

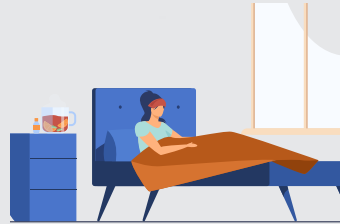


MINISTRY OF HEALTH
& MEDICAL SERVICES

HOME CARE FOR COVID-19: GUIDE FOR FAMILY AND CAREGIVERS



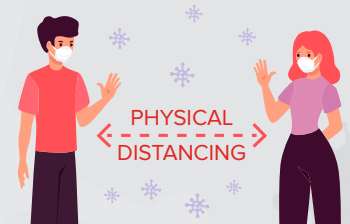
Identify one household member to be the caregiver. The caregiver should have no high risk factors and the fewest contacts with people outside



Prepare a separate room or isolated space for the person with COVID-19 infection



Open a window(s) to improve ventilation and increase the flow of fresh air.



Do not allow visitors and try to avoid close contact (less than 2 metre) with the person with COVID-19 infection.



Everyone should wear a mask that covers the nose and mouth, when in the same room with the person with COVID-19 infection



Clean hands frequently using soap and water or an alcohol-based hand sanitizer.



Clean and disinfect frequently touched surfaces, especially those touched by the person with COVID-19 infection.



Use separate dishes, cups, eating utensils and bedding from the person with COVID-19 infection.



The person with COVID-19 infection should rest, drink plenty of fluids, and eat nutritious food; continue any medication for chronic conditions.



Take paracetamol for fever and/or body pain according to instructions. Antibiotics are not effective against COVID-19 infection.



Monitor the person with COVID-19 infection's symptoms regularly.

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

Call 158 immediately if you see any of these danger signs.

SOME PEOPLE ARE MORE AT RISK OF SUFFERING SEVERE COVID-19:

High risk factors for severe COVID-19 include:

- over 50 years
- mental disorders
- hypertension
- chronic kidney disease
- diabetes
- immunosuppression (including HIV)
- cardiac (heart) disease
- chronic lung disease
- obese or very overweight
- cerebrovascular disease
- cancer
- dementia

Pregnant women, especially those over the age of 35, are obese, or have another chronic condition, are also at higher risk of severe COVID-19

If someone you are caring for has high risk factors for severe COVID-19, it is critical that you monitor the sick person very closely for danger signs. Early medical care provides the best chance of recovery.

Important Numbers

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

For more information:

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