



COVID-19 HOMECARE GUIDEBOOK

How to Manage Covid-19 at Home

(Last updated on 10th May 2023)



minimize your worries and maximize
your knowledge on home quarantine

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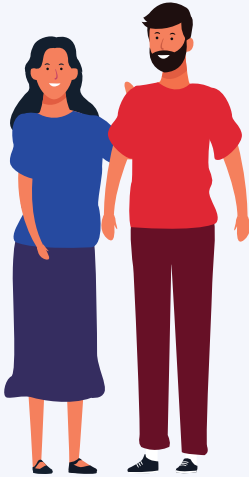
COVID-19 PATIENT CATEGORIES

CAT 1	No symptom	
CAT 2A	Minor symptoms	
<ul style="list-style-type: none">• Sore throat or cold (but no fever or difficulty breathing)• Cough (but no fever or difficulty breathing)• Loss of taste (but still have appetite)• Loss of smell• Diarrhea twice in 24 hours• Nausea and vomiting• Fatigue (but still able to perform daily activities)• Muscle aches and pains (but still able to perform daily activities)	CAT 2B	Moderate symptoms
	<ul style="list-style-type: none">• Fever for more than two days or onset of fever• Dyspnea on exertion• Chest pain• Loss of appetite• Fatigue while performing daily activities or just after waking up• Needing assistance when walking• Increasing severity of symptoms (persistent cough, nausea, vomiting or diarrhea)• Decreased level of consciousness• Gradual decrease in urine output over a 24-hours period	
CAT 3	Lungs infection (pneumonia)	
CAT 4	Lungs infection (pneumonia), need oxygen support	
CAT 5	Lungs infection (pneumonia), multiorgan failure, need ventilator support	



Warning Signs to look out for

Adults



Difficulty breathing
or chest pain



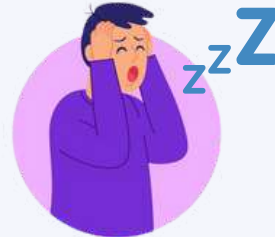
Prolonged
fever
(≥2 days)



Persistent or
worsening vomiting
or diarrhoea



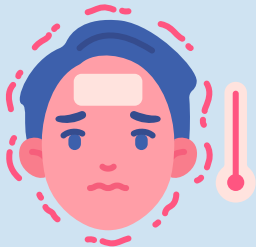
Reduced urine output
in last 24 hours



Worsening
of lethargy



Unable to tolerate
food/drinks orally



Persistent or
worsening of fever,
cough, vomiting or
diarrhoea



Difficulty breathing
Chest/ Stomach
pain



Seizures



Cold hands
and feet



Fatigue
& inactivity



Poor feeding

Children



NOTE: This is not a complete list of possible symptoms. Please contact healthcare professional for any other symptoms that are severe or concerning to you.



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Practicing TRIIS

for **our safety**

T**TEST**

Immediately conduct a **COVID-19 self-test** if you **experience symptoms** such as runny nose, fever, or cough.

R**REPORT**

Report the results (negative, positive, or invalid) as soon as possible on the **MySejahtera** application.

I**ISOLATE**

Isolate yourself immediately if you tested positive for COVID-19. Adhere to **Home Surveillance Order (HSO)** and self-isolation procedures.

I**INFORM**

Notify all close contacts to monitor their own health status and **undergo COVID-19 testing** if symptomatic.

S**SEEK**

Seek immediate assessment or treatment if symptoms worsen. High-risk individuals, even with mild symptoms, are advised to go to a CAC or nearby medical facility.

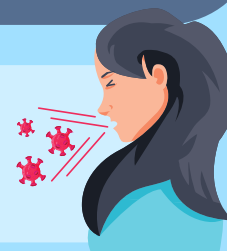
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Management of Symptoms



Fever: Paracetamol

Cough: Cough syrup as per needed



Runny nose: Antihistamine or Nasal decongestant

Sore throat: Lozenges or gargle with salt water



Note: Refer to your healthcare provider for further information

- 1) 150 minutes of moderate-intensity physical activity per week or;
- 2) 75 minutes of vigorous-intensity physical activity per week or;
- 3) A combination of both



Some examples of physical activities include walking, standing up, follow online exercise and meditation.

(Depends on suitability)



General Health Tips



- 1) Choose the right food portion size
- 2) Limit salt, sugar, fat & alcohol intake
- 3) Increase fibre intake
- 4) Adequate water intake



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Hypoxia

is a state where the body oxygen level is low. The normal oxygen level is 95-100%. Anything <92% is considered hypoxia. An 80-85% of oxygen level is viewed as life-threatening condition, where they could be having breathing difficulty and internal organs damage.

