Home-Based Care Reference Guide for COVID-19
The CORE Group Home-Based Care working group includes members from

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CORE Group convenes global community health professionals to share knowledge, evidence, and best practices, and then translates these into the real world with a direct impact.
Topics in this training include

- Symptoms
- General home guidance
- Room setup / home isolation
- Infection, prevention, and control
- Caring for children
- Essential services
- Emotional support
- Domestic abuse
- Food security/ nutrition
Those Eligible for Home-Based Care

*Follow local Ministry of Health guidance*

Generally those eligible for home-based care include:

- Households that can support home-based care
- Client has mild condition
- Those without underlying conditions that put them at higher risk for serious complications
Most Common Symptoms

- Fever
- Cough
- Tiredness

Symptoms tend to show up within 14 days of exposure, most commonly around 5 days.

Less Common Symptoms

- Body aches
- Sore throat
- GI problems (e.g. diarrhea)
- Conjunctivitis (pink eye)
- Headache
- Loss of smell or taste
- Rash on skin/dyscoloration of fingers or toes
Those at Higher Risk Should Seek Evaluation by a Provider

People who may be at higher risk for more serious complications from COVID-19 disease (and might not be eligible for home-based care) include:

Older adults (60+)

People who have serious underlying medical conditions such as:

- Chronic lung disease
- Moderate to severe asthma
- Serious heart disease
- Immunocompromised including cancer or poorly controlled HIV
- Diabetes, or other conditions like renal failure, liver disease, or obesity
Serious Symptoms

Instruct them that people should **seek care immediately** if they have any of the following:

- Difficulty breathing or shortness of breath
- Chest pain or pressure
- Loss of speech or movement / confusion
- Bluish lips or face
- Inability to wake or stay awake
General Home Guidance
Household Guidance

- Identify a way to communicate with a healthcare provider
- Do not have visitors over
- Limit the number of caregivers
- Wash hands often
Caregiver

• The family should select a caregiver that is low risk of serious complications of COVID-19

• Select one caregiver

• Caregiver should not interact with other or leave the home to do shopping, etc. as they would be considered high risk due to contact

• Caregiver should always wear a mask when near the person with (symptoms of) COVID-19
Home Isolation
Room Setup

The room setup for the person with (symptoms of) COVID-19 should be:

- Isolate in their own room
- Room should be well-ventilated
- Do not share personal items
- Use separate bathroom
- Wear a mask with others around (caregiver, etc.)
Single-Room Home Setup

- Minimize time with other family members
- Keep area well ventilated
- Aim to keep a 2-meter distance from others
- Sleep in a different bed
- Person with COVID-19 wears a mask
- Shield high risk people
Ending Isolation and Contacts

People with symptoms can leave isolation:

10 days after symptoms begin
+ at least 3 additional days without symptoms

People without symptoms can leave isolation:

10 days after positive test for COVID-19

Contacts (including the caregiver) should be quarantined for 14 days from the last day of exposure.
Infection Prevention and Control
Infection, Prevention, and Control

• Sanitize home surfaces often / daily
• Clean and disinfect bathroom and toilet surfaces at least once daily
• Allow anyone who might be high risk to use bathroom or shared spaces first
• The person with COVID-19 or its symptoms should not cook food
• Avoid physical contact (e.g. hugs, hand shaking, etc.) with adult family members
Infection, Prevention, and Control

Person with (symptoms of) COVID-19 should

• Eat meals separately from others
• Wear a mask when around others
• Wash their own soiled cloths
• Wipe down surfaces if they go into shared spaces
  • Bathroom – wipe and clean sink faucet / door handles entering / exiting the bathroom after use
• Wash hands frequently with soap and running water
• Dispose of own personal tissues, or other waste materials (wash hands immediately)
**Mask Wearing**

- **Anyone with COVID-19 / symptoms**
- **Caregivers**
- **Household members of those with COVID-19 / symptoms**
- **People 60+ or underlying conditions**

If no medical masks are available, a cloth mask can be used.

Children under age 2 and anyone not able to remove the face mask themselves should not wear a facemask.
Mask Removal and Disposal

- When the face mask is taken off, it should be removed by touching only the elastic bands or strings and pulled away from the face at arm’s length; the front and inside parts of the mask should never be touched (assume it is contaminated).

