

COVID-19 HOME ISOLATION GUIDE

1. GENERAL

- Mentally prepare yourself and family members for isolation of 10 days.
- It is recommended that you have a *thermometer*, which will enable you to monitor and record your temperature daily.
- Keep a diary of your symptoms. Record daily how you are feeling and how your symptoms are improving over time.
- It is recommended that you monitor your blood pressure and blood glucose levels sugar if you are hypertensive or diabetic. It is a very good idea to get a home devices (*BP machine and/or glucometer*) to monitor these conditions.
- It is important that you keep your mental health in check during this challenging time.
- Try managing your symptoms with painkillers, taking your prescribed medication and vitamins on time.
- Have a routine, wake up early, shower and do your exercise routine.
- A good night's rest of at least 8 hours is recommended
- Watch your favourite TV shows, read books, play games on your phone
- Avoid negative news channels and do not read negative patient experiences
- Sit out in the sun daily if possible
- Meditation and breathing exercises can help reduce stress and anxiety
- Video-call friends and family
- Make sure your underlying medical conditions are well controlled. Take your hypertension, diabetes and other medicines correctly and on time.
- Consider getting a pulse *oximeter*. This is an easy-to-use device which measures the oxygen saturation (level) in your blood. This helps to know on when you need medical attention.

Prepare your household for isolation

This means:

- Ensuring minimal contact with in-house family member.
- If you have to make contact with other members of the household, wear a surgical mask, maintain a two-meter distance at all times or meet outdoors.
- All people in the household must wear a mask. Contact should not be for more than 15 minutes.
- No family member is to enter the isolation bedroom area.
- No visitors are allowed for the isolation period

Bathroom

Preferably isolate in a room with a bathroom. If sharing a bathroom, ensure that:

- A mask and visor/shield is used
- The toilet seat and handwash basin are sanitised with an alcohol based sanitiser, bleach or soap and water before and after use
- Close the toilet seat before flushing
- Keep personal toiletries separately and do not use unnecessary items for the isolation period.
- Sanitise all the items as you touch e.g. door handles, light switches, flush handle, toiletries, etc.

Bedroom













Ensure that family members are aware of the isolation protocol and no other family members enter the designated isolation room.

- Keep only the essential cosmetics out on the counter
- Take out 3-4 sets of essential clothing from the cupboard, only use these clothes for the isolation period. In this way, you are preventing contamination of the other items in the cupboard
- All vitamins and medication should also be with you in the isolation room. This prevents contact with others in the house
- Keep 2 buckets in the room, one for refuse (with plastic bag in bucket) and another for laundry (with pillowcase in bucket)
- The laundry should either be handwashed by yourself with hot water and soap/detergent in the bathroom. Alternatively carefully place clothes in a pillowcase, tie the pillowcase and wash in a washing machine with hot water. Person handling laundry needs to wash hands with soap and water before and after handling the laundry
- Use one plastic bag in the bedroom for refuse, tie the bag carefully place in another (second) plastic bag in the bucket outside the room. The double bagged refuse should be discarded in the main dustbin

Meals and Utensils

- Preferably use disposable cutlery and plates for the duration of the isolation period
- Alternatively, keep a dish of hot water and soap in the room. Place dirty dishes in the water and allow to soak before thoroughly washing with soap and water.
- Use the same dishes and utensils for the isolation period and do not share with other family members
- Remember to maintain a healthy diet with a balanced portion of fruits and vegetables. This will boost your immune system to fight off the virus
- Keep hydrated by drinking 6-8 cups of water a day.

2. "EXERCISE IS MEDICINE"

Lung Health Tips		Cardiovascular Health Tips	
<p>Deep breathing: Sit up over the edge of the bed/ chair, maintaining an upright posture. Lift both your hands up, taking a deep breath in. As you exhale, lower your hands. Repeat five times (5) per day.</p>		<p>Foot pumps: Do 10 foot pumps every 2 hours</p>	
<p>Deep breathing: Place your hands on your diaphragm (just below your rib cage). Take a deep breath in, hold for 5 seconds, and breathe out. Repeat this 5 times. Attempt this exercise three (3) times per day.</p>		<p>Heel slides – bending and straightening your knees, 10 heel slides every 3 hours</p>	
<p>Bottle blowing: Using a straw and a bottle filled with 10cm of water. Exhale completely, take a deep breath in and blow through the straw creating bubbles.</p>		<p>Bridging – Bend both your knees and lift your buttock, 10 times at least twice a day</p>	
<p>Balloon/Glove Blowing: Blow balloons at a steady pace to strengthen your lungs. Attempt 5 blows, 3 times a day. If you have been issued an incentive spirometer, use this x10 every hour for the first 2 days and thereafter x10, 3 times a day.</p>		<p>Marching on the spot – three (3) sets of 1 minute, twice daily</p>	
<p>Steam inhalation: Pour boiled water into a deep dish/bowl. Add Karvol drops, camphor, Vicks or eucalyptus oil to the water. Cover your head with a towel. Breathe in the steam to help moisten and open your airways.</p>		<p>Walking in the room. Try walking in your isolated area as often as you can but walk continuously for 5 minutes at least 3 times per day</p>	
<p>Thoracic stretches: Side stretch sideways to stretch muscles between ribs going on to a full rotation. Do 3 stretches at least 3 times per day.</p>		<p>Sit in the sun or near the window for some fresh air and daily dose of vitamin D for as long as you can. Remember to use sunscreen.</p>	

Best positions for lying in bed

Lying flat on your stomach with a pillow supporting your head and chest (not tummy) helps to improve the flow of oxygen to your lungs.



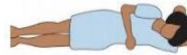
You should also cycle between laying on your belly, on your sides and sitting up. Try to rotate between these positions (A -D below) at least 4 times per day.



(A) 30 minutes to 2 hours lying on your stomach



(B) 30 minutes to 2 hours lying on your right side



(C) 30 minutes to 2 hours lying on your left side



(D) 30 minutes to 2 hours sitting up / propped up

3. WHEN TO SEEK MEDICAL HELP

- If your symptoms get worse
- If your symptoms have not improved after 7 days
- If you have become confused or have difficulty concentrating
- If you develop a new fever or your fever returns
- If you develop chest pain
- If your breathing becomes difficult and the number of breaths you take in 1 minute is more than 25 per minute
- If your oxygen levels on the pulse oximeter get lower than 90%, call the doctor or arrange a virtual medical consult rather than go to the doctors' consultation rooms.
or call an ambulance and go to the hospital.

For information on consultations get info on
<https://www.unathiconsulting.co.za/functional-medicine/>
Tel: 0313094484