

B. How to care for a person with COVID-19 in your home

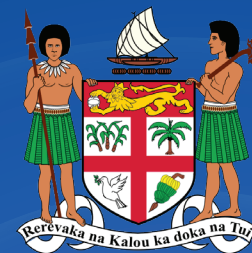
Most people infected with COVID-19 will have only mild symptoms and fully recover at home. However, some people are more at risk of severe COVID-19 and will need to be placed in community isolation or other care facility.

Mild symptoms can include:

- Cough
- Runny nose, nasal congestion, sneezing
- Fatigue/extreme tiredness
- Headache
- Aches and pains
- Sore throat
- Fever
- Diarrhea
- Red eyes (conjunctivitis)
- Loss of taste or smell
- A rash on the skin.

If you, or a member of your household, have been told to home isolate, follow these simple instructions to provide the best possible home care to a person with COVID-19. This advice can also protect other members of your household.

- 1) Identify one person in your household who will be the caregiver to the sick person. This person should be under 50 years, fit and healthy and have no existing medical conditions that could put them at risk of severe COVID-19.
 - 2) If possible, prepare a separate room or isolated space for the sick person to isolate themselves from other members of the household. If there is no separate room available, use sheets to partition off a section of a room.
 - 3) Leave windows open to enable the wind to blow through and bring in fresh air.
 - 4) Do not allow any visitors into the household or visit the sick person. The carer should always try to avoid close contact with the sick person (at least 2 metres).
 - 5) The carer and sick person should both wear medical masks when in the same room or if sharing the same space at all times.
- 6) All members of the household should clean their hands frequently with soap and water or use alcohol-based hand sanitizer. The carer should thoroughly clean their hands after touching anything the sick person has touched, for example dishes, laundry, tissues.
 - 7) Ensure that surfaces are cleaned regularly with disinfectant, especially surfaces that are frequently touched, like door handles, light switches.
 - 8) The sick person should have their own separate dishes, cups, eating utensils and bedding from other members of the household. These should be washed separately.
 - 9) The sick person should rest, drink lots of fluids (water, bu) and eat nutritious foods (bele, kumala, fish, rourou). If the sick person also has other medical conditions, they should continue to take their regular medications.
 - 10) If the sick person has a fever and/or body pains, take paracetamol or Panadol. Do not take antibiotics – these will not help with COVID-19.
 - 11) The carer and sick person should regularly monitor their symptoms and stay on high alert for signs of severe COVID-19.
 - 12) Signs of severe COVID-19 include:
 - Trouble breathing
 - Ongoing chest pain or pressure
 - Severe headache for a few days
 - Feeling confused or inability to stay awake or wake up
 - Pale, grey or blue colored skin, lips or fingernails
 - 13) If the sick person or any other member of the household are experiencing any signs of COVID -19, they need to immediately go to the nearest health facility or hospital.



**MINISTRY OF HEALTH
& MEDICAL SERVICES**

COVID-19 INFORMATION FOR HOME ISOLATION AND HOME-BASED CARE

A. Information about home isolation

What is home isolation?

Home isolation means you are required to keep yourself away from others, including other members of your household, until you are cleared by the Ministry of Health and Medical Services as no longer being infectious and a risk to others.

If you, or a member of your household has COVID-19, they will only be allowed to stay in home isolation if the health team has determined that your home meets the requirements for home isolation.

Individuals who are at higher risk of severe COVID-19 will be placed in community isolation or in a health facility so they can be closely monitored.

What should I or my other household members do if one of us tests positive or suspects we have COVID-19?

As soon as you or a member of your household test positive or suspect you/they have COVID-19, all household members should self-isolate in the home. If you have not yet been in contact with a health team but suspect that you or a member of your household have COVID-19, immediately call 158.

The health teams will advise you steps you need to take, including testing, and whether you will be placed in home isolation or in a community isolation facility for closer monitoring.

Will other members of my household need to also isolate?

If you or a member of your household are in home isolation, all members of the household must isolate themselves from the broader public too.

How long does my household need to isolate for?

You and your household should home isolate for either:

- a minimum of fourteen (14) days from the date when you or the sick person were tested or confirmed as positive for COVID-19, or
- the Health Team will confirm with you, the duration of your isolation.

What will happen when my household is placed in home isolation?

You will be asked to identify all the members of your household.

The Ministry of Health team will provide information to you on how to care for the sick person with COVID-19 (section B of this information sheet).

Home isolation infection control kits (Masks and sanitizer) will also be provided to your household.

The area around your home may also be cordoned off. This is to ensure that neighbors and family members do not visit your home.

What happens if another household member starts showing symptoms for COVID-19?

It is important that you immediately contact 158. If this happens, the Ministry will test the person who is showing symptoms. If they then test positive for COVID-19, it may be necessary that the home isolation period is extended.

Will other members of my household need to be tested?

Health teams will contact you and advise when other members of your household will be tested for COVID-19.

Will a member of the household be allowed to go shopping during the isolation period?

No, this would put others in the community at risk. If you need food supplies, you can either have supplies dropped off to you at the boundary of your property by others.

Can friends and other family members delivery food and non-food items to our house?

They can deliver items to your home, but these items must be left at the boundary of your property or gate. No contact can be made between you and the other individuals. This includes no standing at the fence and gate or the cordon line.

Do we have to stay inside the house only if in home isolation? Can we sit outside and move around the compound?

It is important to try and get as much fresh air as possible when in home isolation. Members of the household can sit outside or move around your compound, but all members of the household must wear a mask at all times. No member of the household should meet neighbors or other residents.

Important Numbers

Lifeline Fiji	1543
	or 132454
24 Hour Child Helpline	1325
Domestic Violence Helpline	1560
Empower Pacific	5626
COVID-19 Helpline	158

Health Liaison Contact

Name of Health Care staff:

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Health Facility:

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Phone Number:

Email:

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For more information:

Please visit the Ministry of Health & Medical Services website
@ www.health.gov.fj
OR
stay updated with our social media pages:
Facebook: MOHFiji
Instagram: @fiji.health

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