VS

Happy Hypoxia

also known as **silent hypoxia**, is a condition where the person has a low blood oxygen level without showing any symptoms of hypoxia.

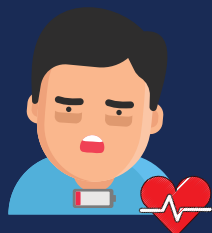
How is Hypoxia Measured?

- 1 Through symptoms
- 2 Use pulse oximeter
- 3 Use a smartwatch with built-in software that calculates heart rate and measures oxygen in the body

Symptoms of Hypoxia



Cough



Fast Heart Rate



Breathing Difficulty



Bluish skin colour




Headache




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How to use Pulse Oximeter

- 1**  Remove any fingernail polish or paints. Warm your hands if you are cold.


Rest for at least 5 minutes before taking the measurement. Rest your hand at the heart level and hold it still.

**2**

- 3**  Turn on the pulse oximeter and place on your index or middle finger.

Keep the pulse oximeter in place for at least a minute or until the reading becomes stable.

**4**

- 5**  Record the reading in a diary. The measurements should be done three times daily. Do not share pulse oximeter with other family or friends who are negative for COVID-19

Factors that affect the accuracy of the pulse oximeter reading

1. Poor blood circulation (eg. cold extremities)
2. Skin pigmentation (Eg: darker skin tones has less accurate reading)
3. Skin thickness
4. Skin temperature
5. Current tobacco use
6. Use of fingernail polish, paints or creams
7. Obesity
8. Cardiovascular diseases, chronic obstructive pulmonary disease
9. Other lung diseases such as asthma, emphysema or lung infections

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What to do

if you are a **Covid-19 patient**

STEP
01

Self-Test Kit OR PCR + RTK Antigen Test

Get tested for COVID-19 using a self-test kit at home.

Get tested for COVID-19 by screening at private or government healthcare facilities.

STEP
02

Inform your close contacts

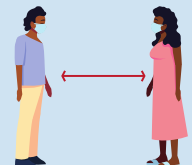
If your COVID-19 test was positive, update your close contacts and inform HR and your manager.



STEP
03

Home Isolation & Physical Distancing

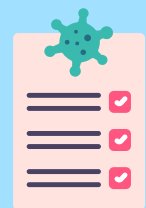
Isolate yourself from others by staying at home. Maintain distance from family members, especially high risk groups (child, elderly, pregnant women, immunocompromised).



STEP
04

Self Reporting at MySejahtera

Report at MySejahtera if you are tested positive for COVID-19. You will receive the Home Assessment Tool notification daily throughout your quarantine period.



STEP
05

Self-Monitoring

Update MySejahtera status, monitor for symptoms using Home Assessment Tool.



STEP
06

After 7 Days (Regardless of vaccination status)

You may end your HSO and home isolation. However, if you detected any COVID-19 symptoms during this period of 10 days, do contact your doctor or CAC to consider extending your quarantine to 14 days.



What to do

if you are a **Covid-19 patient**

Quarantine Period

	Regardless vaccination status
Isolation period	7 days

Close contact

- Close monitoring of symptoms
- No need for isolation, unless tested positive (follow covid-19 quarantine period 7 days)

Quarantine at home

If you are:

- Asymptomatic (Category 1)
- Having mild symptoms (Category 2A)
- Are not in the high risk category (ie. below 60 years old and have no comorbidity)

Self-monitor and update the Health Assessment Page on MySejahtera app every day.

Go to the nearest CAC / Hospital

If you fulfil any of the following:

- Experience moderate to severe symptoms (Category 2B, 3, 4 and 5)
- Age 60 and above
- Have comorbidities (e.g. hypertension, diabetes, etc)
- Experience worsening symptoms
- Are unvaccinated or yet to be fully vaccinated

Immediately go to the nearest CAC or Hospital. You don't have to wait for the CAC's phone call. Find the list of CACs [here](#).



