



COVID-19 HOMECARE GUIDEBOOK

How to Manage Covid-19 at Home



MINIMIZE YOUR WORRIES AND MAXIMIZE
YOUR KNOWLEDGE ON HOME QUARANTINE

Table of Contents

1. COVID-19

a. COVID-19 PATIENT CATEGORIES.....	01
b. COVID-19 VARIANTS CLASSIFICATION.....	02
c. THE DELTA VARIANT.....	03
d. WARNING SIGNS TO LOOK OUT FOR.....	04
e. MANAGEMENT OF SYMPTOMS.....	05
f. HAPPY HYPOXIA.....	06
g. HOW TO USE PULSE OXIMETER.....	07

2. WHAT TO DO AFTER CLOSE CONTACT WITH COVID-19 POSITIVE PATIENT?

a. STEPS TO TAKE AFTER CLOSE CONTACT WITH COVID-19 POSITIVE PATIENT.....	08
b. MYSEJAHTERA DAILY ASSESSMENT.....	09
c. HOME ISOLATION REQUIREMENTS.....	10
d. IDEAL HOUSING CONDITIONS.....	11
e. HOW TO SELF QUARANTINE AT HOME ? :DOs.....	12
f. HOW TO SELF QUARANTINE AT HOME ? :DON'Ts.....	13

3. CAREGIVERS

a. CAREGIVER'S ROLE IN COVID-19 HOMECARE.....	14
b. WHO CAN BE A CAREGIVER ?.....	15
c. PREPARING PATIENT'S ROOM FOR ISOLATION.....	16
d. INFECTION PREVENTION AND CONTROL MEASURES.....	17

4. LONG COVID.....

5. DOC2US COVID-19 HOME CARE PLAN.....

6. EMERGENCY CONTACT LIST.....



COVID-19 PATIENT CATEGORIES

CAT 1

No symptom

CAT 2

Mild symptoms (fever, nasal congestion, sore throat, cough, lethargy, loss of smell or taste, vomiting, and diarrhoea)

CAT 3

Lungs infection (pneumonia)

CAT 4

Lungs infection (pneumonia), need oxygen support

CAT 5

Lungs infection (pneumonia), multiorgan failure, need ventilator support



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COVID-19 VARIANTS CLASSIFICATION

VARIANT OF INTEREST (VOI)

- Differ from the original strain
- May cause sudden increase in positive cases in a cluster
- Example: Eta, Kappa

VARIANT OF CONCERN (VOC)

- Current COVID-19 test less effective
- Reduce the effectiveness of current treatments and vaccines
- More transmissible
- Cause more serious cases
- Example: Alpha, Beta, Delta, Gamma

VARIANT OF HIGH CONSEQUENCE

- Not detectable by the current test method
- Most of the current treatment and vaccine not effective
- Cause more serious symptoms and high hospital admission rate
- Currently no variant under this category



The Delta Variant

- 2 to 4 times more transmissible
- Shorter time to spread (3 to 5 days)
- Transmitted from one individual to another more easily

New symptoms to take note:



Runny nose/
Nasal congestion



Prolonged
headache



Sore throat



Muscle pain



Diarrhea



Vomiting

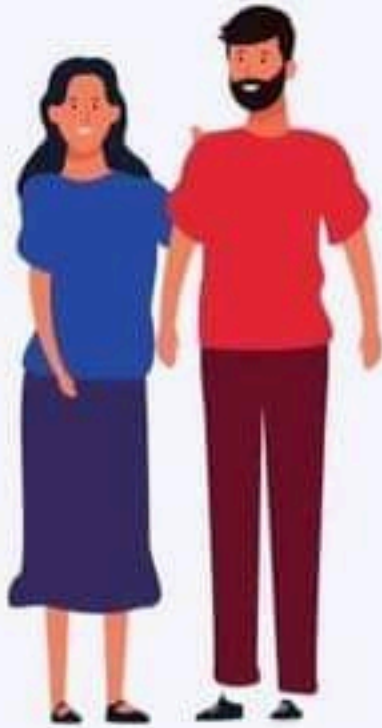


Fatigue



Warning Signs to look out for

Adults



Difficulty breathing
or chest pain



Prolonged fever
(≥ 2 days)



Persistent or
worsening vomiting
or diarrhoea



Reduced urine output
in last 24 hours



Worsening
of lethargy



Unable to tolerate
food/drinks orally



Persistent or
worsening of fever,
cough, vomiting or
diarrhoea



Difficulty breathing
Chest/ Stomach
pain



Seizures



Cold hands
and feet



Fatigue
& inactivity



Poor feeding

Children



NOTE: This is not a complete list of possible symptoms. Please contact healthcare professional for any other symptoms that are severe or concerning to you.



