

The Aga Khan University Hospital Karachi
Department of Infection Prevention and Hospital Epidemiology (DIPHE)

Home Care Recommendation for Patients with travel History/ Contact with novel Coronavirus (COVID-19) but No Symptoms	Home Care Recommendation for Patients with suspected novel Coronavirus (COVID-19) Presenting with Mild Symptoms
<p><u>Room:</u></p> <ul style="list-style-type: none"> Stay in a well-ventilated single room Maintain Distance of 1 meter from any individual with COVID-19 	<p><u>Room:</u></p> <ul style="list-style-type: none"> Stay in a well-ventilated single room Household members should stay in different room or maintain a distance of at least 1 meter from ill patient
<p><u>Social Isolation</u></p> <ul style="list-style-type: none"> Avoid gatherings and crowded spaces. Must stay at home 	<p><u>Social Isolation</u></p> <ul style="list-style-type: none"> Limit the patient's movement within the house until cleared No visitors allowed Limit care givers. Those with underlining immunocompromising or chronic conditions should not be caregivers.
<p><u>Hand Hygiene</u></p> <ul style="list-style-type: none"> Perform hand hygiene frequently Alcohol-based hand rubs should be used if hands are not visibly soiled or with soap and water when hands are visibly soiled 	<p><u>Hand Hygiene</u></p> <ul style="list-style-type: none"> Perform hand hygiene frequently Alcohol-based hand rubs should be used if hands are not visibly soiled or with soap and water when hands are visibly soiled
<p><u>Cough etiquettes</u></p> <ul style="list-style-type: none"> Cover nose and mouth while sneezing and coughing with flexed elbow or paper tissue, dispose of tissue immediately after use and perform hand hygiene. Avoid touching the face 	<p><u>Cough etiquettes</u></p> <ul style="list-style-type: none"> Cover your mouth with a tissue when coughing or sneezing and immediately throw the tissue If using towel wash with soap and water. Immediately. Avoid touching the face
<p><u>Waste Disposal</u></p> <ul style="list-style-type: none"> Dustbin must be covered with lid Dustbin should be lined with a bag and the bag tied tightly before throwing 	<p><u>Waste Disposal</u></p> <ul style="list-style-type: none"> Dustbin must be covered with lid after disposing tissues and other waste products Dustbin should be lined with a bag and the bag tied tightly before throwing
<p><u>Use of PPE by person</u></p> <ul style="list-style-type: none"> No need to wear disposable mask until unless sign and symptoms develop. 	<p><u>Use of PPE by patient</u></p> <ul style="list-style-type: none"> Use disposable mask all the times If mask gets wet or dirty with secretions, change immediately.

	<ul style="list-style-type: none"> Do not reuse the mask Remove the mask while using the appropriate technique i.e. do not touch the front, but instead untie it.
<p><u>Use of PPE by care giver</u></p> <ul style="list-style-type: none"> None required 	<p><u>Use of PPE by care giver</u></p> <ul style="list-style-type: none"> For all interactions use face mask Do not reuse masks Remove the mask while using the appropriate technique i.e. do not touch the front, but instead untie it. Use disposable mask and gloves while handling with respiratory secretions, stools and urine. While handling with secretions the mask must not be touched.
<p><u>Watch for Sign and Symptoms</u></p> <ul style="list-style-type: none"> If fever, cough or shortness of breath develop then inform contact number provided 	<p><u>Watch for Sign and Symptoms</u></p> <ul style="list-style-type: none"> If worsening of fever, cough or shortness of breath develop then inform contact number provided
<p><u>Dedicated Linen and utensils</u></p> <ul style="list-style-type: none"> Not required 	<p><u>Dedicated Linen and utensils:</u></p> <ul style="list-style-type: none"> Use dedicated linen and utensils. Items should be cleaned with soap and water. Wash patient's clothes with regular detergent at 60 to 90 C (i.e. hot water) Place contaminated linen into a laundry bag or basket. Do not shake soiled laundry. Avoid contaminated materials coming into contact with skin and clothes.
<p><u>Disinfect surfaces: (Surfaces, bathrooms and washrooms).</u></p> <ul style="list-style-type: none"> Routine cleaning only 	<p><u>Disinfect surfaces: (Surfaces, bathrooms and washrooms).</u></p> <ul style="list-style-type: none"> Patient's frequently touch item should be clean with soap and water and then disinfectant containing 0.5% Sodium hypochlorite i.e., equivalent to 5000 ppm or 1 part bleach to 99 parts water). Dedicated bathroom should be used. If not available, the bathroom should be cleaned after each use of the patient