

### Recommendations for families in Self Quarantine caring for an isolated patient at home

Close contacts who are household members of isolated patients with COVID-19 must be in home quarantine until home isolation for the patient ceases for a minimum of 14 days and after quarantine begins

#### 1. How to Protect Yourself and Others



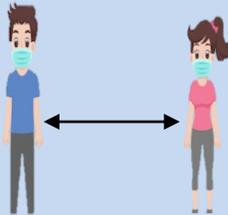
Stay Home and don't allow visitors except in cases of emergency



Wear face mask when in close contact with the patient (<2m)



Wear disposable gloves while handling soiled items and keep soiled items away from your body



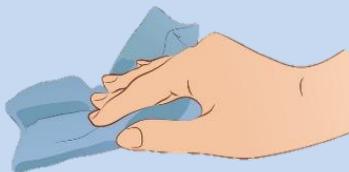
Keep your distance from others (2 meters) and minimize contact with family members



Wash your hands regularly for at least 20 sec. and avoid touching your eyes, nose, and mouth



Throw out disposable facemasks and gloves after using them. "DO NOT REUSE"



Clean all "high-touch" surfaces every day especially those that may have blood, stool, or body fluids.



When removing personal protective equipment, first remove and dispose of gloves. Then, immediately wash your hands with soap and water. Next, remove and dispose of facemask, and immediately clean your hands



Place all used disposable gloves, facemasks, and other contaminated items in a separate container before putting them for disposal with other household waste

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### 2. Caring for Isolated Case



Stay in another room or be separated from the patient as much as possible and use a separate bedroom and bathroom



Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window



Wear a disposable facemask and gloves when you touch or contact patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine



Avoid sharing household items with the patient. After the patient uses these items, you should wash them thoroughly



Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them



Monitor the patient's symptoms. In case of health deterioration call the red cross and notify them that the patient is infected with coronavirus and is isolated at home

### 3. How to Self-Monitor



In case of emergency call the red cross and notify them that you might be infected with coronavirus and you are caring for an isolated patient at home



Take your temperature and/or that of family members who are being monitored and cannot do so themselves, at least 2 times a day and watch for cough or difficulty breathing



Be collaborative with the concerned authorities and report your temperature and any symptoms, following their instructions