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Monitoring of **asymptomatic/mild** covid-19 patient

Use MySejahtera notification functions:



Self-reporting



REMINDER

**Reminder notifications
to answer HAT**



**Notifications to
individuals who report
warning signs**



Eligible for
PAXLOVID



**Notifications to
individuals eligible for
PAXLOVID treatment**

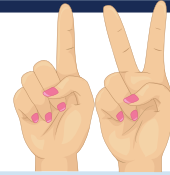
It is advisable for all individuals, especially those who have been confirmed positive, **activate the notification function of the MySejahtera on their respective smartphones**



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Home Isolation Requirements

1 Required for CAT 1 and CAT 2A



2 Follow home isolation guidelines



3 Reachable and contactable



4 Not having immunosuppressed individuals at home



5 Have a suitable caregiver at home



6 Own transportation to the hospital during emergency



Ideal Housing Conditions



OPEN WINDOWS

When not using air conditioner (especially morning and evenings)

OR

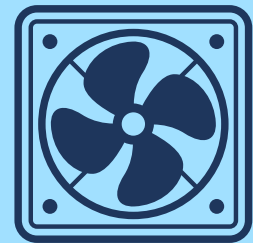
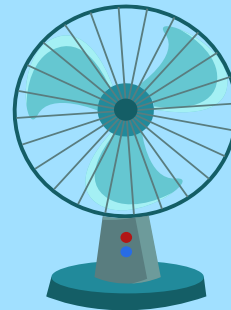
LEAVE WINDOW SLIGHTLY OPEN

When using air conditioner (provided there is no excessive infiltration of outside air)

NOTE: Do not open windows if your windows are facing your neighbour

FAN (AIR VENTILATION)

- 1 Use an Exhaust Fan
- 2 Electric Fan
- Improves thermal comfort



OTHERS

Room Temperature
(23°C - 26°C)

Relative Humidity
40% - 70%

Consider installing an air purifier that is capable of inactivating the virus

Avoid using balconies in apartment units that are close to neighboring units (apartments)



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How to self-quarantine at home?

DOS

Practice proper coughing & sneezing etiquette

Cover your mouth and nose with a tissue when coughing or sneezing.



Disinfect frequently touched areas

Door knobs, light switches and any other item the patient had come in contact with. For contaminated items, put in a trash bag and wash your hands afterward.



Laundry should be washed separately

If you are helping patient to do his laundry, wash your hands afterwards.

If possible, advise washing laundry at warmest setting or with warm water.



Patient's waste

All contaminated items (items used by patient) or rubbish should be separately disposed of in a plastic bag by the patient.

Whilst handling these items, the patient should wear a mask, face shield, and sanitize their hands after cleaning.



Wear a mask

The patient should wear a mask whenever he/she has to leave the room, to prevent spread of infection.



Prepare a room for patient

Stay away from other people in your home. If sharing bathroom, clean after each use with liquid bleach (1 part of bleach + 49 parts of water).



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How to self-quarantine at home?

DON'TS

Do not share personal items/food

Avoid sharing dishes, cups/glasses, towels, bedding, electronics.



Strictly no visitor

Do not have visitors in your home, including friends and family – except for people providing essential care.



Do not go out to get food and medicine

Order it online or by phone, or ask someone to bring it to your home and leave it at the doorstep.

DOC2US provide medication delivery too!



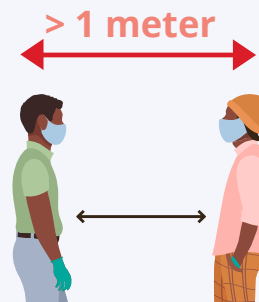
Do not go out to exercise

Exercise in your own quarantine room.



Avoid face to face interaction

If unavoidable, must wear a mask when face to face and maintain a physical distance of >1m.



