



Home Care for People with Suspected or Confirmed Coronavirus Disease “Covid-19”

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Commentary

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Abstract

Background: The rapid spread of coronavirus disease that emerged in late 2019, has been labeled a Public Health Emergency of International Concern by the World Health Organization. Coronavirus disease “Covid-19” is a major pandemic affecting most parts of whole world. The aim of this commentary was to describe the current situation around the world.

Methodology: survey the online data about COVID 19, since it is a new virus disease that needs much effort to determine who is it, how to deal with infected persons or suspected persons, also how to deal with contacts, how to communicate with others in the community.

Results: World Health Organization and different organizations did huge efforts and determines specific precautions in order to minimize its spread.

Conclusion: Controlling the outbreak required the combined efforts of ordinary citizens, political and religious leaders, community workers, and none Governmental Organizations and general public to follow the recommended precautions plan especially in home care.

Introduction

The rapid spread of coronavirus disease that emerged in late 2019, has been labeled a Public Health Emergency of International Concern by the World Health Organization [1]. Coronavirus disease “Covid-19” is a major pandemic affecting most parts of whole world [2]. The international response to the Coronavirus disease “Covid-19” was truly assertive, and needs an urgent public health intervention. Controlling the outbreak required the combined efforts of ordinary citizens, political and religious leaders, community workers, and none Governmental Organizations.

According to the current evidence, COVID-19 virus is primarily transmitted between people via respiratory droplets and contact routes. Droplet transmission occurs when a person is in close contact (within 1 meter) with

an infected person and exposure to potentially infective respiratory droplets occurs, for example, through coughing, sneezing or very close personal contact resulting in the inoculation of entry portals such as the mouth, nose or conjunctivae (eyes) [3-5]. Transmission may also occur through fomites in the immediate environment around the infected person [6]. Therefore, transmission of the COVID-19 virus can occur directly by contact with infected people, or indirectly by contact with surfaces in the immediate environment or with objects used on or by the infected person.

There is also the possibility of transmission from people who are infected but have not yet developed symptoms; this is called pre-symptomatic transmission. The incubation period for COVID-19, which is the time between exposure to the virus and symptom onset, is on average 5-6 days, but

can be as long as 14 days [7,8]. Additionally, data suggest that some people can test positive for COVID-19, via polymerase chain reaction (PCR) testing 1-3 days before they develop symptoms [9]. People who develop symptoms appear to have higher viral loads on or just prior to the day of symptom onset, relative to later on in their infection [10].

As until now still do not have a very effective drug of choice to cure the corona virus. So it is a good time to challenge and apply some of effective community prevention activities which can be introduced into the community in a larger scale. As some of the activities which can be recommended to the community or to asymptomatic COVID 19 patients apart from social distancing, hand wash and wearing masks which has already been followed or advised to the community by world health organization.