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Management of Symptoms



Fever: Paracetamol

Cough: Cough syrup as per needed



Runny nose: Antihistamine or Nasal decongestant

Sore throat: Lozenges or gargle with salt water



Note: Refer to your healthcare provider for further information

- 1) 150 minutes of moderate-intensity physical activity per week or;
- 2) 75 minutes of vigorous-intensity physical activity per week or;
- 3) A combination of both



Some examples of physical activities include walking, standing up, follow online exercise and meditation.

(Depends on suitability)



General Health Tips



- 1) Choose the right food portion size
- 2) Limit salt, sugar, fat & alcohol intake
- 3) Increase fibre intake
- 4) Adequate water intake



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Hypoxia

is a state where the body oxygen level is low. The normal oxygen level is 95-100%. Anything <92% is considered hypoxia. An 80-85% of oxygen level is viewed as life-threatening condition, where they could be having breathing difficulty and internal organs damage.

VS

Happy Hypoxia

also known as **silent hypoxia**, is a condition where the person has a low blood oxygen level without showing any symptoms of hypoxia.

How is Hypoxia Measured?

- 1 Through symptoms
- 2 Use pulse oximeter
- 3 Use a smartwatch with built-in software that calculates heart rate and measures oxygen in the body

Symptoms of Hypoxia



Cough



Breathin Difficulty



Headache



Fast Heart Rate



Bluish skin colour



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How to use Pulse Oximeter


1

Remove any fingernail polish or paints. Warm your hands if you are cold.

Rest for at least 5 minutes before taking the measurement. Rest your hand at the heart level and hold it still.


2

3

Turn on the pulse oximeter and place on your index or middle finger.

Keep the pulse oximeter in place for at least a minute or until the reading becomes stable.


4

5

Record the reading in a diary. The measurements should be done three times daily. Do not share pulse oximeter with other family or friends who are negative for COVID-19

Factors that affect the accuracy of the pulse oximeter reading

- Poor blood circulation (eg. cold extremities)
- Skin pigmentation (Eg: darker skin tones has less accurate reading)
- Skin thickness
- Skin temperature
- Current tobacco use
- Use of fingernail polish, paints or creams
- Obesity
- Cardiovascular diseases, chronic obstructive pulmonary disease
- Other lung diseases such as asthma, emphysema or lung infections

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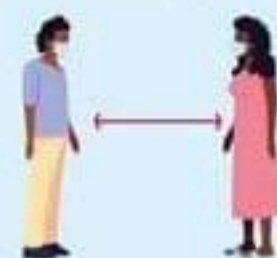
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Steps to take after close contact with COVID-19 Positive Patient

STEP
01

Home Isolation & Physical Distancing

Isolate yourself from others by staying at home. Maintain distance from family members, especially high risk groups (child, elderly, pregnant women, immunocompromised).



STEP
02

Self-Test Kit OR PCR + RTK Antigen Test

Get tested for COVID-19 using a self-test kit at home.

Get tested for COVID-19 by screening at private or government healthcare facilities.

STEP
03

Reporting Positive Cases to CAC

Report to COVID-19 Assessment Center (CAC) if you are tested positive for COVID-19. Receive Home Surveillance Order (HSO) & undergo home isolation for 10 days.



STEP
04

Self Reporting at MySejahtera

Report at MySejahtera if you are tested positive for COVID-19. You will receive the Home Assessment Tool notification daily throughout your quarantine period.



STEP
05

Self-Monitoring

Update MySejahtera status, monitor for symptoms using Home Assessment Tool.



STEP
06

After 10 Days

You may end your HSO and home isolation. However, if you detected any COVID-19 symptoms during this period of 10 days, do contact your doctor or CAC to consider extending your quarantine to 14 days.



Home Isolation Requirements

1 CAT 1 & CAT 2 mild



2 Follow home isolation guidelines



3 Reachable and contactable



4 Not having immunosuppressed individuals at home



5 Have a suitable caregiver at home



6 Own transportation to the hospital during emergency



Ideal Housing Conditions



OPEN WINDOWS

When not using air conditioner (especially morning and evenings)

OR

LEAVE WINDOW SLIGHTLY OPEN

When using air conditioner (provided there is no excessive infiltration of outside air)

NOTE: Do not open windows if your windows are facing your neighbour

FAN (AIR VENTILATION)

- 1 Use an Exhaust Fan
- 2 Electric Fan
- Improves thermal comfort



OTHERS

Room Temperature
(23°C - 26°C)

Relative Humidity
40% - 70%

Consider installing an air purifier that is capable of inactivating the virus

Avoid using balconies in apartment units that are close to neighboring units (apartments)



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How to self-quarantine at home?

DOS

Practice proper coughing & sneezing etiquette

Cover your mouth and nose with a tissue when coughing or sneezing.



Disinfect frequently touched areas

Door knobs, light switches and any other item the patient had come in contact with. For contaminated items, put in a trash bag and wash your hands afterward.



