5. ALGORITHM OF HOME-BASED CARE FOR COVID-19 SELF ISOLATION PATIENT
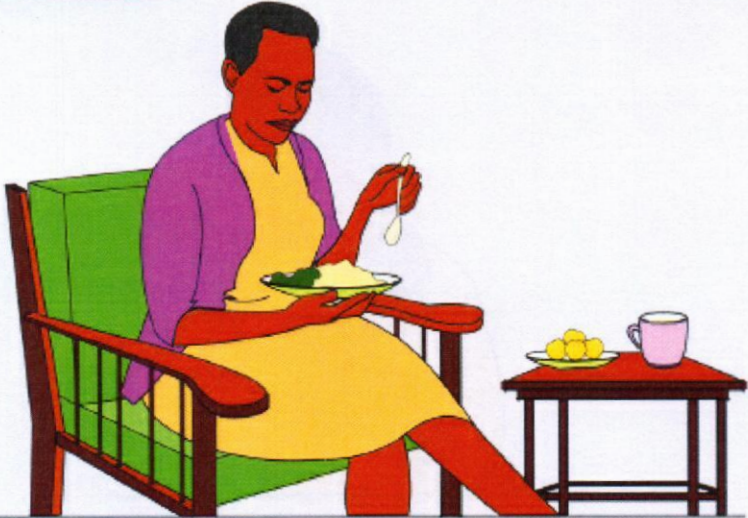
For ill people

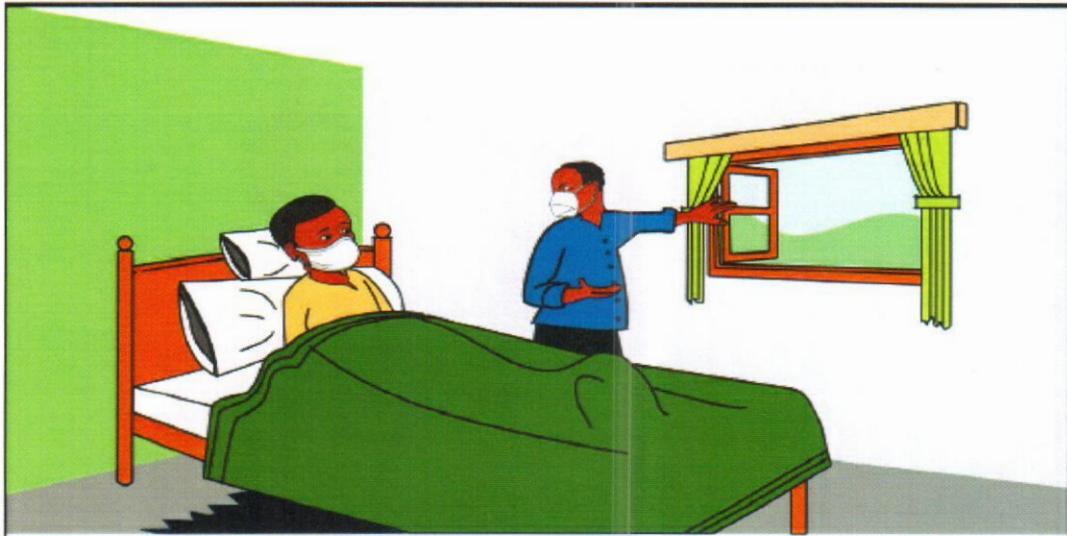If you are ill with
Fever and cough

Clean hands frequently with soap and water or
with alcohol - based hand rub.

People

Stay at home: do not attend work, school or

public places. Rest, drink plenty of fluids

and eat nutritious food.

Stay in a separate room from other family members, but if not possible wear a mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well ventilated and if possible use a dedicated bathroom.

