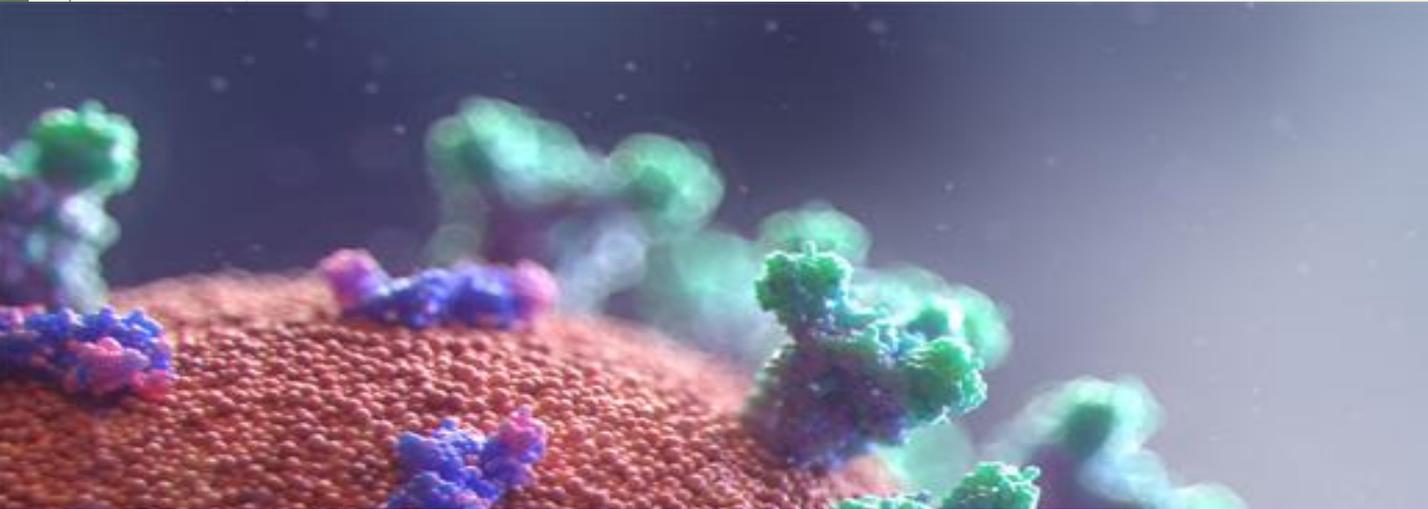




REPUBLIC OF NAMIBIA
MINISTRY OF HEALTH AND SOCIAL SERVICES



Stay Safe and Stay Healthy: **A guide to managing mild** **COVID-19** at Home



THE MOST COMMON COVID-19 SYMPTOMS REPORTED ARE:

- ▶ Fever
- ▶ Dry cough
- ▶ Fatigue



YOU MIGHT EXPERIENCE ONE OR MORE OF THE FOLLOWING SYMPTOMS,

- ▶ Runny nose
- ▶ Muscle aches and general body pains
- ▶ Shortness of breath
- ▶ Loss of appetite/taste/smell
- ▶ Nausea/vomiting/diarrhoea
- ▶ Sore throat
- ▶ Chest pain and pressure
- ▶ Confusion

WHAT TO AVOID AND WHAT TO DO WHEN YOU ARE SUSPECTING YOU HAVE BEEN EXPOSED TO COVID-19

What to avoid

- Going to work
- Using public transport
- Going to public places
- Going shopping
- Visiting family or friends
- Having visitors in your home
- Attending church services or any other events of all nature
- Smoking and taking alcohol.

What you can do

- Call the toll-free number 0 800 100 100.
- Get tested for COVID-19 at your nearest testing health facility.
- If you have a vehicle, drive yourself to the testing facility or call the toll-free number for further assistance.
- While you wait for your COVID-19 test results, stay home. This will minimise the chances of you passing the virus to other people in case you test positive.
- Stay calm and call a trusted friend or a professional for psychosocial support if you are worried about getting seriously sick.
- Have a friend or family member to help you with shopping or with anything that you may need.
- When receiving items from your family or friends, ensure that you do not come into close contact and make sure that you are both wearing your masks correctly.
- Physical distancing of 1 meter or more should be observed at all times.
- Maintain a healthy balanced diet. This will strengthen your immune system.
- Keep connected to people you care about by phone and video calls

WHAT CAN YOU DO TO SUPPORT FAMILY MEMBERS WHO TEST POSITIVE FOR COVID-19?