Laundry should be washed separately

If you are helping patient to do his laundry, wash your hands afterwards.

If possible, advise washing laundry at warmest setting or with warm water.



Patient's waste

All contaminated items (items used by patient) or rubbish should be separately disposed of in a plastic bag by the patient.

Whilst handling these items, the patient should wear a mask, face shield, and sanitize their hands after cleaning.



Wear a mask

The patient should wear a mask whenever he/she has to leave the room, to prevent spread of infection.



Prepare a room for patient

Stay away from other people in your home. If sharing bathroom, clean after each use with liquid bleach (1 part of bleach + 49 parts of water).



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How to self-quarantine at home?

DON'TS

Do not share personal items/food

Avoid sharing dishes, cups/glasses, towels, bedding, electronics.



Strictly no visitor

Do not have visitors in your home, including friends and family - except for people providing essential care.



Do not go out to get food and medicine

Order it online or by phone, or ask someone to bring it to your home and leave it at the doorstep.

DOC2US provide medication delivery too!



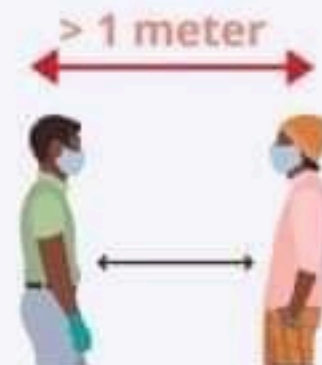
Do not go out to exercise

Exercise in your own quarantine room.



Avoid face to face interaction

If unavoidable, must wear a mask when face to face and maintain a physical distance of >1m.



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Caregiver's Role in COVID-19 Homecare

#1

Wear a **Mask** when in the same room as the patient
OR Stay at least **1M** away from the patient



#2

Help the patient follow the doctor's instruction and care



#3

Make sure the patient **Rest** and plenty of **Fluids**



#4

Prevent further transmission at home

- 1 Wear Masks
- 2 Practice Hand Hygiene



#5

Support the patient in treatment and other measures such as fever or cough medications, managing waste and doing laundry for them.





Not Suitable to be a Caregiver

IF THEY ARE

Adults > 60 years old

Obese person (BMI > 30kg/m²)

AND PEOPLE WITH

Chronic obstructive
pulmonary disease
(COPD)

Immunocompromised
(inclusive of solid organ
transplants recipients)

Chronic kidney disease

Type 2 diabetes mellitus

Sickle cell disease

Pregnant Women

Serious heart conditions :
heart failure, coronary heart
disease, cardiomyopathies

Other high-risk diseases



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Preparing Patient's Room For Isolation



A SEPERATE ROOM

Only to be used by the patient

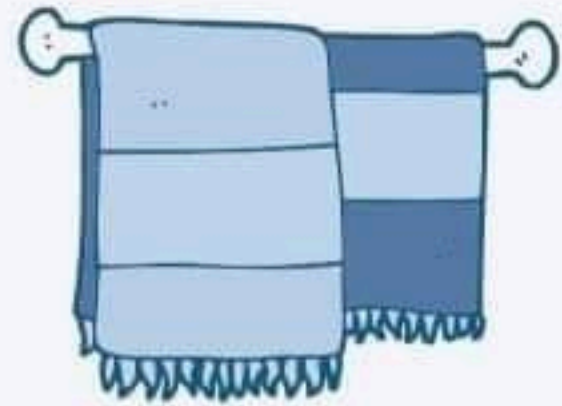
AN ATTACHED BATHROOM

Is Ideal

OR

DISINFECT WITH LIQUID BLEACH

1 part of bleach + 49 parts of water



DISINFECT FREQUENTLY TOUCHED SURFACES WITH LIQUID BLEACH (1 PART OF BLEACH + 49 PARTS OF WATER)



Keep Room
Well Ventilated
(Open Windows)



Change and wash
bedding daily
(Only used by patient)



Eating utensils and
tableware
(Only used by patient)



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Infection Prevention and Control Measures



Hand Hygiene

1. Wash your hands with soap and water regularly
2. Use hand sanitizer (only when hands are not visibly dirty)

When should I wash my hands?