- Wash hands immediately after removing the mask.

- Wash cloth masks with soap and water after use.

- Dispose of paper masks after each use.
Handwashing

In addition to other key times – during COVID-19 it is especially important:

- After coughing / sneezing
- After touching anything leaving the isolation room
- Before touching face
- Entering home from errands
- After touching high-touch surfaces
Hand Washing Instructions if Water is Limited

**Step 1:** Wet your hands with clean, running. Moving water (warm or cold), turn off tap, and apply soap.

**Step 2:** Lather your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers, and under your nails.

**Step 3:** Scrub your hands for at least 20 seconds.

**Step 4:** Rinse your hands well under clean, running water.

**Step 5:** Dry your hands using a clean towel or air dry them.
Other Behaviors

• People should limit the amount of time they spend with other people – risk increases with the:
  • **Number of people** one is exposed to
  • **Duration of time** together
  • **Proximity** / how close they are together
• Stay home as mush as possible. All household members should avoid leaving the home
  • If you must leave the home, practice physical distancing, wearing a mask and handwashing
• Avoid crowds, including social gatherings of any size
Caring for Your Children
Caring for Children

If a mother has COVID-19 or its symptoms do not separate her and her infant, unless she is unable to care for the infant

She should **continue to breastfeed** and should wear a face mask and wash hands before breastfeeding.
Routine health services

• During the outbreak it is critical to continue ANC, health facility delivery, postnatal care, newborn, and well-baby clinic (immunization and growth monitoring) services at the health facility.

• Continued care-seeking for sick children must be encouraged for the management of major causes of childhood illness as should essential community-based services including for malaria, pneumonia, diarrhea and wasting.

• Those without chronic conditions or who are below age 60 should continue to seek routine health services.
Household emotional support
Helping adults

• Recognize that different people within your household will have different stressors

• As much as possible, reduce sources of stress by seeking information from reliable sources and reducing the time spent consuming news (1-2 times per day, rather than every hour)

• While providing responsive care to children may be difficult during this time, spending time with children and talking and playing with them will help children feel loved and secure
Helping children

• During times of stress and crisis, it is common for children to seek more attachment and be more demanding on parents

• Teach your child about COVID-19

• Teach children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others

• Help the child make a routine around hand-washing—e.g., “we always wash hands after we come home.”

• Role-play with the child, or with the use of dolls or puppets describe how to maintain physical distancing from others
Helping children

• Help the child make a routine around hand-washing—e.g., “we always wash hands after we come home.”

• Masks might feel scary to children. Inform children, that masks are just as important as getting dressed, washing hands - make it part of daily routine

• To make a child feel comfortable with the notion of wearing a mask, first put a mask on a puppet or doll and then invite the child to try a mask
Domestic violence and sexual assault
Domestic violence / sexual abuse

• Community members should be made aware of the increased risk of domestic violence during this pandemic
• Keep in touch with and support those subjected to violence
Domestic violence / sexual abuse

• If a victim of domestic abuse: keep information on domestic violence hotlines, social workers, child protection or nearest police station, and accessible shelters and support services

• Be discreet so that your partner or family members do not find this information

• Reach out to supportive family members or friends who can help practically (e.g. food, childcare) as well as in coping with stress

• Develop a safety plan for their and their children’s safety in case the violence gets worse
Children experience trauma and abuse

• Encourage them to report any abuse whether actual or perceived and assure them that all information will be kept confidential

• If you suspect or a child expresses abuse, do not ignore it

• Address it by either discussing with family members and report to appropriate authority

• Be sure to think it through or discuss with someone you trust before acting as the action you choose to take can lead to more harm for the child
Food Security and Nutrition
Household food security

• Be aware of food-based support options in the community
• If families are under isolation, help identify neighbours or family that can help with food delivery
• Try to limit shopping trips and do not send the person who is caregiving for the person with COVID-19 symptoms (or confirmed case)
Nutrition

- Families need nutritious food and water to maintain health, including during COVID-19
- Pregnant and lactating mothers should continue with preventative supplements such as iron-folic acid
- Parents should continue home fortification with micronutrient powder for children 6-23 months of age
- For family members with other chronic conditions (hypertension, heart disease, diabetes, etc.) avoid sugar, salt and fat
Thank you

More resources and languages available at: