

# Home-Based Care Reference Guide for COVID-19

## Home-Based Care

### Reference Guide for COVID-19



Updated: June 8, 2020

This reference guide will be updated periodically, for the most current version go to: [bit.ly/COVID19HomeCare](https://bit.ly/COVID19HomeCare)

Photo credits: Curamericas

References: see reference guide, Icons: [thenounproject.com](https://thenounproject.com)

# The CORE Group Home-Based Care working group includes members from

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



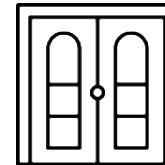
Essential services



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

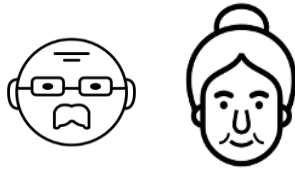


Rash on skin/ discoloration of fingers or toes

# 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



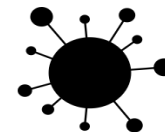
Moderate to severe asthma



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

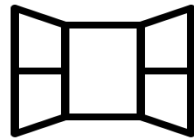


The room setup for the person with (symptoms of) COVID-19 should be:

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.)



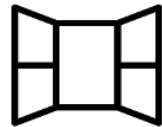
# Single-Room Home Setup



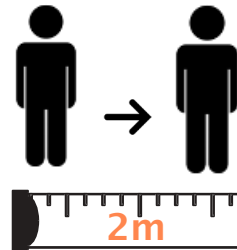
Minimize time  
with other family  
members



Keep are 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



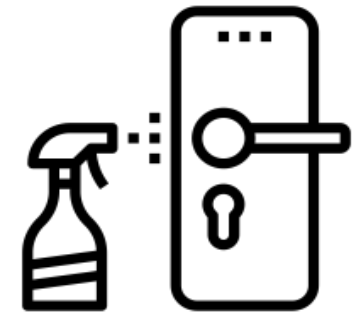
# Infection Prevention and Control





# 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

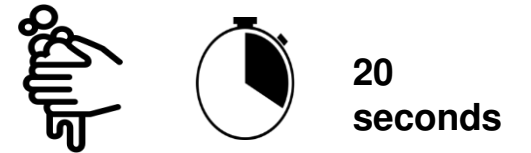


## Hand Washing Instructions if Water is Limited

**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 much 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:**

<https://coregroup.org/home-based-care-reference-guide-for-covid-19>