When coughing or sneezing cover mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing visit your health care facility immediately.
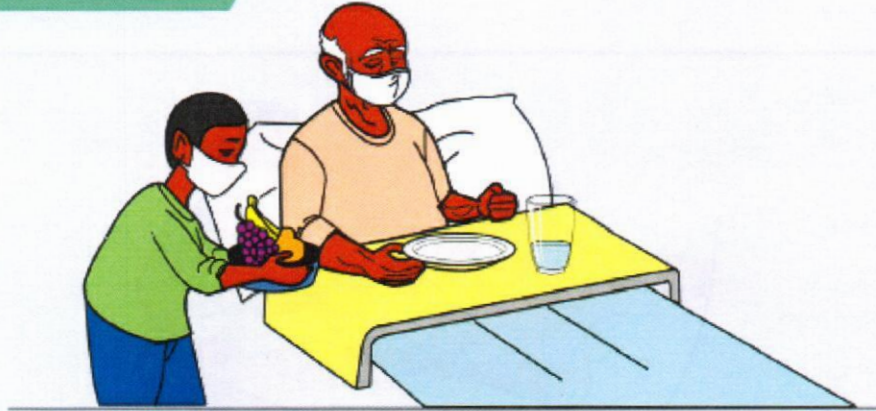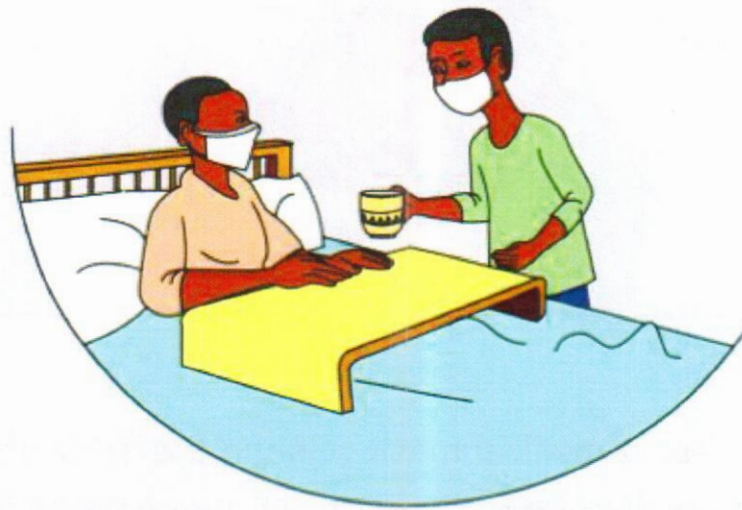
Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.

Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.

Avoid unnecessary exposure to the ill person
and avoid sharing items, such as eating utensils,
dishes, drinks and towels

Use dedicated dishes, cups, eating utensils, towels
and bedlinens for the ill person. Wash dishes, cups
eating utensils, towels, or bedlinens used by the ill
person with soap and water
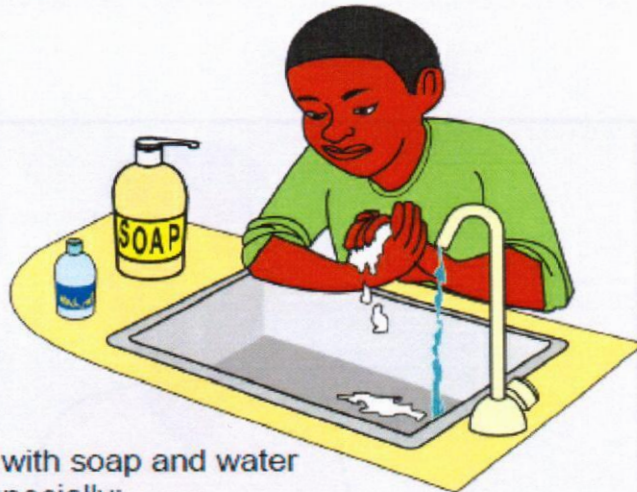
Frequently clean hands with soap and water
or alcohol-based rub, especially:

* After any type of contact with the ill person or their surroundings
* Before, during and after preparing food
* Before eating
* After using the toilet
* After coughing and sneezing
* When hands are visibly dirty

