

Update on
COVID-19 homecare

THE LATEST ON THE COVID-19 GLOBAL SITUATION
& HOW TO CARE FOR A PERSON WITH COVID-19 INFECTION AT HOME

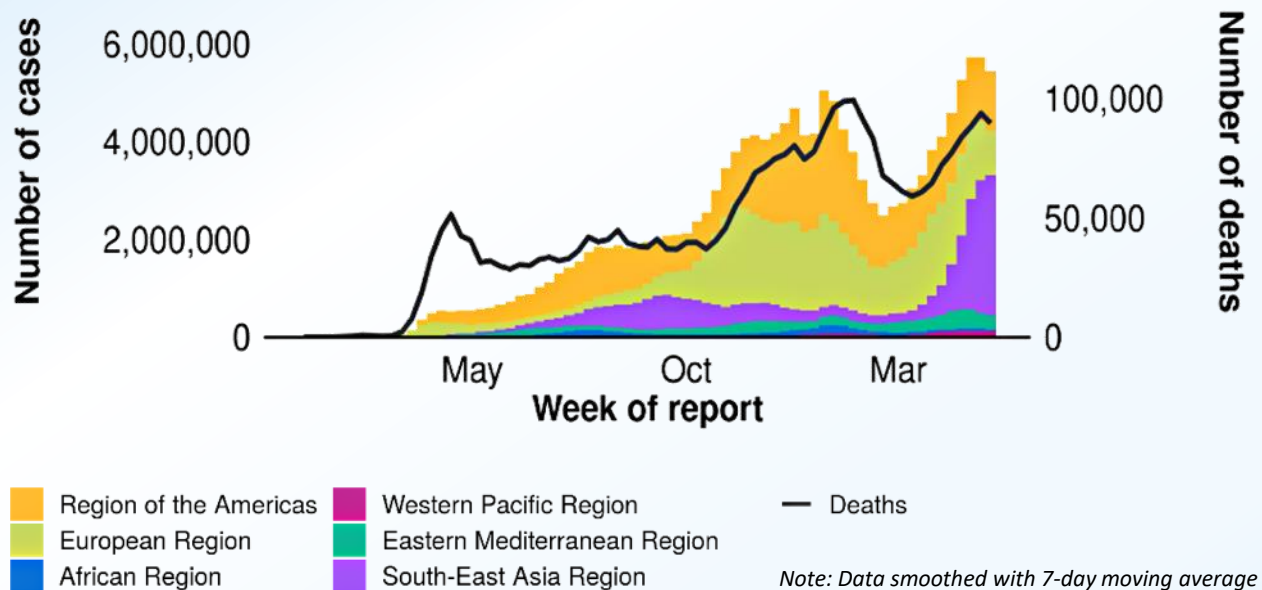
Overview

- [Current global situation](#)..... 3
- [General guidance on COVID-19 homecare](#)..... 4
- [Guidance for health workers on COVID-19 homecare](#) 8
- [Additional WHO resources](#) 11
- [COVID-19 protective measures](#) 12

Current global situation

CASES REPORTED TO WHO AS OF 17 June 2021

- Cases: > 176 million
- Deaths: > 3.8 million



CHECK OUT THE LATEST
GLOBAL SITUATION

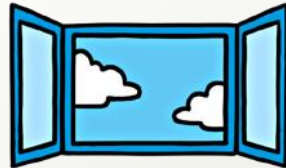
[WHO
Coronavirus
Disease \(COVID-19\)
Dashboard](#)

* Data are incomplete for the current week. Cases depicted by bars; deaths depicted by line

What to do if someone has COVID-19 in your household

1 ISOLATE THE PERSON WITH COVID-19 INFECTION

- Prepare a **separate room** or **isolated space**
- Keep the room **well ventilated & open windows** frequently



CRITERIA FOR DISCONTINUING ISOLATION

Without requiring re-testing:

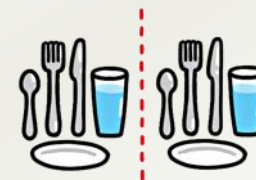
- **Symptomatic persons:** 10 days after symptom onset, plus at least 3 additional days without symptoms (without fever and/or respiratory symptoms)
- **Asymptomatic persons:** 10 days after positive test for SARS-CoV-2

https://www.who.int/docs/default-source/coronaviruse/who_risk-management_if-someone-gets-sick.pdf?sfvrsn=9907c946_7

What to do if someone has COVID-19 in your household

2 REDUCE CONTACT WITH THE VIRUS

- **Identify one household member** to be the caregiver; ideally someone who is not at high risk and has the fewest contacts with people outside
- **Wear a medical mask** when caring for the person or if in the same room as the person with COVID-19 infection
- **Clean your hands** after leaving the person's room
- **Discard masks and other materials in a closed bin** when leaving the person's room
- **Use separate dishes and bedding** from the person with COVID-19 infection
- **Clean and disinfect** touched surfaces



https://www.who.int/docs/default-source/coronaviruse/who_risk-management_if-someone-gets-sick.pdf?sfvrsn=9907c946_7

What to do if someone has COVID-19 in your household

3 TAKE CARE OF THE PERSON WITH COVID-19 INFECTION

- Monitor the person's symptoms regularly
- Pay special attention if the person is at high risk for serious illness
- Ensure the person rests and stays hydrated



! CALL YOUR HEALTH PROVIDER IMMEDIATELY IF THE PATIENT HAS:

- Difficulty breathing
- Confusion
- Loss of speech or mobility
- Chest pain



https://www.who.int/docs/default-source/coronaviruse/who_risk-management_if-someone-gets-sick.pdf?sfvrsn=9907c946_7

