COVID-19: GUIDANCE FOR CARE GIVERS

Your work is important and greatly appreciated! THANK YOU!

CORONA VIRUS (COVID-19) is mainly spread by droplets from the lungs of infected people who sneeze and cough. These droplets can land on the surfaces around us and infect others.

The most common symptoms are fever, tiredness, and dry cough. Some patients have aches and pains, nasal congestion, runny nose, sore throat or diarrhoea.

Although most people have mild infection and recover completely, it must be taken seriously as many people can catch it and some will die.

### PROTECTING YOURSELF & YOUR FAMILY

- **Hand washing - frequent and thorough**
  - Use soap and water for 20sec
  - Or 70% alcohol
- Cover your cough with tissue or elbow
- Dispose of tissues in closed plastic bag
- **KEEP AT LEAST 1.5m away from others who are coughing and sneezing**
- Wear a MASK over mouth and nose in public places
- **Avoid touching your eyes, nose + mouth**
- CLEAN SURFACES FREQUENTLY using soap + water or bleach (30ml bleach in 970ml water)
- **Avoid crowded places**

### PROTECTING YOUR PATIENT & OTHERS

- Stay at home if you feel unwell
- check your temp daily
- Personal hygiene
- Wash clothes every day in hot water
- Change clothing on arrival
- Hand washing before and after touching patient
- Clean surfaces around patient often
- Wear a mask over mouth and nose + don’t touch
- If mask is touched hands must be sanitized
- Wear apron when cleaning or turning patient
- Waste management - closed plastic bag

### HAND WASHING ESSENTIALS

Use soap and water or sanitizer (70% alcohol)

**HOW:** Wet, apply soap, rub for 20 sec, front and back, between fingers, under nails, dry with clean towel

**WHEN:**

- **Before, during and after** preparing food or eating
- **Before and after** caring for sick person or a wound
- **Before and after** entering public place, taxi or bus
- **After** using the toilet or changing nappy
- **After** blowing your nose, coughing or sneezing
- **After** touching and animal
CARING FOR PATIENTS WITH COVID-19

All the above guidelines apply

**Other essentials needed:**
- personal protection at all times
- surgical masks
- protective gown (if possible)
- for close contact with patient:
  - gloves
  - plastic apron
  - goggles / face shield

The patient should be in a room alone whenever possible

**Good ventilation - open windows (at least 10 minutes every hour)**

Keep close contact with patient to shortest time possible (<15 minutes)

**Stay more that 2m away from patient at all other times (preferably nearby in another room)**

Clean all surfaces 4 times daily

**Waste management - closed red plastic bag**

Mask removal:
- do not touch the front of the mask.
- discard immediately in plastic bag and perform hand hygiene immediately

**Gloves and gown removal - careful technique – do not touch outside of glove or gown, watch video:**

https://drive.google.com/file/d/1vctneowiyqsbflsluh237ioxqhdqq7_m/view