- ▶ Give messages of hope.
- ▶ Do not stigmatise or discriminate.
- ▶ Provide assistance with shopping and other needs that may arise outside their homes.

COLD AND FLU REMEDIES CAN BE USED TO RELIEVE FLU-LIKE SYMPTOMS

- ▶ paracetamol can be used to decrease symptoms
- ▶ It is not harmful to use traditional remedies like ginger and other natural substances known for their anti-inflammatory properties.

WHEN SHOULD YOU SEEK MEDICAL HELP?

If you have tested positive or are a suspected patient for COVID-19 and quarantining/isolating at home, you need to carefully observe your symptoms. Most of the symptoms can be managed well at home. It is important to seek medical help if your symptoms are not getting better.

Seek medical help if:

- ▶ you develop a new fever, or your fever keeps returning and does not go away completely.
- ▶ you develop chest pain.
- ▶ your breathing becomes difficult (unable to do usual activities, cannot speak in full sentences easily).
- ▶ decreased alertness, memory.
- ▶ recent falls or near falls.
- ▶ leg or calf swelling.
- ▶ You may call the toll free 0800100100 for further guidance.

WHAT IS THE DIFFERENCE BETWEEN ISOLATION AND QUARANTINE?

ISOLATION

Isolation is required when a person has tested positive for COVID-19. Namibia is using two types of isolation.

- ✓ Designated isolation which could be in a health care facility or a non-health care facility.
- ✓ Self-Isolation also referred to as home isolation.
- ❖ Health care facility isolation is meant for patients that are showing moderate to severe symptoms and cannot be managed at home.
- ❖ Non-health care facility isolation is meant for those that have tested positive for COVID-19 and do not show symptoms of sickness or have mild symptoms, but are not qualifying for home isolation due to various reasons.
- ❖ Some COVID-19 patients do not experience moderate/severe symptoms and do not need to be hospitalized. These symptoms can be managed at home.
- ❖ For patients who have not been showing symptoms, while in isolation, they can be released after 10 days following the date of diagnosis.

WHAT IS HOME-ISOLATION?

- ❖ Home isolation is allowed for those that have tested positive for COVID-19 and do not show symptoms of sickness or have only mild symptoms that do not require hospitalization and have a home that is suitable for isolation.
- ❖ This is an important measure that the government is using to reduce the transmission of COVID-19 to family members and the entire community.

- ❖ Volunteer to stay home and do not go to work, school, or public places.
- ❖ If you feel that the symptoms do not get better or get worse, seek medical advice. You may call the toll-free number 0800100100, WhatsApp number 0851 100 100 or the nearest health facility in your area.

❖ Criteria for acceptable home isolation

- Patient has no symptoms or symptoms are mild and does not need hospitalization
 - Appropriate caregivers are available at home
 - Separate bedroom available
 - Resources for access to food and other necessities are available
 - Patient and other household members are capable of adhering to the use of masks, hand hygiene and physical distancing of 1 meter
 - Household members at risk for severe disease can be safely separated.
- ❖ The duration of isolation is 10 days but only when you are not showing symptoms.
 - If showing symptoms, isolation is for a period of at least 10 days plus at least 3 days of no symptoms.

REMEMBER: Do your part, help to flatten the COVID-19 curve!

WHAT IS QUARANTINE?

- ❖ Quarantine is a way of separating and restricting movement of persons who may have been exposed to COVID-19.
- ❖ When a person is in quarantine, this gives a chance to monitor if they have contracted COVID-19 or not.
- ❖ A person should remain in quarantine for a period of 7 days. All people under quarantine are required to be tested at the end of the quarantine period.
Only those whose test results are negative for COVID 19 will be allowed to leave the quarantine.
- ❖ Those in quarantine and test positive for COVID 19 will be required to complete a period of isolation in line with isolation criteria described above.

