

COVID - 19

SELF CARE TREATMENT GUIDE

Most people with coronavirus (COVID-19) or symptoms of COVID-19 feel better within a few weeks. You may be able to look after yourself at home while you recover.

You should stay home for 5-7 days and isolate yourself. Don't go out and avoid non-essential travel. *(If you're asymptomatic you don't need any treatment but you still need to stay home for isolation).*

Treating fever and sore throat

- It is very important to drink plenty of fluids (water is best) to avoid dehydration.
- Take Paracetamol 500 mg every 4-6 hours or Ibuprofen 300 mg every 6 hours.
- Get a lot of rest
- Cold compress focusing on high heat areas forehead, back of your neck, armpit and groin.
- If you have sorethroat gargle with warm saline solution or Chlorhexitidine mouthwash

Treating cough

- If you have cough, it's best to avoid lying on your back. Lie on your side or sit upright instead.

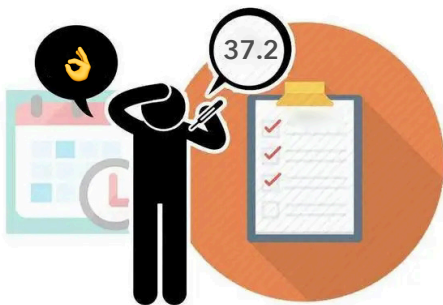
- If your cough is thick and heavy you can take mucolytic cough preparation such as Ambroxol or acetylcysteine.
- If your cough is dry and persistent and you cannot sleep due to coughing you may need an antitussive or dextromethorphan. (You can call your health provider for specific advice)
- You can also try warm drinks like lemon with honey, or warm soup.

What to do if you're feeling breathless?



- Try opening your window to breathe fresh air and make your room cool.
- Do not turn on the heater or use the fan as it may spread the virus.
- You may also try breathing slowly through your nose and out through your mouth, with lips together like you're gently blowing out a candle.
- Sit upright in a chair and lean forward slightly, don't slouch. Try to relax your shoulder; it will make breathing easier and don't panic as this can make it worse.

Monitor your temperature and oxygen saturation at least 2-3 times daily.



- Temperature should not be more than 37.3 degrees Celsius.
- Monitor oxygen saturation with a pulse oximeter, a device that clips on your finger to check the level of your oxygen in your blood; it should not be lower than 94%. A low level of oxygen is a sign that you're getting worse.
- Check your blood pressure; it should not be too high or too low. Ideally, it will be below 120/80 mmHg and pulse rate between 60 – 100 per minute.



Positioning for easy breathing

- During the day try not to lie down all the time, as your lower airway will close and it will be very difficult to breathe and you will cough more.
- If you don't have much energy and feel tired, lying down on the bed at a 45-degree angle will ease breathing.
- If you want to sleep, try not to sleep on your back, try on your side or on your belly, just to keep the airway open.
- You can also take Melatonin 6 mg – 10 mg to help you sleep at night time.



Food and hydration

- Your appetite might not be good but it is very important to eat regularly as you will be needing a lot of nourishment to fight the virus.
- It is important to keep yourself well hydrated.



Antibiotic

- You don't need antibiotics unless indicated and prescribed by your doctor.

When to consult your doctor on line?

1. If you've been feeling gradually more unwell or breathless
2. No appetite to eat
3. Have difficulty breathing while moving around
4. Feels weak, achy, tired, shivery
5. If you are alone and unable to care for yourself with daily tasks
6. You can contact One **Shang** Health Care help line at 552 1252 or 199-0605-8758, for further advice or any queries.

**When to call
EMERGENCY 120?**

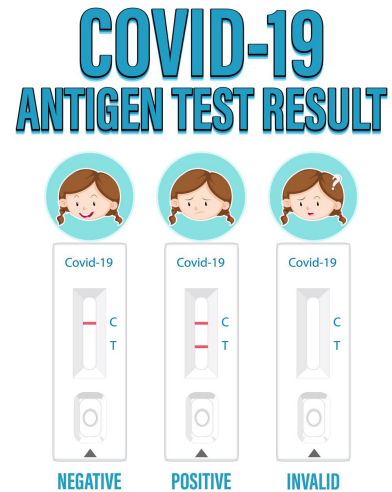
1. If you feel breathless that you can't even complete short sentences while resting.
2. Your breathing gets suddenly worse and with low oxygen saturation <94%.
3. Persistent chest pain
4. You start coughing up blood
5. You get cold, sweaty, pale or blotchy skin with discoloration of nails and lips.
6. You feel confused or severely drowsy
7. You pee significantly less than normal or stop peeing completely
8. Develop a rash that looks like bruising
9. You collapse or faint.

**What personal protective
equipment you need to
prepare?**

1. Thermometer – 1 pc
2. Tissue – 1 pack
3. Face masks – 5 pcs
4. Disposable gloves – 2 pcs
5. Pulse oximeter – 1 pc
6. Blood pressure monitor – 1 pc (optional)
7. Disinfectant (at least 60 % alcohol) – 1 bottle
8. Rapid Covid 19 antigen testing kit – 5 pcs
9. Paracetamol 500 mg – 20 tablets
10. Cough mucolytic – 1 bottle
11. Cough suppressant – 1 bottle
12. Chlorhexidine mouth wash – 1 bottle
13. Oral rehydration solution – 5 sachets
14. Melatonin 6 mg for sleeping (optional)

How to use COVID-19 antigen test kit?

1. Wash your hand with soap and water or hand sanitizer before taking the swab.
2. Blow your nose if needed then wash hand again.
3. Take out the tube and place in a tube holder
4. Use the swab to swirl or rotate at least 5 times inside each nostrils or as instructed in the test kit.
5. put the end of the swab into the tube so it's in the liquid and swirl the swab around as directed in the test kit instructions, hold the cotton tip and break the extra end of the swab then close the lid
6. squeeze the liquid from the tube onto the test strip
7. check the waiting time in the instructions that came with your test kit
8. wait for the time shown in your test kit instructions
9. Read your result.



Reporting your result to the health and sanitation bureau

To date, no instruction given yet from the Xiamen Health Bureau related to reporting.