

5 STEPS

for Managing patients with COVID-19 at home:

For the Public

Most COVID-19 cases are mild or moderate, and can be managed at home. If you have been in close contact with a COVID-19 positive person, or you are showing symptoms, and think you may have COVID-19, here's what you should do to take care of yourself, and when you might need to go to the hospital, explained in 5 simple steps.

STEP 1



Be aware of the symptoms of COVID-19

COVID-19 symptoms vary. Common symptoms are: fever, cough, sore throat, loss of taste or smell, red eyes, headache.

It is severe if you have breathing difficulties, you are unable to get out of bed or care for yourself, you have chest pains, or if you become confused, dizzy or drowsy.

Get immediate help from a health care provider if you or someone you know has these severe symptoms.

If you have COVID-19 symptoms, consult a health care provider, get tested, and:

STEP 2



Look after yourself

- Rest, keeping distance from other people, or in a separate, well-ventilated room
- Drink plenty of fluids to stay hydrated
- Wear a mask if others are in the room
- Have a nutritious diet
- Take paracetamol when you have fever, muscle pain or headache (take advice from a health care provider on the dose and how often to take it). If fever continues despite this, use a cold wet cloth on your forehead.
- Check your oxygen level with pulse oximeter if advised by your health care provider (see steps 4 and 5 below).
- Do not self-medicate except for paracetamol for fever/muscle pain/headache
- It is severe if you have breathing difficulties, you are unable to get out of bed or care for yourself, you have chest pains, or if you become confused, dizzy or drowsy. Get immediate help from a health care provider

STEP 3



Protect those you live with

- a. Keep distance from others, in a separate, well-ventilated room, if possible, or at a distance of more than 1 metre
- b. Wear a mask, and have others in your household wear a mask
- c. Wash your hands regularly with soap and water or use a hand sanitizer
- d. Use separate utensils for food and drink.
- e. Seal and keep your waste, garbage separately and have it disposed separately
- f. Ask your carer to wear a mask properly, and wash his/her hands regularly with soap and water or hand sanitizer.
- g. Open your windows to improve ventilation

STEP 4



If you're advised to use a pulse oximeter

- a. Make sure you know how to use it safely: your health care provider should provide instructions on this. If not, ask for it.
- b. Check your oxygen level with a pulse oximeter 3 times a day, or as advised by your health care provider

STEP 5



Your oxygen level is very important. Here is a general guide, but your health care provider might advise you according to your situation:

Whatever your level of oxygen, if you have breathing difficulties, you are unable to get out of bed or care for yourself, you have chest pains, or if you become confused, dizzy or drowsy, get immediate help from a health care provider

- a. If your oxygen level is 94% or above: continue to check your oxygen level as before
- b. If your oxygen level is 90% or more, but less than 94%:
 - i. Consult a health care provider or seek hospital care
 - ii. Use oxygen if you're advised to by your health care provider (it may not be needed)
 - iii. Your health care provider may prescribe steroids. If so, follow their instructions strictly. Do not self-medicate.
 - iv. Rotating yourself in bed may help, including on your stomach, on your side, and sitting upright, if you are able to, for up to 2 hours at a time
- c. If your oxygen level is less than 90%, this is severe COVID-19:
 - i. Consult a health care provider and seek hospital care immediately
 - ii. Use oxygen as advised by your health care provider
 - iii. Take steroids as prescribed by your health care provider
 - iv. Rotate yourself in bed, including on your stomach, on your side, and sitting upright, if you are able to, for up to 2 hours at a time