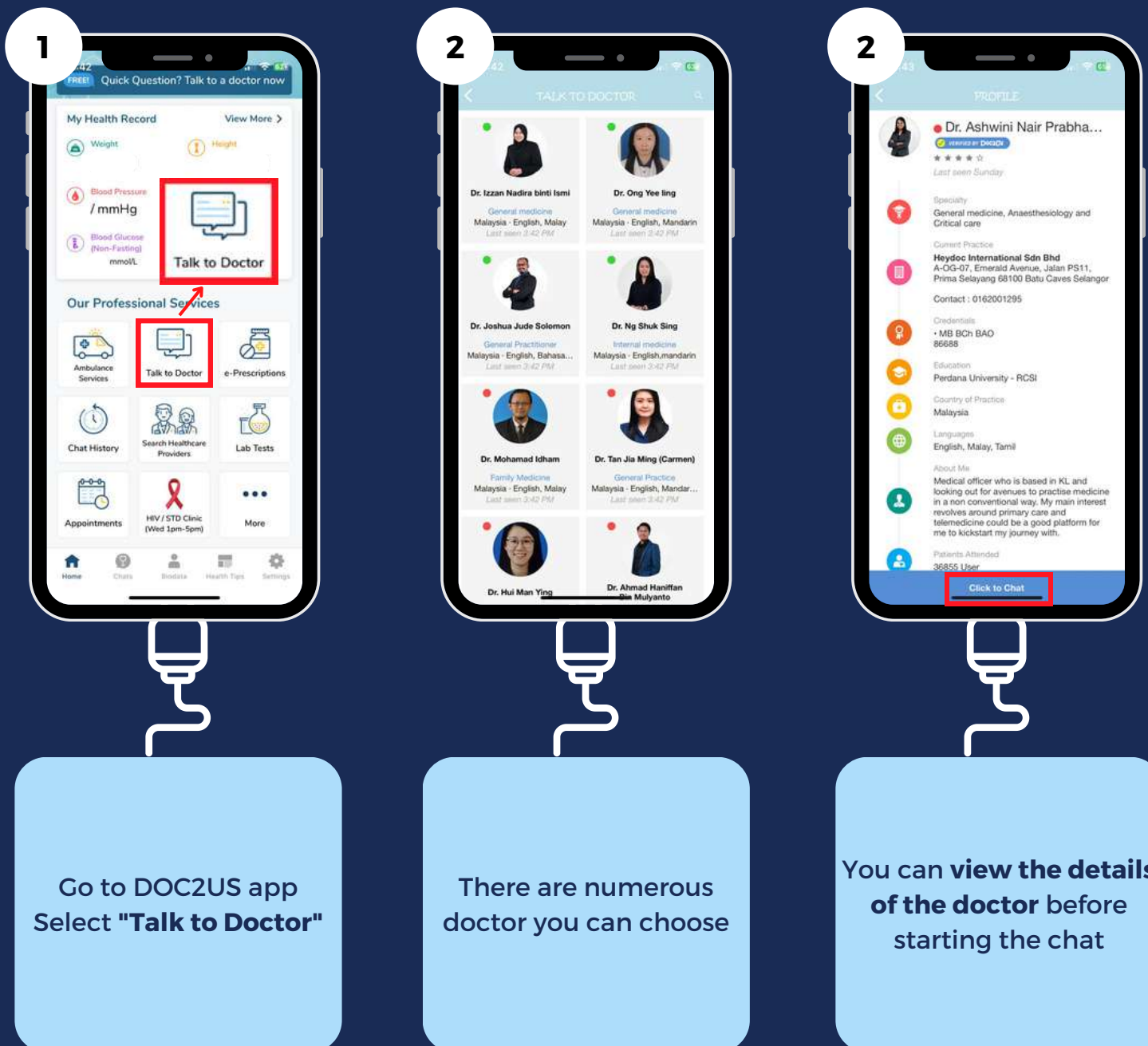
[CLICK HERE TO READ](#)



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Ask for **FREE** doctor consultation about **Covid-19**

Feeling unwell due to Covid-19 and have queries on what to do?
Follow the steps below:



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Caregiver's Role in COVID-19 Homecare

#1

Wear a **Mask** when in the same room as the patient
OR Stay at least **1M** away from the patient



#2

Help the patient follow the doctor's instruction and care



#3



Make sure that the patient has adequate rest **Rest**
and drinks plenty of fluids **Fluids**

#4

Prevent further transmission at home

- 1 Wear Masks
- 2 Practice Hand Hygiene



#5

Support the patient in treatment and other measures such as fever or cough medications, managing waste and doing laundry for them.

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Not Suitable to be a Caregiver

IF THEY ARE

Adults > 60 years old

Obese person (BMI > 30kg/m²)

AND PEOPLE WITH

Chronic obstructive pulmonary disease (COPD)

Immunocompromised (inclusive of solid organ transplants recipients)

Chronic kidney disease

Type 2 diabetes mellitus

Sickle cell disease

Pregnant Women

Serious heart conditions : heart failure, coronary heart disease, cardiomyopathies

Other high-risk diseases



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Preparing Patient's Room For Isolation



