

IMPORTANCE OF HOME BASED ISOLATION AND CARE GUIDELINES



This package has been developed by the Ministry of Health to empower Health Care Workers (HCWS), Community Health Volunteers (CHVS) households and individuals, with basic knowledge, to enable them function effectively as care givers of COVID-19 patients at home.

Kenya is now witnessing cases of local community transmission of the corona virus disease. This means that we are likely to see more people testing positive from the surveillance activities and at hospital casualty and emergency units throughout the country. Not all people who test positive for corona virus disease require hospitalisation and in some cases, homecare may also be considered when inpatient care is not available.

This guide is a popular version for the general public, caregivers, and all health teams including CHVS. The guidelines are aimed at empowering the community to take charge of COVID-19 patients at home. The guidelines were developed in line with (WHO-2020) recommendations. Positive cases without other underlying conditions and those with mild or no symptoms with a possibility of a good outcome, are eligible for care at home.

FOR ILL PEOPLE

1



Stay at home. Do not attend work, school or go to public places. Rest, drink plenty of fluids and eat nutritious food.



Clean your hands frequently with soap and water or with alcohol based hand rub.

2



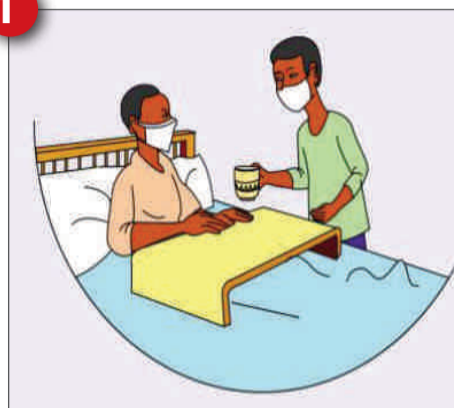
Stay in a separate room from other family members, but if not possible, wear a mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well ventilated and if possible, use a dedicated bathroom.



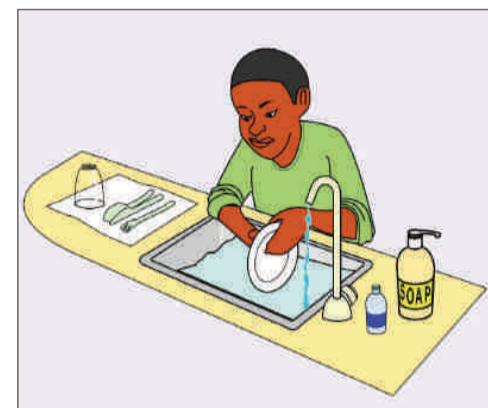
When coughing or sneezing, cover your mouth and nose with a flexed elbow or use disposable tissue and discard after use. If you experience difficulty in breathing, visit your health care facility immediately.

CARE GIVERS

1



Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.

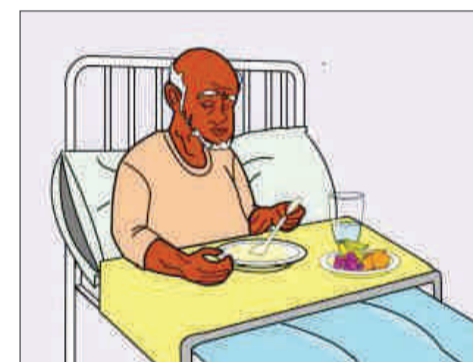


Use dedicated dishes, cups, eating utensils, towels and bed linens for the ill person. Wash dishes, cups, eating utensils, towels, or bed linens used by the ill person with soap and water.

2



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.



Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.

3



Frequently clean hands with soap and water or alcohol-based rub, especially:

- After any type of contact with the ill person or their surroundings
- Before, during and after preparing food
- Before eating
- After using the toilet
- After coughing and sneezing
- When hands are visibly dirty.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.

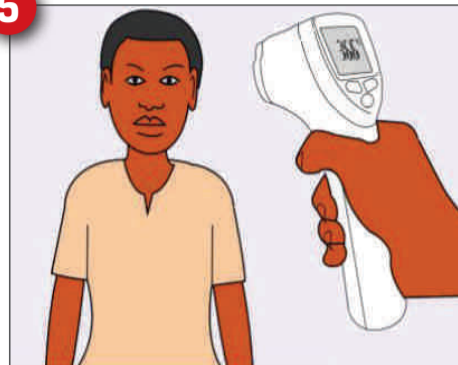


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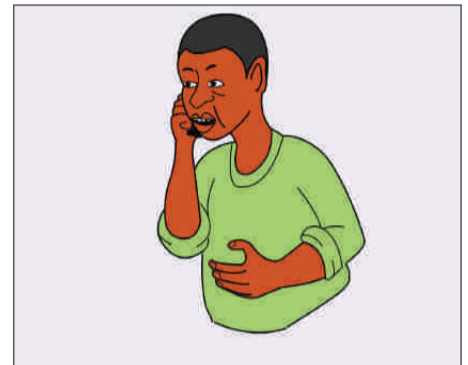


- Handle the patient's dirty linen with single use gloves or the heavy duty type (clean with soap and water and 0.5% chlorine).
- Place the linen in a laundry bag. Do not shake them.
- Use regular laundry soap and water with common household detergent.
- Dry thoroughly.

5



Monitor everyone's health for symptoms such as fever and cough, and when difficult breathing appears, **call 719** or text/SMS*719# immediately.



Call 719 for an ambulance to rush you to a health facility immediately if the ill person worsens or experiences difficulty in breathing.

DIET DURING HOMECARE FOR PEOPLE WITH COVID-19

Choose a variety of foods from at least 4 to 5 food groups daily

<p>Grains and grains product, roots tubers and green banana</p>	<p>Legumes, Pulses</p>	<p>Nuts, seeds</p>	<p>Dairy/milk products</p>	<p>Eggs</p>
<p>Meat, fish, poultry, insects, organ meats</p>	<p>Orange, yellow fruits and vegetables</p>	<p>Dark green leafy vegetables</p>	<p>Other vegetables</p>	<p>Other fruits</p>

COOKED FOODS OPTIONS

Eat a variety of foods within each food group and across all the food groups. Consume plenty of safe water throughout the day.

Avoid or reduce the consumption of highly refined, processed foods, sweets and sugar sweetened/flavoured drinks or beverages; They have little nutrition value and contain high amounts of unhealthy fats, sugar and salt.

Eat healthy amid COVID-19 disease



WHEN TO END HOME CARE FOR PEOPLE WITH COVID-19



- Asymptomatic patients – When at least 10 days have passed since the date of their first COVID-19 test and they have not developed symptoms since their positive test.
- Symptomatic patients - no fever for at least 72 hours (that is 3 full days) AND
- Other symptoms have improved (for example, when cough or shortness of breath has improved) AND
- At least 10 days have passed since their symptoms first appeared
- If testing is available to determine if a patient is still infectious, then isolation can stop after two consecutive COVID-19 negative tests, 24 hours apart.