- ❖ Quarantine helps to limit the spread of COVID-19 to others.
- ❖ **There are two types of quarantine namely:**
 - (i) mandatory quarantine in government managed facility and
 - (ii) home-based quarantine.

Home-based quarantine: this can be granted based on the following requirements.

- ▶ When a contact lives alone
- ▶ Home-based quarantine for multiple contacts: who live together in the same house/compound can only be released when all contacts test negative.
- ▶ The health worker will assess the situation and make a final decision.
- ❖ When a person is exposed to the infection of COVID-19, the symptoms usually appear within the period of 2 to 7 days of exposure.
- ❖ It is important to spend at least 7 days in quarantine and make sure that you pose no threats of spreading the virus to others.
- ❖ When you are released from quarantine, it is important to continue adhering to the preventative measures such as consistently wearing your mask correctly, social distancing and hand hygiene.

WHEN TO QUARANTINE

- When exposed to someone with the virus or,
- If exposed to a confirmed case but do not have symptoms

REMEMBER: when you are in quarantine, you reduce the chances of infecting your family and the community with COVID-19.

IF YOU TEST POSITIVE FOR COVID-19, YOU SHOULD ISOLATE BY:

- ❖ Separating yourself from other people in your home, in a well-ventilated bedroom.
- ❖ Your family should not stay or sleep in the same room as you.
- ❖ Use a separate bathroom. If you have to share a bathroom, disinfect with bleach or with any other disinfectant products after every use.

- ❖ Avoid sharing items and the same spaces with other people.
- ❖ Clean surfaces that are frequently touched such as door handles, tables tops, taps, etc.
- ❖ Stay at least 1 meter or more away from other people in the house.
- ❖ Wear facemasks correctly to help prevent the spread of COVID -19 to others.
- ❖ Cough or sneeze into the fold of your elbow. Alternatively, cover your mouth and nose with a tissue when you cough or sneeze and immediately dispose of the tissue in a closed bin.
- ❖ Clean your hands often with soap and running water for at least 20 seconds or with alcohol-based hand sanitizer that contains 70-95% alcohol.
- ❖ If you do not isolate yourself correctly, you pose the risk of exposing other people to the virus.

WHAT SHOULD

SHOULD THE REST OF YOUR FAMILY DO IF ONE MEMBER TESTS POSITIVE FOR COVID-19?

- People who have been in close contact with the confirmed family member need to self-quarantine for 7 days from the day of contact with the confirmed positive test result.
- The health worker will assess and advise whether the family home is meeting the quarantine guidelines. If not, the family members will be quarantined elsewhere.

WHO IS CONSIDERED A CLOSE CONTACT?

A person who had face-to-face encounter with someone who tested positive of COVID-19 for at least 15 minutes and:

- ▶ Both were not wearing masks at the time
- ▶ Both were less than one (1) meter apart

YOU ARE AT GREATEST RISK FOR SEVERE DISEASE AND NEED MORE CAREFUL MONITORING IF YOU:

- ▶ Are older than 50 years of age
- ▶ Are overweight and unfit
- ▶ Have co-morbidities like:
- ▶ Uncontrolled Hypertension, Diabetes, Chronic kidney disease, heart or lung disease, Cancer, HIV or TB

TAKE CARE OF YOUR HEALTH

Make sure your underlying medical conditions are well controlled and managed:

- Ensure that you take your hypertension, diabetes and other medicines correctly as prescribed by the health worker.
- Make sure you have enough medicines for at least one month, preferably for longer.
- ❖ Drink plenty of water, sleep well, get plenty of rest but also remember to stay active.
- ❖ Eat fruits and vegetables daily.
- ❖ Avoid smoking and alcohol.
- ❖ Avoid or reduce the intake of sugary food.
- ❖ Make use of small amounts of oil.
- ❖ Monitor your blood pressure and sugar if you have the equipment at home.
- ❖ Do not take medicines that have not been prescribed to you by your doctor.