

## **Isolation Guide with a patient with COVID-19 at home.**

### **How to isolate an infected person with COVID-19 at home?**

1. The patient must have an exclusive room and bathroom.
2. The patient cannot use the common areas of the house and should maintain at least 1 meter of distance with others.
3. If there is no an exclusive bathroom for the patient, the bathroom must be disinfected with a chlorine solution.

### **General recommendations**

1. The patient's room must have good ventilation.
2. The designated doctor must always be informed about the health status of the patient.
3. Mandatory hand wash: After any contact with the patient, whenever she or he comes out of the room, after coughing or sneezing, after the handling of any tissues, before eating and after the cleaning of any surface.
4. Cleaning of surfaces of frequent contact: door knobs, tables, light switches, faucets, toilets, phones and keyboards
5. If the patient must come out of the room, she or he must use a facemask and perform hand wash. Any surface in contact with the patient must be cleaned.

### **How to clean the house?**

The house has to be clean on daily basis if a patient with COVID-19 is at home. Every surface that the patient has touched has to be disinfected.

1. The person that is going to clean has to use a facemask and gloves.
2. The cleaning must be made with a chlorine solution (the dilution of the mix has to be made according to the producer of the chlorine product, usually at the back of the bottle).
3. The patient must have exclusive eating utensils and these must be washed with hot water and soap (reach 60 Celsius grades).
4. Daily cleaning of surfaces of frequent contact: door knobs, tables, light switches, faucets, toilets, phones and keyboards.
5. The dirty laundry of the patient has to be transported in a hermetic bag and has to be washed separately with usual detergent with a temperature greater than 60C. Let the clothes dry completely

### **What to do with the patient's trash?**

The contaminated residues of a patient with COVID-19 can be a vehicle for the virus. The cleaning materials must be disposable and must be isolated in plastic bags. The person that picks up the trash must have an extreme personal hygiene after exposure with these residues.

1. Throw away the facemask and gloves and do an exhaustive hand wash.
2. Put apart the towel and the personal hygiene accessories of the patient.

### **Basic measures against COVID-19**

1. Wash your hands frequently with water and soap or with alcohol solutions with more than 70% of alcohol.
2. Whenever you cough or sneeze, cover your mouth and nose with your elbow or with a tissue, throw away the tissue immediately; wash your hands with water and soap or with an alcohol based solution (<70%).
3. Keep a distance of 1 meter between you and other people, especially between people with cough, sneezing or fever.
4. DO NOT touch your eyes, nose or mouth.
5. Seek for immediate medical attention if you have fever, cough and shortness of breath. Avoid self-medication. If your health status is not severe, stay at home to avoid contagiousness.
6. If you have respiratory mild symptoms and no previous history of travel to the countries with cases of COVID-19, remain at home until recovery.