How to prepare in case someone gets COVID-19 in your household

GET YOUR CONTACTS READY

- Doctor, health facility, emergency numbers
- Support network including family, friends, school or work



WHAT TO PREPARE

- Get a number of masks & disinfectant
- Prepare a separate room or isolated space with open window if possible
- Put a support network in place for groceries, transport, childcare and other essentials



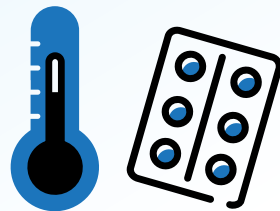
https://www.who.int/docs/default-source/coronaviruse/who_risk-management_preparing-for-sickness.pdf?sfvrsn=17c04ea8_3

What health workers can do to support a patient with mild COVID-19



Advise patient to:

- Stay hydrated, eat well and rest; try to resume activities at an appropriate pace
- Practice hand and respiratory hygiene



Advise patient to:

- Use paracetamol if there is a fever or body pain
- Continue taking medications for chronic conditions (e.g. diabetes or hypertension)



- Support the patients' psychosocial needs by listening to concerns and addressing them

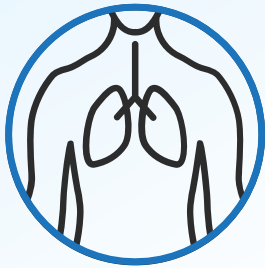


- Explain that there is no need for antibiotics unless a bacterial infection is suspected*

*<https://www.who.int/publications/i/item/WHO-2019-nCoV-clinical-2021-1>

Monitor COVID-19 patients at home for worsening of symptoms

Advise patient and caregiver to monitor for worsening of symptoms such as:



Fast or difficult breathing at rest or while speaking



Chest pain



Confusion or altered mental status



Loss of speech or mobility



If any of these symptoms are present, instruct patient and caregiver to call for emergency help immediately



How to monitor a COVID-19 patient who is at risk of severe disease

If a patient is at risk for severe disease*:

- Monitor oxygen saturation with pulse oximeter at least twice a day
- ⚠️ • **If oxygen saturation is lower than 90%** instruct patient and caregiver to call for emergency help immediately
- ⚠️ • **If oxygen saturation is between 90 - 94%** instruct patient and caregiver to call for emergency help, as this range may be an early sign for deterioration
- Oral corticosteroids may be prescribed by a clinician
- Supplemental oxygen at home should be medically prescribed and supervised by a health worker



Photo: WHO

***Risk factors for severe disease include:** older age (>60), hypertension, diabetes, cardiac disease, cerebrovascular disease, dementia, mental disorders, chronic kidney disease, immunosuppression (including HIV), obesity, cancer. **Risk factors in pregnancy:** increased maternal age (> 35), high BMI and chronic conditions

Additional resources



- COVID-19 home care bundle for health care workers

<https://www.who.int/publications/m/item/covid-19-home-care-bundle-for-health-care-workers>



- Audio & video series: Science in 5

WHO experts explain the science related to COVID-19

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/media-resources/science-in-5>



- 5 Steps for Managing patients with COVID-19 at home: Tips for health care providers

https://cdn.who.int/media/docs/default-source/searo/whe/coronavirus19/page-revamp/managing-patient-5steps-hcp.pdf?sfvrsn=76a41ff4_5



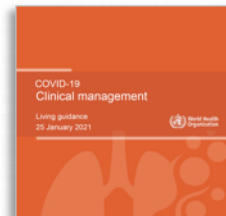
- WHO live Q&A on homecare for COVID-19 patients

https://www.facebook.com/watch/live/?v=152869650123306&ref=watch_permalink



- Poster: What to do if someone is sick in your household

https://www.who.int/docs/default-source/coronaviruse/who_risk-management_if-someone-gets-sick.pdf?sfvrsn=9907c946_7



- COVID-19 Clinical management: living guidance

Providing comprehensive, holistic guidance for the optimal care of COVID-19 patients throughout their illness

<https://www.who.int/publications/i/item/WHO-2019-nCoV-clinical-2021-1>



- Poster: How to prepare in case someone gets sick in your household

https://www.who.int/docs/default-source/coronaviruse/who_risk-management_preparing-for-sickness.pdf?sfvrsn=17c04ea8_3



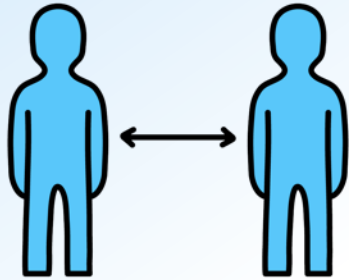
- Homecare for patients with COVID-19

advice on safe and appropriate home care for patients with COVID-19

[https://www.who.int/publications/i/item/home-care-for-patients-with-suspected-novel-coronavirus-\(ncov\)-infection-presenting-with-mild-symptoms-and-management-of-contacts](https://www.who.int/publications/i/item/home-care-for-patients-with-suspected-novel-coronavirus-(ncov)-infection-presenting-with-mild-symptoms-and-management-of-contacts)

COVID-19 protective measures

Protect yourself & others



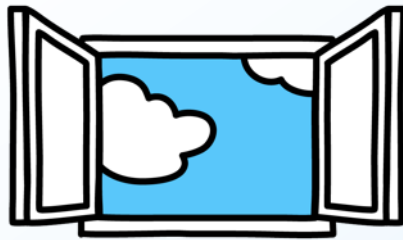
Keep your distance



Clean your hands frequently



Cough & sneeze into your elbow



Ventilate or open windows



Wear a mask



EPI•WIN

infodemic
MANAGEMENT

www.who.int/epi-win