Identify frequently touched surfaces by the ill

persons and clean and disinfect them daily
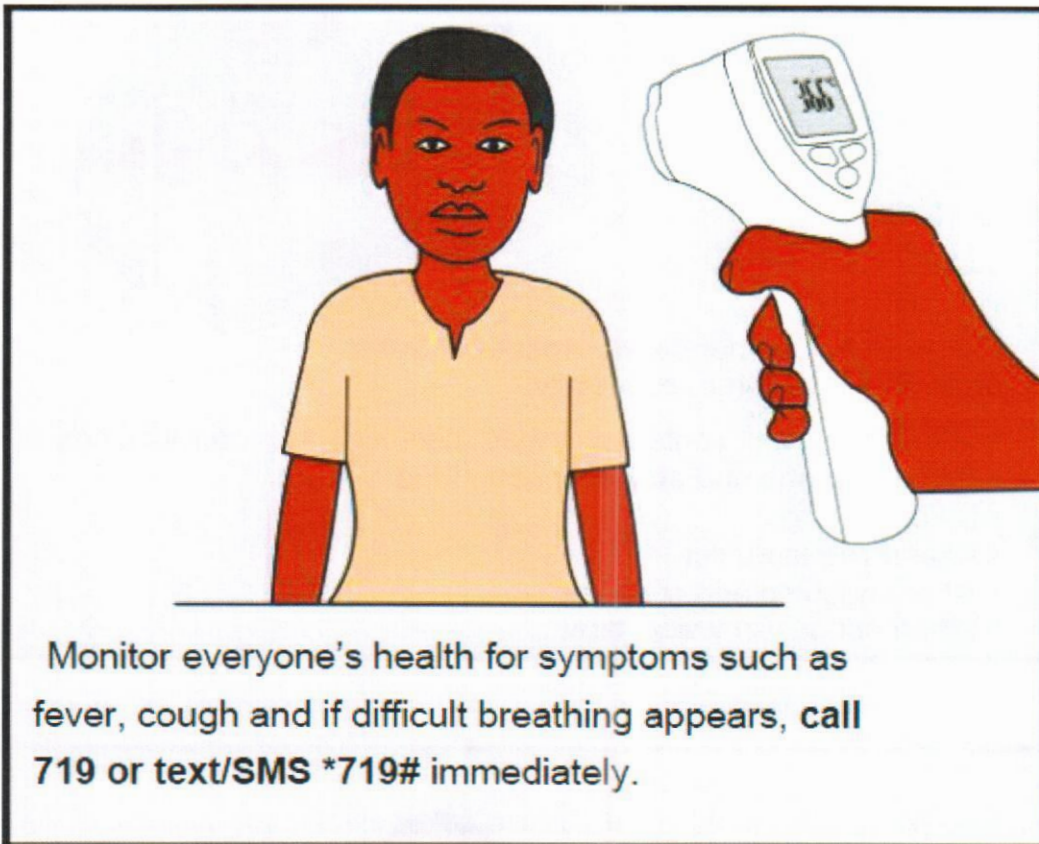
Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appears, **call 719 or text/SMS *719#** immediately.
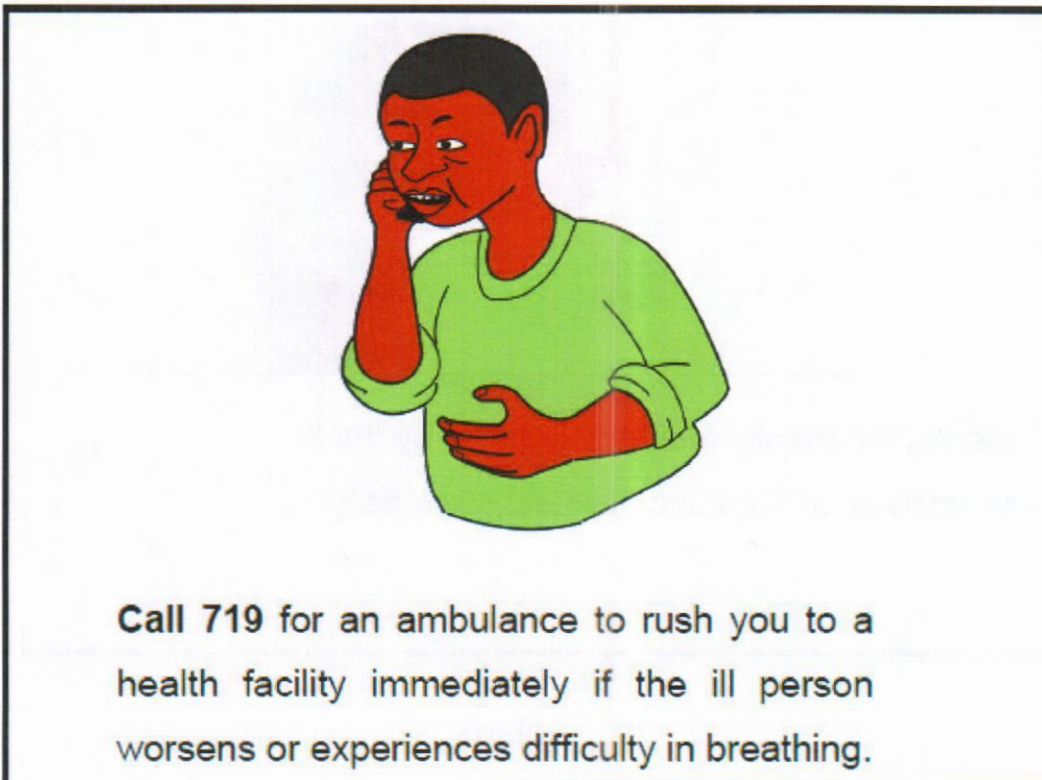
Call 719 for an ambulance to rush you to a health facility immediately if the ill person worsens or experiences difficulty in breathing.