

DXY TIPS ON HOME ISOLATION

FROM "GLOBAL VIEW OF WUHAN" VOLUNTEER GROUP

全球看武汉 | 丁香园居家隔离指南

来自“全球看武汉”志愿者团队



Differences between COVID-19 and Influenza

1

Key symptoms of COVID-19: Shortness of breath, breathing difficulties.

The early symptoms of COVID-19 is similar with that of flu. Therefore, it is really difficult to tell the difference between the two diseases only by symptoms such as fever, headache, muscle weakness and general discomfort. Most COVID-19 patients have lower respiratory infection symptoms such as breathing difficulties, etc. You should be alert if you find yourself "having a cold" with symptoms of breathing difficulties and shortness of breath.

2

The Seventh Day is vitally important as it links both incubation period and severely ill symptoms.

One detail in Diagnosis and Treatment of Pneumonia Infected by Novel Coronavirus (4th trial edition) issued on 27th January by National Health Commission of People's Republic of China is that

Based on current epidemiological investigation, incubation period was set as 3-7 days, which ranges from 1-14 days, and breathing difficulties comes after about one week in most cases of serious conditions .



How to prevent the spread of COVID-19 when staying home?

1

Will open windows increase the chance of infection?



Actually, good ventilation **helps** to reduce the amount of viruses that may exist indoors and helps to renew indoor air. "Diluted" outdoor air is almost impossible to bring viruses indoors.

If your family members are suspected acute respiratory infection patients, open the window but keep the door closed during ventilation. Do not use central ventilation system to avoid the air in the sick people's room entering the clean areas.

2

Under what conditions home isolation is necessary?

For the moment, there are 3 types of people who need home isolation.

1. Suspected COVID-19 patients with mild symptoms

People who are diagnosed by doctors as suspected COVID-19 with mild symptoms and recommended clearly to have home observation.





2. Close contacts (Close contacts are those who have been in close contact with a person known to have COVID-19 or a highly suspected case.)

A close contact is any of the following conditions and may need home isolation. Please see a doctor or contact local health department ASAP if you are:

- (1) Living, studying or working with confirmed patients or having any other forms of close contact;
- (2) Having treated, nursed or visited confirmed patients without effective protective measures;
- (3) Having been hospitalized in the same room with confirmed patients.
- (4) Having been using the **same means of transportation** and had close contact with the confirmed patients

**We call for your special attention to item (4). Please closely follow train and flight tracing notice issued by local government, media or other relevant authoritative channels. If you find yourself once in the same carriage or flight with confirmed cases, you NEED to be isolated at home and contact the local health department.*

3. People who are considered necessary to be isolated by the local health department.

-  If you have a fever (body temperature above 38°/ 100.5 F) with any of the following conditions, please go to the hospital ASAP;
-  Shortness of breath, obvious chest tightness and asthma;
-  Have been in close contact with confirmed COVID-19 pneumonia patients;
-  Patients with pre-existing heart, brain, liver, and kidney disease such as high blood pressure, heart problems, etc..

(Note: This is only for adults outside the epicenters. There could be stricter standards in epicenters.)



What needs to be done during home isolation period.

1

Stay in a specific room alone that satisfies the following conditions:

- **Good ventilation:** make sure there is at least one window in the room. It would be better if the window is the air outlet of the whole house, which can protect the other areas of your house from polluted air.
- **A separated restroom;**
- **Wooden and metal furniture** are preferred, which are easier to be sterilize. You can also choose to cover a layer of disposable plastic cloth on your fabric or leather furniture.
- Things in the room should be as few as possible, which can reduce the chance of infection and the trouble of future cleaning.

2

Necessary materials for home isolation mainly include disinfection and nursing supplies, daily necessities, etc.

- | | |
|--|--|
| <input checked="" type="checkbox"/> Thermometer
take the temperature once in the morning and once in the evening every day to monitor your physical condition; | <input checked="" type="checkbox"/> Soap / hand sanitizer
regular soap and hand sanitizer are fine. If you choose instant hand sanitizer, please make sure it contains high alcohol concentration. |
| <input checked="" type="checkbox"/> Respirator masks
N95 masks or disposable surgical masks; | <input checked="" type="checkbox"/> Tissue
multi-layer waterproof tissue is preferred; |
| <input checked="" type="checkbox"/> Disinfectant
chlorine disinfectant | <input checked="" type="checkbox"/> Garbage bags for special use and lidded garbage can:
used to dispose waste masks and other secretions; |
| <input checked="" type="checkbox"/> Alcohol
75% alcohol, alcohol spray, alcohol pads, etc. | <input checked="" type="checkbox"/> Disposable or personal towels. |

3

During the period of home isolation, the changes of illness should be evaluated as follows:



People quarantined at home are advised to take their temperature at least **twice a day**, observe and record changes of their health condition until their symptoms do not get worse and gradually improve

Symptoms to watch for: **cough, breathing difficulties or shortness of breath, chest tightness, body aches, diarrhea**, etc

If the temperature drops gradually and the symptoms gradually improve, it means your health condition is getting better. Just keep observing.

