



Standard Operating Protocol (SOP) for home care of suspect coronavirus (COVID-19) cases with mild symptoms

Purpose

Provide guide on provision of safe home care for persons with suspected COVID-19 infection with mild symptoms.

Target

- Health care workers
- Care givers in the community

Activities to adopt:

- A health worker must be assigned to monitor any suspect COVID-19 case, with mild symptoms
- Communication link between the designated health care provider and the suspect case must be maintained throughout the duration of care
- The suspect(s) and the household members should be educated on personal hygiene, basic infection prevention and control measures (See SOP on IPC)
- Suspect case should be/live in a well-ventilated single room
- Assign one person who is in a good health without risk conditions to care for suspect
- No visitors should be allowed into the room where the suspect lives
- Household members should stay in a different room or, if that is not possible, maintain a distance of at least 1 m from the ill person
- Limit the movement of the suspect and minimize shared space e.g. kitchen, bathroom, etc.
- The caregiver should wear a well fitted medical mask when in the same room with the ill person
- Perform hand hygiene following all contact with ill persons or their immediate environment
- When using soap and water, use of disposable paper towels to dry hands is desirable. If not available, use dedicated cloth towels and replace them when they become wet
- Respiratory hygiene should be practiced by all, especially ill persons, at all times
- Discard materials used to cover the mouth or nose (e.g. handkerchief) or clean them using hot water and detergent
- Always use disposable gloves to avoid direct contact with body fluids, particularly oral or respiratory secretions, and stool
- Gloves, tissues, masks and other waste generated by ill persons or in the care of ill

persons should be placed in a lined container in the ill person's room before disposal

- Avoid sharing toothbrushes, cigarettes, eating utensils, dishes, drinks, towels, washcloths or bed linen
- Clean and frequently disinfect touched surfaces such as bedside tables, bedframes, and other bedroom furniture including bathroom and toilet daily with regular household disinfectant (1-part bleach to 99 parts water)
- Clean clothes, bedclothes, bath and hand towels, etc. of ill persons using regular detergent and hot water /machine wash at 60–90 °C and dry thoroughly
- Use disposable gloves and protective clothing (e.g. plastic aprons) when cleaning or handling surfaces, clothing or linen soiled with body fluids
- Perform hand hygiene before and after removing gloves
- Persons with symptoms should remain at home until their symptoms are resolved based on clinical findings
- Resolution of symptoms should be certified by the assigned health worker
- All household members should be considered contacts and their health should be monitored according to guidelines

SAMPLE