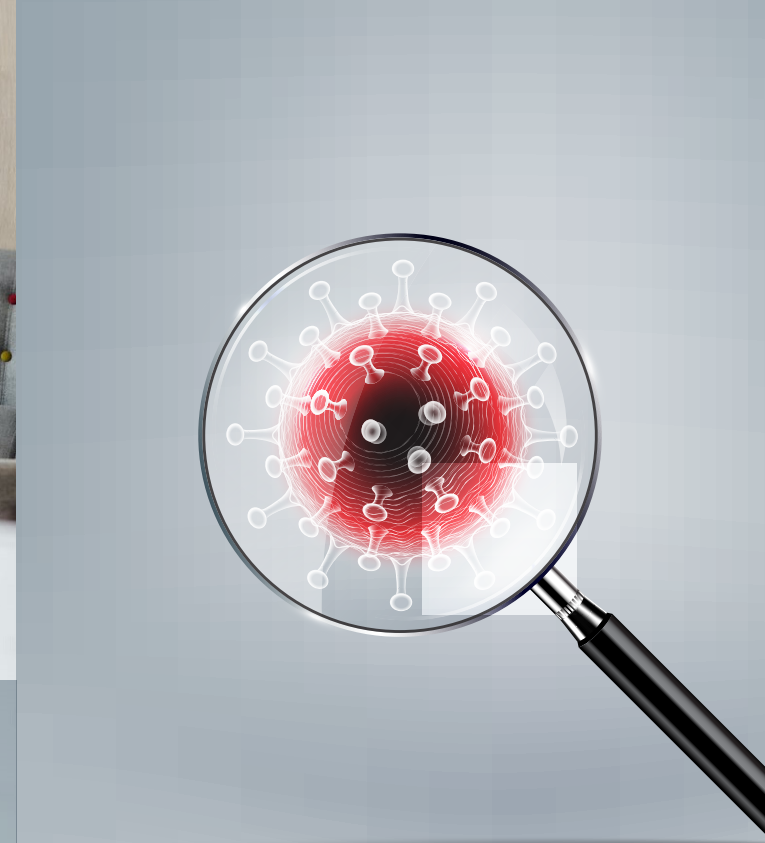


## Procedures for Home Isolation Under COVID-19

<p><b>Stay in a separate room.</b></p> 	<p><b>Avoid sharing household items.</b></p> 
<p><b>Hand Hygiene</b></p> <ul style="list-style-type: none"> <li>Wash your hands often and thoroughly with soap and water for 20 seconds.</li> <li>Use an alcohol-based hand sanitizer.</li> </ul> 	<p><b>Good nourishment</b></p> <p>To maintain your immune system.</p> 
<p><b>Practice social distancing.</b></p> 	<p><b>Only one family member</b></p> <p>Should be allowed to provide you with care and services you may need, given that they wear a facemask and gloves.</p> 
<p><b>Put a plastic bag</b></p> <p>inside the trashcan in your room, and close it tightly before disposing it.</p> 	<p><b>Follow cough etiquette</b></p> <ul style="list-style-type: none"> <li>Cover your mouth and nose with a tissue when you cough or sneeze.</li> <li>Use a flexed elbow.</li> <li>Throw used tissues in a lined trash can.</li> </ul> 



**Remember**  
Stay home.. Stay safe..



**Patient and Family Education**

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# COVID-19

Get Educated . Help Yourself and Others

## What is CORONAVIRUS Disease (COVID-19)?

Coronaviruses are a large family of viruses that cause illness ranging from the common cold to more severe disease, and they are usually transmitted from animals to human. However, COVID-19 is reported to have been transmitted from human to human.

## How does the virus spread?

People can catch COVID-19 from others who have the virus through inhaling small droplets from infected people who cough or sneeze or through touching contaminated surfaces and then touching nose, mouth or eyes.

## What are the symptoms ?

Most people who become infected experience mild to moderate illness and recover. However, it can be more severe for people who suffer chronic disease and lowered immunity.

The symptoms include a combination of:



Fever



Tiredness



Cough



Muscle pain



Difficulty breathing



Diarrhoea

## Steps that patients go through when they are suspected to be infected with COVID-19



1. Visit Healthcare facility



2. Get checked-up to determine if the case is COVID-19 positive and the severity of the case in case it is positive.



3. COVID-19 positive cases are split up in two categories.



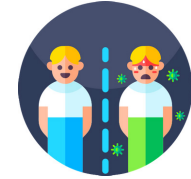
Asymptomatic and mild will be transferred to an isolation facility.



Moderate to severe will be given proper hospitalization to treat the symptoms.

At the end of the isolation period testing is required.

## Why do COVID-19 patients stay in an isolation facility?



The separation of positive COVID-19 patients from other people is to prevent the spread of infection or contamination.