If one or more of these symptoms continue and there is no signs of improvement, contact a community or a home-isolation-management organization for medical treatment as soon as possible.





Would you get infected by taking an elevator?

1

Elevator is a closed and narrow space. Sharing one elevator with a virus carrier, you may get infected through his/her droplets spread by coughs, sneezes, and speeches.

If droplets fall on buttons or walls, the virus can be spread to other persons by contact. They may get infected by touching their mouth, nose or eyes before washing their hands.

But don't worry, just remember the following three sentences to prevent COVID-19:

Wear a mask when taking an elevator.
Don't touch your face with your hands.
Wash your hands when you get home.

A popular practice in China now is to wrap your fingers with tissue before touching buttons in the elevator, which is a good alternative if you have no gloves.



Special attention: **do not touch** the polluted surface (such as the outside surface of the mask and the tissue in which your fingers are wrapped before); If you do, wash your hands with soap and running water for **20 seconds** as soon as possible.



How to care for children during the epidemic?

1

How to protect your children when going out

Don't go out if possible, that is the best way to protect your children.



● If have to, **drive private car or take a taxi**, and use public transportation less frequently such as buses and subways where people are crowded. Walking is the best choice for nearby destinations.



● Both parents and children should wear masks and ensure timely replacement, and **do not touch the outside surface of masks**, so as to avoid the virus transferring to the hands.



● Carry instant **hand sanitizer** and other disinfectant products with you, disinfect your children's hands in time if they touch other things, and try to keep children from sucking their fingers, rubbing their eyes and nose before disinfection.



● **Wash your hands** in the right way once you get home, change your and your children's outerwear in case of virus spread during contact.

2

Children's food during the epidemic

● Make sure the food is **thoroughly cooked**, especially meat and eggs. Raw and cooked food should be handled by using two different cutting boards and **different sets of kitchen tools** and put in separate bowls; Wash hands when you switch between handling raw and cooked food; After cooking, wash your hands before touching your children.

● In addition, since COVID-19 can be transmitted through saliva, **it is imperative to keep your child from eating food that has been tasted by others and not to cool your children's food by blowing**. These actions could spread the virus to children without notice. It is advised to use separate dishes and serving utensils, which can help to avoid cross-contamination.

● So, can you feed your children with chicken, duck and fish? **Yes, but make sure it's fully cooked**. Until now, there is no evidence showing that COVID-19 can be transmitted via regular meat and seafood.

● But be aware that both meat and eggs must be fully cooked before eating. Meanwhile be careful not to buy poultry or seafood from unknown sources. **Do not touch live birds without protection**.



Recommendations to pregnant women

1

Precautions in pregnancy check-ups

During the epidemic, pregnant moms need to note the following things when going for pregnancy check-ups:



- Avoid taking public transport. You can go by taxi, uber or your private car.



- Avoid staying in hospital for a long time. You can ask your family to line up for you and find a ventilated place with fewer people while waiting. Don't stay indoors for long.



- Always wear an N95 mask or a medical mask from home to hospital. Gloves are also recommended.

- Bring hand sanitizer or sanitizing wipes with you all the time to maintain hand hygiene when it's not convenient for you to wash your hands.



- Avoid touching eyes, nose or mouth with your hands. The virus can transmit through contact.

- Dispose of used masks in a proper way upon getting home. Remember to change your clothes, wash your hands and face in time.



- Keep distance from others (at least one meter away) when you are on the way and in hospital.

2

Can new moms keep breastfeeding their babies during the epidemic?

- ☑ If you are healthy and want to breastfeed your baby, please remember to wash your hands regularly. Pay attention to the hygiene of those body parts where you will have close contact with your baby.
- ☑ Follow the guidelines of home isolation. Wear a medical mask and carefully wash your hands before intimate contact with your baby. Keep your wrists, arms and outerwear clean.
- ☒ Breastfeeding is not recommended under these circumstances: 1. You are a suspected COVID-19 patient; 2. You are a confirmed COVID-19 patient and not yet fully recovered from the disease.
- ☒ SPECIAL NOTICE: If you are taking certain antiviral drugs, such as Lopinavir or Ritonavir, you are not recommended to breastfeed your child.
- If you have respiratory symptoms but not COVID-19 infected, you can breastfeed your baby under the guidance of a doctor.