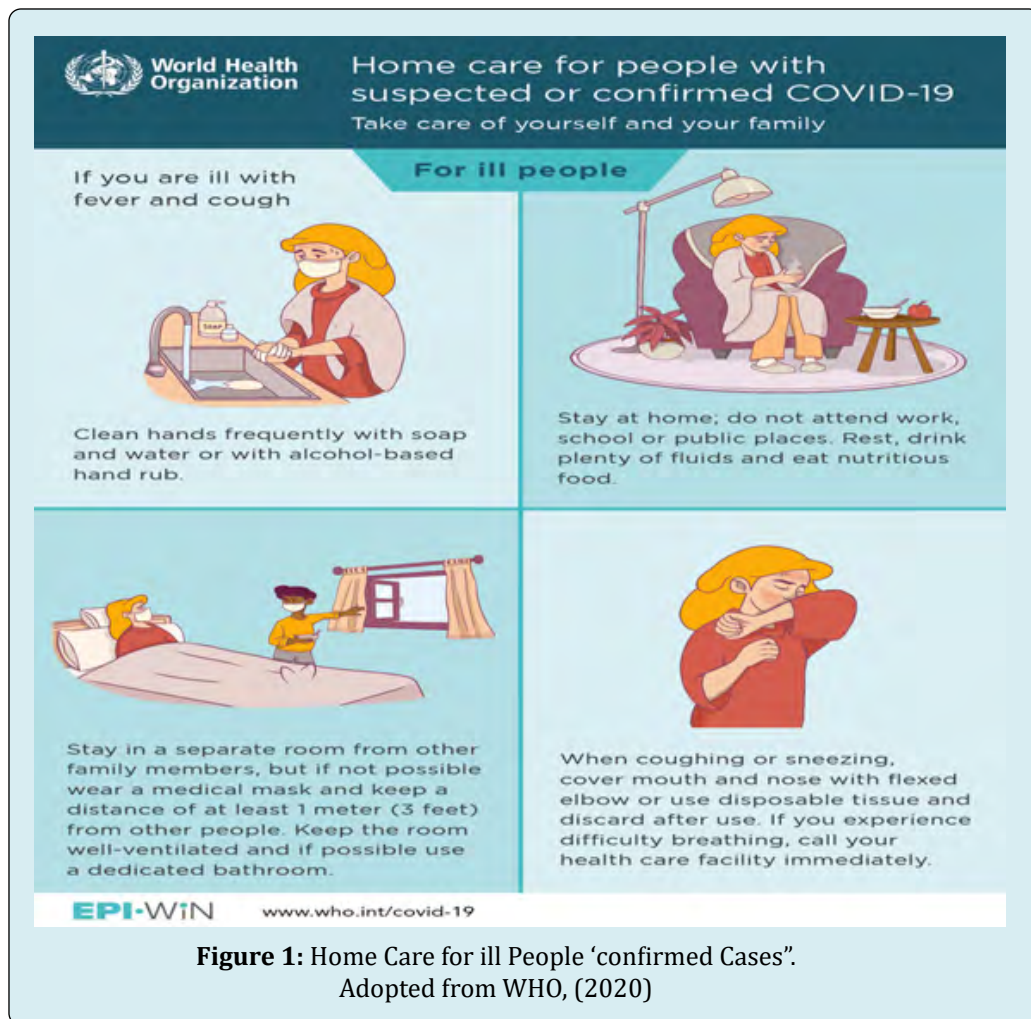
WHO's guidance on the type of respiratory protection to be the use of masks as part of a comprehensive package of the prevention and control measures that can limit the spread of

certain respiratory viral diseases, including COVID-19. Masks can be used either for protection of healthy persons (worn to protect oneself when in contact with an infected individual) or for source control "worn by an infected individual to prevent onward transmission" [11].

However, the use of a mask alone is insufficient to provide an adequate level of protection or source control, and other personal and community level measures should also be adopted to suppress transmission of respiratory viruses. Whether or not masks are used, compliance with hand hygiene, physical distancing and other infection prevention and control measures are critical to prevent human-to-human transmission of COVID-19 (Figures 1-3).


WHO recommends different types of precautions especially for home care for :-

- Home Care for ill People 'confirmed Cases'
- Home Care for all members of the household.
- Home Care for Caregivers of coronavirus disease cases.




World Health Organization
Home care for people with suspected or confirmed COVID-19
Take care of yourself and your family

All members of the household




Wash hands with soap and water regularly, especially:


- after coughing or sneezing
- before, during and after you prepare food
- before eating
- after using the toilet
- before and after caring for the ill person
- when hands are visibly dirty



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



When coughing or sneezing, cover mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.




Monitor everyone's health for symptoms such as fever, cough and if difficult breathing appear, call your health care facility immediately.

EPI-WiN www.who.int/covid-19


Figure 2: Home Care for all members of the household. Adopted from WHO, (2020).

World Health Organization
Home care for people with suspected or confirmed COVID-19
Take care of yourself and your family

For caregivers




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




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.


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






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



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



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

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Figure 3: Home Care for Caregivers of coronavirus disease. Adopted from WHO, (2020).

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