A SEPERATE ROOM

Only to be used by the patient

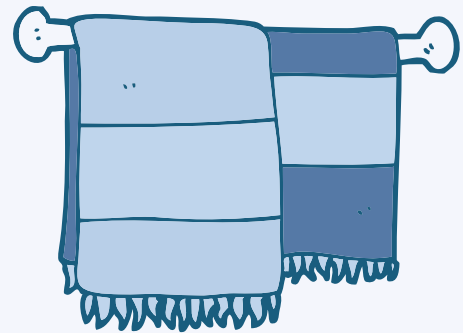
AN ATTACHED BATHROOM

Is Ideal

OR

DISINFECT WITH LIQUID BLEACH

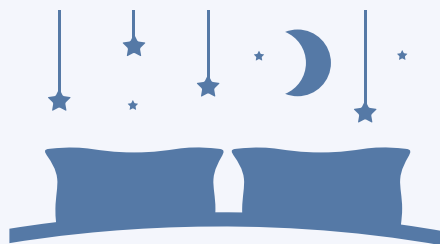
1 part of bleach + 49 parts of water



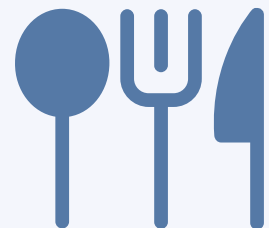
DISINFECT FREQUENTLY TOUCHED SURFACES WITH LIQUID BLEACH (1 PART OF BLEACH + 49 PARTS OF WATER)



Keep Room
Well Ventilated
(Open Windows)



Change and wash
bedding daily
(Only used by patient)



Eating utensils and
tableware
(Only used by patient)



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Infection Prevention and Control Measures



Hand Hygiene

1. Wash your hands with soap and water regularly
2. Use hand sanitizer (only when hands are not visibly dirty)

When should I wash my hands?

- After coughing or sneezing
- After using the toilet
- Before and after caring for the sick
- Before, during and after preparing food
- Before eating
- When hands are visibly dirty
- After handling animals or animal waste
- After handling garbage

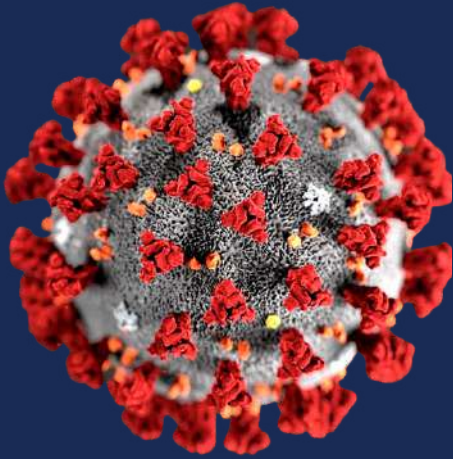
1. Cover your nose and mouth when sneezing or coughing
2. Cough or sneeze into your elbow (away from other people)
3. Throw away any used tissue into the dustbin and wash your hands



Respiratory Hygiene



THE NEW COVID-19 VARIANT: **ARCTURUS**



About

- XBB.1.16 (Also known as Arcturus)
- Newly found subvariant of Omicron variant XBB (first identified in Jan 2023)
- Highly contagious

Dangerousness

- **1.2 X** more transmissible than XBB.1.15
- However, no sign of increased severity

~by Kumitaa Theva Das of Universiti Sains Malaysia

- Children under 12 are highly vulnerable
- Vaccines are still effective

~by public health medicine specialist Dr Zainal Ariffin Omar



Symptoms

High fever



Cough



Conjunctivitis
(a.k.a Pink Eye)



No evidence

Health Tips

- Wear masks indoors and outdoors
- Practise good hygiene
- Maintain physical distancing



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THE COVID-19 PILL: **PAXLOVID**



Indications:

Covid-19 in adults who do not require supplemental O2 & are at increased risk for progression to severe Covid-19.

Possible side effects:

Change of taste; diarrhoea, vomiting.

Where can you get this medicine:



<https://covid-19.moh.gov.my/makluman/senarai-fasiliti-kesihatan-swasta-bagi-rawatan-covid-19-dengan-paxlovid>



