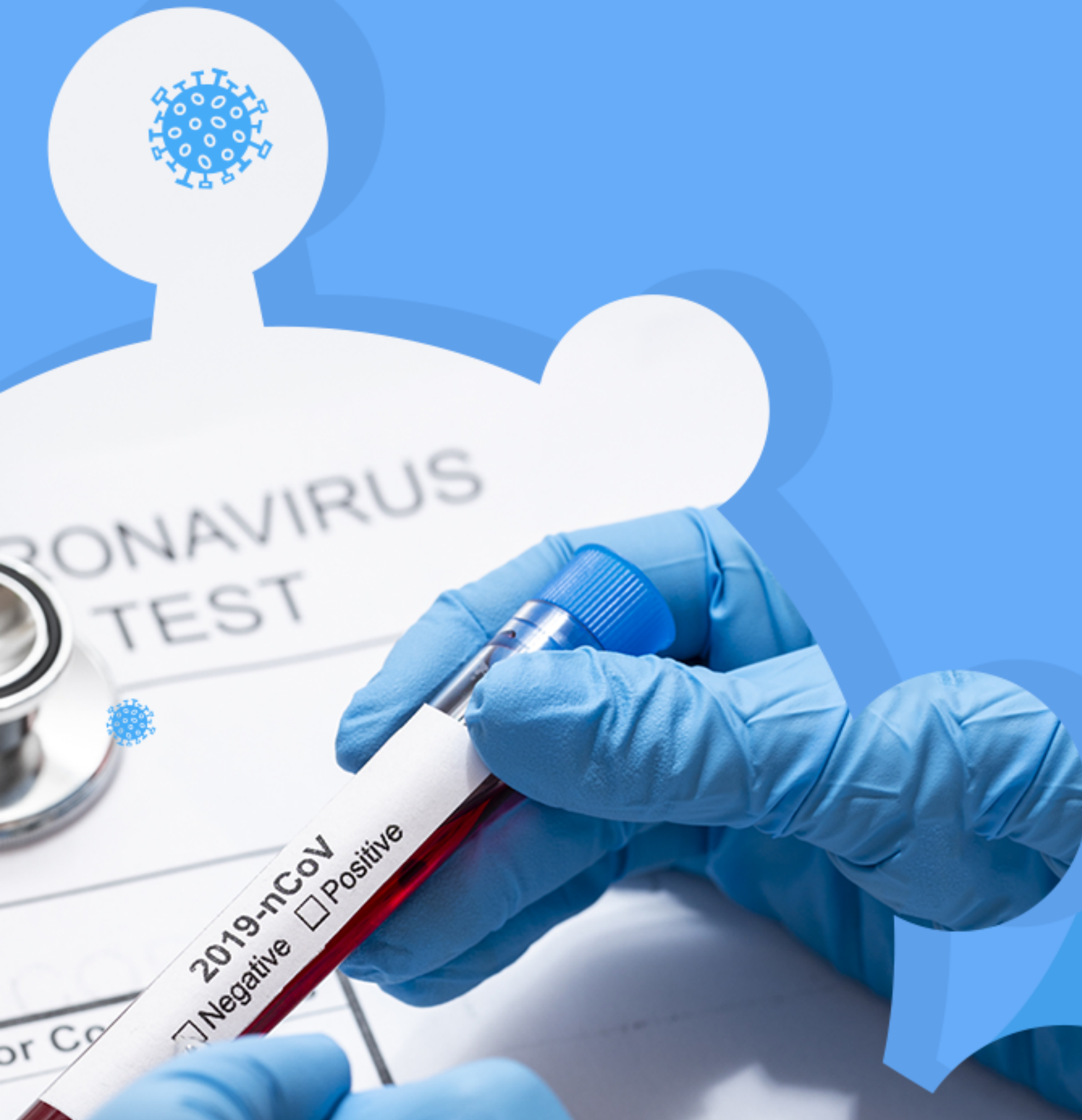
Quarantine is for people who may have been exposed to COVID-19 and may or may not get sick. People who are quarantined stay home for 14 days. During this time, they take their temperature daily and watch for symptoms of COVID-19. Most people who are going to get sick, get sick within 2-14 days of exposure. (www.cdc.gov)

Isolation is for people who have COVID-19. People who are sick stay away from and limit contact with others while they recover. People who are in quarantine or isolation from others help stop the spread of COVID-19.



I just tested positive for COVID-19. What do I do?

Follow your healthcare provider's guidance. Most people can recover at home. It is important that you stay home and take care of yourself. Stay away, or isolate, from others as much as you can. Do not have visitors, unless they are caring for you.



When can I be around others after having **COVID-19**?

Talk to your health care provider especially if you have a high risk underlying health condition or if you are 65 years and older. You may need to stay away from other people longer.

Most people can follow these three conditions before being around others:

- It has been at least 10 days since you first felt sick, PLUS
 - It has been at least 3 days since you last had a fever without taking fever-reducing medicine,
 - All your other COVID-19 symptoms have gotten better.
- When around others, remember to keep 6 feet away and wear a face covering.

WHAT SYMPTOMS REQUIRE MEDICAL ATTENTION RIGHT AWAY?

Call an ambulance or go to the nearest emergency care provider if you have:

- Trouble breathing
- Persistent pain or pressure in the chest
- Inability to wake or stay awake
- Bluish lips or face

Let the emergency correspondent or the provider know you have COVID-19. This will help them know how to care for you and keep other people from getting infected. Monitor your temperature twice daily, stay hydrated and eat nutritious foods. Monitor your breathing and perform breathing exercises for good lung function.



How can I protect my family or **caregivers** while recovering at home?

Try to stay away from others as much as possible. Try to stay in one room and, if you can, don't use the same bathroom as them.

When around others, wear a face covering and have them wear one too.

Everyone should wash their hands often. Avoid sharing anything like dishes, towels, or bedding. Make sure the area in which you are isolating is disinfected everyday.



CAREGIVER TIPS

- Wash hands often and avoid touching your eyes, nose, and mouth.
- Shared spaces in the home should have good airflow. If you can, open a window or use a fan. This will help remove COVID-19 respiratory droplets from the air.
- Wear a disposable facemask and gloves when you touch or have contact with the patient, especially when you have contact with their blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
- Wash clothes or bedding that have blood, stool, or body fluids on them. Keep soiled items away from your body. Wash laundry thoroughly.
- When removing gloves and masks, first remove and dispose off gloves. Then, wash your hands right away. Next, remove and dispose off facemask, and wash your hands again.
- Throw out disposable face masks and gloves after using them. Do not reuse.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined trash can.
- Wash your hands at once after handling these items.
- Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.
- Household members should care for any pets in the home. Do not handle pets or other animals while sick.

WHAT EXPERTS SAY YOU CAN DO TO TREAT YOURSELF AT HOME IF YOU HAVE A MILD CASE OF COVID-19

- According to Healthline there are a number of supplies you can buy now to prepare to take care of yourself at home if you have mild symptoms from COVID-19.
- Among your grocery items should be fresh fruits and vegetables as well as canned goods with long shelf lives.
- Among the medical supplies should be a thermometer, cough medicines, tissues, zinc, and vitamin C.
- Pain medication such as paracetamol, ibufen should be used for body aches and fever as per your healthcare providers instructions