- After coughing or sneezing
- After using the toilet
- Before and after caring for the sick
- Before, during and after preparing food
- Before eating
- When hands are visibly dirty
- After handling animals or animal waste
- After handling garbage

1. Cover your nose and mouth when sneezing or coughing
2. Cough or sneeze into your elbow (away from other people)
3. Throw away any used tissue into the dustbin and wash your hands



Respiratory Hygiene

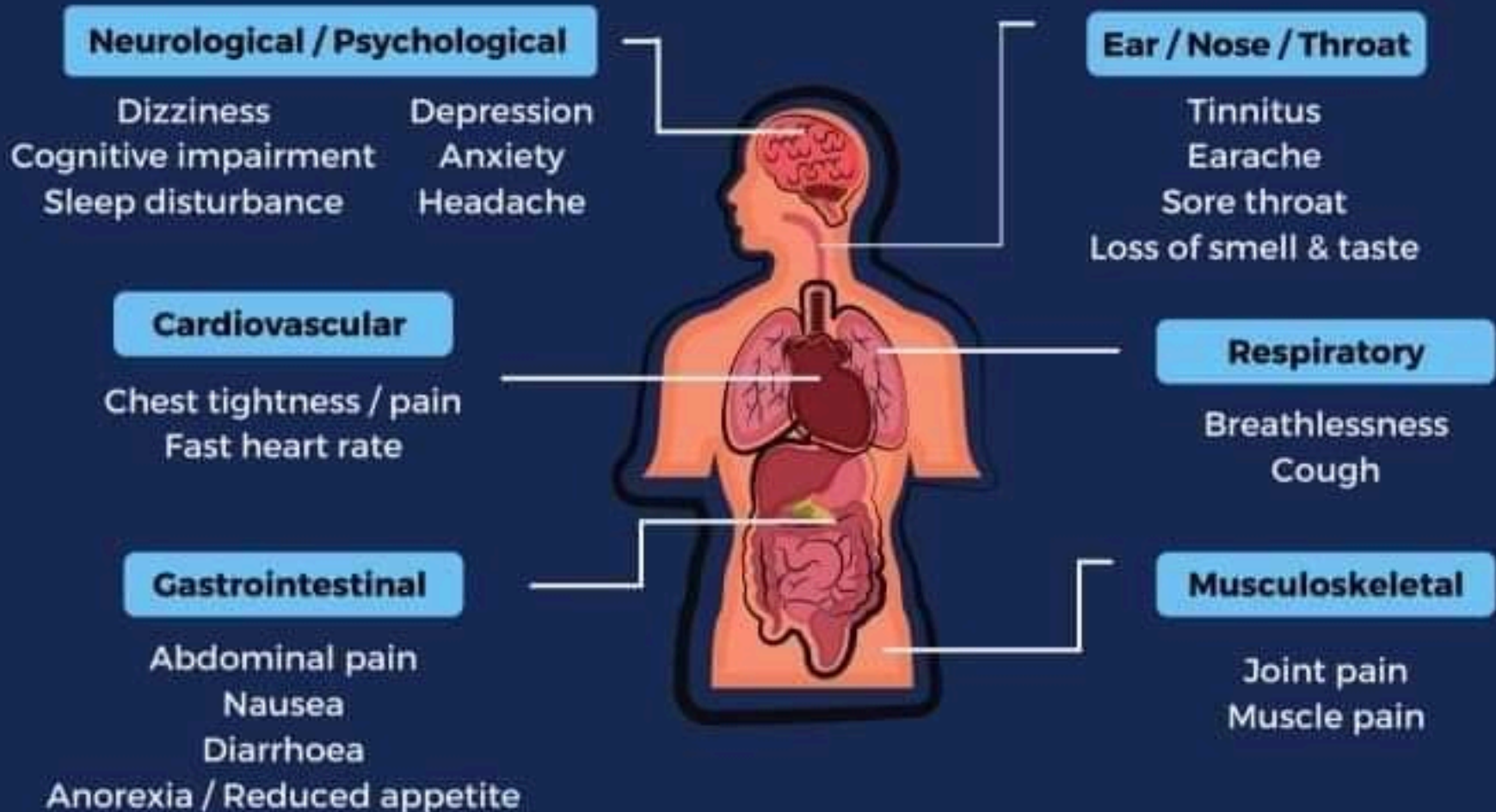


Long COVID

What exactly is Long COVID?

Long covid, also known as Post Covid Syndrome, is a condition where the previously infected COVID-19 patient still experiences prolonged symptoms due to COVID-19. According to NICE Guidelines, the symptoms can stay up to 12 weeks or more.

Symptoms of Long COVID



NOTE: This is not a complete list of possible symptoms.

Some management strategies for Long COVID symptoms

1. Positioning & breathing technique
2. Maximize self-care, sleep, relaxation & nutrition
3. Simple supportive measures, pain reliever and fever medications.

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DOC2US

COVID-19 Home Care Plan

Don't worry, DOC2US got you covered!



**Physical
Doctor
Visit x1**



**Daily Virtual
Monitoring
by Nurse**



**Unlimited
Teleconsultation**



**Free
Medication
Delivery**



**Pulse
Oximeter**



**Covid Care Pack:
Mask, Sanitizers,
Difflam, Panadol,
Vitamin C**



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WITHOUT THE DARK,
WE'D NEVER SEE THE

stars

- STEPHENIE MEYER



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