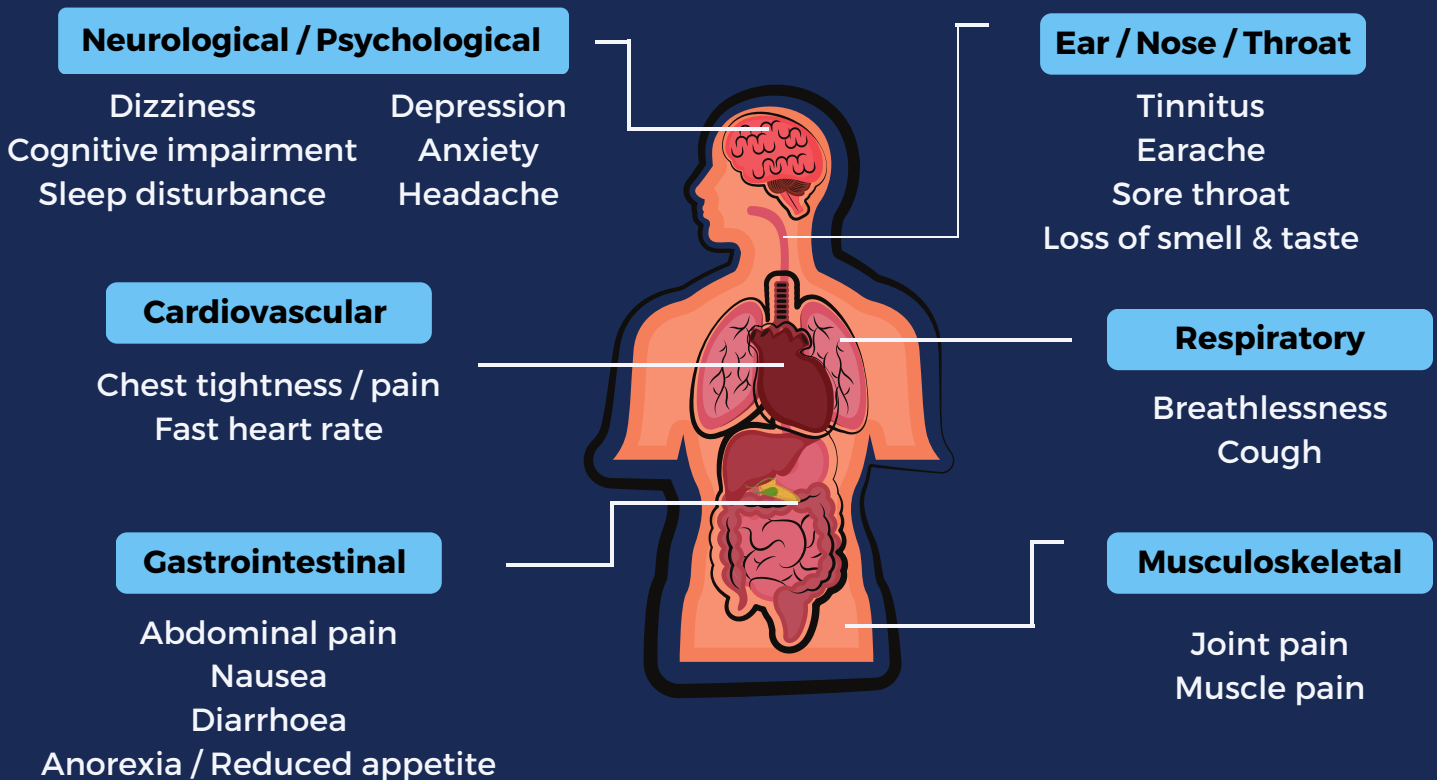
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Long COVID

What exactly is Long COVID?

Long covid, also known as Post Covid Syndrome, is a condition where the previously infected COVID-19 patient still experiences prolonged symptoms due to COVID-19. According to NICE Guidelines, the symptoms can stay up to 12 weeks or more.

Symptoms of Long COVID



NOTE: This is not a complete list of possible symptoms.

Some management strategies for Long COVID symptoms

1. Positioning & breathing technique
2. Maximize self-care, sleep, relaxation & nutrition
3. Simple supportive measures, pain reliever and fever medications.

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Emergency Contact List

When should you seek medical help?

When you experience the **warning signs**

When you experience symptoms of **hypoxia or happy hypoxia**

Your **pulse oximeter reading is <95%**



**KKM Hotline
(8am-6pm)**

03 - 7723 9300

**Virtual CAC Helpline
(8am-6pm)**

03-7723 9299

Everyday



**KKM Email
(8am-5pm)**

cprc@moh.gov.my

From Mon to Fri



**mercy[®]
MALAYSIA**

**COVID-19
Psychosocial
Support Hotlines
(8am-5pm)**

03 - 2935 9935

014 - 322 3392

011 - 639 96482

011 - 639 94236

From Mon to Fri



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Credits

COVID-19 MALAYSIA KEMENTERIAN KESIHATAN MALAYSIA



KEMENTERIAN KESIHATAN MALAYSIA

FREE MALAYSIA TODAY



THE INDEPENDENT



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Dr Ashwini Nair
Dr Izzan Nadira Ismi
Dr Ng Ming Lee

Prepared by
Xenos (Pharma Intern)



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