

Rationale for Home -Based Care

✦ For patients presenting with no symptoms or mild-moderate illness, hospitalization may not be possible or required because of the burden on the health care system unless there is concern about rapid deterioration.

✦ Providing care at home may become an option, if the home-setting is suitable for self-isolation and timely monitoring, transfer & clinical care is possible by community & clinical teams.

✦ Home care may also become an option when inpatient care is unavailable or unsafe (e.g. capacity is limited, and resources are unable to meet the demand for health care services).

✦ Home-based care is **PROHIBITED** for patients with risks factors for severe disease (e.g. Diabetes Mellitus) and age greater than 60 years

COVID-19 SYMPTOMS

Symptoms



Fever



Cough



Shortness of breath



Chills



Repeated shaking with chills



Muscle pain



Headache



Sore throat



New loss of taste or smell

2-14 days

Symptoms may appear 2-14 days after exposure to the virus.

Emergency warning signs

Seek medical attention immediately if experiencing any of these symptoms:

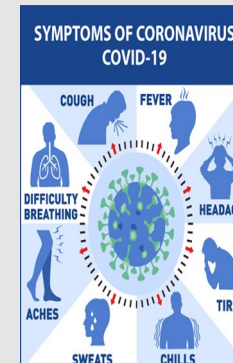
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

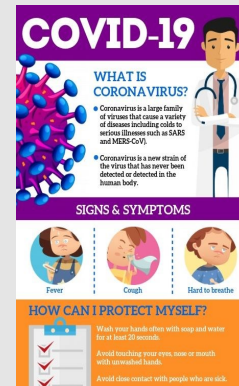
Source: Centers for Disease Control and Prevention (<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>)



Home-Based Care for COVID-19 in Liberia



4455





Isolation Space requirement

- ◆ There should be an adequate space for single person isolation capacity.
- ◆ The space should be self-contained to prevent unanticipated interaction with other residents.
- ◆ Adequate supply of face mask (Cloth or Surgical) and hand hygiene commodities, like hand sanitizers or soap & water
- ◆ Safe areas/rooms for other family members away from the isolated person's room.
- ◆ Adequate stock of food and essential supplies for the duration of the quarantine.
- ◆ The residence must have a barrier (e.g. fence or another barrier) to separate the residence from surrounding residences in the area.
- ◆ Facility for safe disposal and management of waste is on site.
- ◆ Easy access to home by CHWs and by emergency vehicles
- ◆ Pregnant patient are to ensure weekly ANC visits by CHWs.

Minimum Equipment

Clinical gloves (latex, single-use gloves for clinical care)



N95 respirators – only for aerosol generating procedures (taking of specimens)



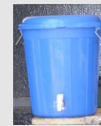
Medical/Surgical masks

Alcohol-based hand sanitizer



OR Liquid hand wash

Hand washing facilities (Bucket with faucet)



Clean disposable paper towels to dry hands



Cleaning gloves (reusable vinyl or rubber gloves)



Chlorine OR 70% alcohol disinfectant



Large plastic bag for general waste



Essential medical tool

- ◆ Thermometer
- ◆ Pulse Oximeter
- ◆ BP machine



What to Do

- ◆ Stay in the designated space during your illness
- ◆ Wear your medical mask as much as possible
- ◆ Take your temperature at least once daily
- ◆ Measure your oxygen saturation at least once daily
- ◆ Have dedicated set of eating utensils, towels and bed linens.
- ◆ Ensure the waste is properly packaged in the plastic bag before disposal
- ◆ Limit the number of caregivers to one healthy person
- ◆ Seek admission when symptomatic, call 4455 or clinical team making follow up

Taking your supplement

- ◆ Vitamin C—Take 500mg of Vitamin C daily as an immune booster
- ◆ If available, take 200mcg of selenium daily