

Coronavirus Disease (COVID-19) Preventive Guidance for Home Care

About the virus:

Corona Viruses (CoV) are a large family of RNA viruses that cause diseases ranging from the common cold to more severe diseases such as Middle East Respiratory Syndrome (MERS-CoV) or severe acute respiratory syndrome (SARS-CoV) or the new disease Coronavirus Disease 2019 (COVID-19) . The majority of COVID-19 cases were registered initially in the Republic of China and spread to a number of countries around the world.

How COVID-19 spreads:

COVID-19 is a zoonotic disease but the animal host has not been confirmed yet. However, human-to-human contact is the transmission of COVID-19 between people. When an infected person with (COVID-19) coughs, sneezes, or exhales, he/she releases droplets carrying the virus, which may end up on a nearby individual (within two meters) or surfaces and/or objects, such as desks, tables or phones. The disease, then, is transmitted to other uninfected individuals by them touching these contaminated surfaces or objects and then touching their eyes, mouth, or face.

Knowing that most people with COVID-19 suffer from mild symptoms and recover from it, some may encounter more serious experience and may need hospital care.

Risk of infection:

The risk of infection increases among some groups, such as:

- 1- The elderly.
- 2- People suffering from chronic medical conditions such as diabetes, heart or lung diseases.
- 3- People with weakened immunity and some groups prone to diseases.

Symptoms of infection:

The main symptoms of COVID-19 include: fever, cough, and shortness of breath, and sometimes, these symptoms can develop into pneumonia. The infection may cause severe complications for those suffering from weakened immune system, or chronic diseases, or the elderly.

Preventive measures to prevent infection with coronavirus (COVID-19):

- Avoid direct or close contact with people having respiratory infection.
- Avoid touching your eyes, nose, and mouth before washing hands.
- Make sure to cover your mouth and nose when sneezing.
- Wash your hands thoroughly with soap and water for at least 20 seconds, or use sanitizers.

Preventive measures for suspected cases of coronavirus disease (COVID-19) or for confirmed cases but do not require hospitalization:

- The specialists will assess the state of health of suspected or confirmed cases and determine the possibility of staying home.
- If the decision is made to stay home, the suspected/confirmed cases must adhere to the following until the healthcare team has confirmed that they can return to normal activities:
 - Staying home except for access to health care, this includes not going to work, public places or school.
 - Isolation by not having direct or close contact with other people living in the same house.
 - Reducing direct or close contact with others as much as possible and wearing the recommended personal protective equipment (facemask and gloves) in the event of close interaction with other people.
 - Wearing the proper facemask when traveling to and from the hospital. Cover the nose and mouth with a tissue when coughing or sneezing, then throw it in a trash.
- Wash hands thoroughly with soap and water for at least 20 seconds, especially after using bathroom; before eating; and after coughing or sneezing, if soap and water are not available, use a hand sanitizer that contains 60% to 95% alcohol.
- Avoid sharing household personal items.
- Ensure routine cleaning of high touch surfaces and tools with household cleaning products.
- Monitor symptoms constantly and communicate with health authorities.

Preventive measures for family members in the event of a suspected case of coronavirus (COVID-19) or for a confirmed case but not needing to stay in hospital:

- Help the patient follow health instructions and take prescribed medications.
- Monitor the situation and contact the health authorities to provide assistance.
- Avoid direct or close contact with the patient as much as possible.
- Stay in another room and prevent unnecessary visits.
- Ensure that the place is properly ventilated with good air flow inside the house.
- Wash hands thoroughly with soap and water frequently for at least 20 seconds, and if soap and water are not available, use alcohol-based hand sanitizer that contains 60% to 95% alcohol.
- Avoid touching your eyes, nose, and mouth before washing hands.
- Wear a facemask if in direct or close contact with the patient
- Avoid sharing household items with the patient.



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