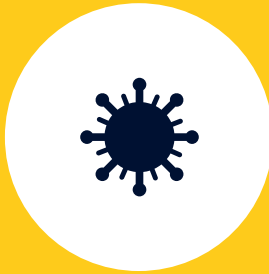


COPING WITH COVID

A GUIDE TO MANAGING MILD
COVID-19 SYMPTOMS AT HOME



WHAT ARE COVID-19 SYMPTOMS?



Fever

New continuous cough

Shortness of breath

Tiredness

Muscle aches

Congestion or runny nose

Headaches

Sore throat

Loss of taste/smell

Nausea or vomiting

Diarrhoea

IF YOU ARE DIAGNOSED WITH COVID-19, OR IF YOU HAVE SYMPTOMS BUT CANNOT GET TESTED

WHAT SHOULD YOU DO?



Do stay at home for 10 days

Do stay calm

Do ensure you have family members on hand who can help you to get shopping and things you may need

Do keep connected to people you care about by phone and video calls

Do not go to work

Do not use public transport

Do not go to public places

Do not go shopping

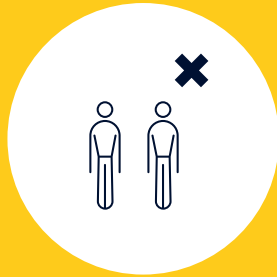
Do not visit anyone

Do not attend religious gatherings

Do not have visitors in your home

Do not leave home unless you need medical care

IF YOU HAVE COVID-19 HOW SHOULD YOU ISOLATE?



Separate 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, clean after every use.

Avoid sharing items and the same spaces with other people and clean surfaces often.

Stay at least 1.5 metres (3 steps) away from other people in the home. Wear facemasks to help prevent the spread of the disease 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 dispose of tissue in a dedicated bin.

Clean your hands often with soap and water for at least 20 seconds or with alcohol-based hand sanitiser that contains 70% alcohol.

WHAT IS THE DIFFERENCE?



ISOLATION

You have tested positive for the virus or you have symptoms and likely have COVID-19

You need to avoid contact with other people for

- 10 days after your test if you have no symptoms
- 10 days after your symptoms started if you have mild disease
- 10 days from the last day you needed oxygen if you were treated in hospital with severe disease

You do not need to retest to confirm you are negative to de-isolate

QUARANTINE

You have been in close contact with someone with the virus

You have been in close contact with someone who has been diagnosed with COVID-19, you may or may not have symptoms and still need to be tested or you are waiting for a test result.

If you do not develop symptoms you can de-isolate after 10 days

If you develop symptoms you are considered to be a person under investigation (pui) and quarantine for 10 days from the start of your symptoms

WHAT IS A CLOSE CONTACT?



Face to face encounter with a person under investigation (pui) or a probable individual or an individual who has been confirmed to have COVID-19

Within less than one metre

For more than 15 minutes

Both were not wearing masks

FEEL A LITTLE SHORT OF BREATH?



Sleep on your stomach for as much as possible with your head turned to the side (prone position)

It helps to prop a pillow lengthwise underneath your head and chest for this
Or sleep with more than one pillow with the head slightly raised to alleviate the difficulty in breathing.

You can also rotate between laying on your belly, on your side and sitting up

BREATHING EXERCISES CLEAR YOUR LUNGS AND IMPROVE OXYGEN FLOW



The idea is to get the lower part of your lungs to expand so that any mucus that's collecting there can be dislodged and coughed out

DEEP BREATHING and FORCED EXPIRATION

Take a deep breath in through the nose. At the end of it, hold your breath for five seconds. Then breathe out through the mouth. Do this five times five breaths total. Next, take a sixth deep breath in, then at the end of it cough strongly, covering your mouth when you do so. The six breaths plus cough at the end represent once cycle. Repeat this cycle twice.

PURSED-LIP BREATHING

Breathe in through your nose and breathe out at least twice as long through your mouth, with pursed lips.

BELLY BREATHING

Lie on your back. Bend your knees. Breathe deeply through your nose, allowing your chest and belly to expand. Breathe out through your mouth at least twice as long as your inhale. Perform for one minute. Then, rest for 30 seconds.

BALLOON BLOWING

You can also blow up a balloon as breathing against resistance helps to expand the chest.

WHO IS AT GREATEST RISK OF SEVERE SYMPTOMS?



Older than 60 years

Overweight

Unfit

Multiple medical conditions

Medical conditions not well controlled

Hypertension

Diabetes

Chronic kidney, heart and lung disease

Cancer

HIV

TB

IF YOU ARE HIGH RISK, MONITOR YOURSELF CLOSELY



Make sure your underlying medical conditions are well controlled. Take your hypertension, diabetes and other medicines correctly and on time.

Monitor your blood pressure and sugar. If you are diabetic it is a very good idea to get a home device to measure your sugar and to notify your healthcare provider of abnormal readings.

Consider getting a pulse oximeter. This is an easy to use device which measures the oxygen saturation (level) in your blood and helps to identify early on when you are in need of medical attention.

Oxygen saturation should always be greater than 92%.

The normal oxygen levels in a pulse oximeter usually range from 95% to 100% (when you are breathing room air). Note: Normal levels may vary if you have lung disorders. Your doctor can tell what levels are normal for you.

STRENGTHEN YOUR IMMUNE SYSTEM



Eat healthy meals, drink water, sleep well, get plenty of rest but also remember to stay active.

Stop smoking!

Take the following:

- Vitamin D 50 000 iu once off
- Zinc 200mg daily for five days
- Vitamin C 500mg three times per day for five days
- Vitamin B complex one tablet daily

USE THE USUAL COLD AND FLU REMEDIES TO RELIEVE SYMPTOMS



Take Panado for fever and pain

Drink warm honey and lemon water or use lozenges to relieve sore throats

Do warm water and salt gargles twice daily

Steam or use a humidifier with eucalyptus or Vicks as dry air is not good for your lungs

Traditional remedies like black seed, turmeric, ginger and other natural substances known for their anti-inflammatory properties are not harmful and may help

Please consult your healthcare provider prior to use

Do not take steroids unless prescribed by your healthcare provider.

Many of these treatments have not been proven to work or are used for seriously ill patients who are being treated in hospital.

WHEN SHOULD YOU SEEK MEDICAL HELP?



If your symptoms are worsening or have not improved after seven days

If you become confused or have difficulty concentrating

If you develop a new fever or your fever returns

If you develop chest pain

If you are diabetic and your sugar level is very high (>18) or very low (<3.5). Levels differ in all individuals. Before meals: 4 to 7 mmol/L for people with type 1 or type 2 diabetes. After meals: under 9 mmol/L for people with type 1 diabetes and under 8.5mmol/L for people with type 2 diabetes

If your breathing becomes difficult, and the number of breaths you take in one minute (respiratory rate) is more than 25. Normal respiratory rate is 16-20 breaths per minute. Please consult your healthcare provider.

If your oxygen level on the pulse oximeter is lower than 92%. The normal oxygen levels in a pulse oximeter usually range from 95% to 100% (when you are breathing room air). Note: Normal levels may vary if you have lung disorders. Your doctor can tell what levels are normal for you.

**Do not go to your GP's rooms
Call the doctor or arrange a virtual medical consultation
Or call an ambulance and go to the hospital**

Information for this publication was collated from various credible sources, including the Department of Health, Higher Health and the University's own healthcare professionals from Occupational Health Services and Student Health Services.