

# Guidelines for COVID-19 patients who are isolated at home (home isolation).

## Maharaj Nakorn Chiang Mai Hospital.

12th November 2021

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### Guidelines for COVID-19 patients during home isolation as follows:

1. Do not allow other people to visit your home and do not leave the residence during home isolation.
2. Stay in your private room all the time and avoid being in close contact with other people in the same residence, especially the elderly, young children, and people who have pre-existing chronic conditions.  
If the COVID-19 patient still has symptoms of sneezing and coughing, he / she should wear a mask even while in a private room. It is recommended to wear a surgical mask rather than a cloth mask.
3. If close contact with others is unavoidable you should wear a surgical mask and maintain social distancing of 1 meter or around one arm-span. If you cough and sneeze, you should not get close to other people, staying at least two meters away. You should turn your face in the opposite direction from the other's position, as you cough or sneeze.
4. If coughing and sneezing while wearing a mask, you do not need to put your hands up to cover your mouth, and you do not need to take off the mask, because your hands may get dirty.  
If you cough or sneeze while not wearing a mask, use your inner elbow to cover your mouth and nose.
5. Frequently clean your hands with hand sanitizer gel or wash with soap and water, especially after touching any nasal discharge, saliva, phlegm, while coughing, sneezing, after urinating or defecation, and before touching contamination risk areas that you share with other family members in the house, such as doorknobs, light switches, handrails, the refrigerator handle, etc.
6. For mothers who needs to breastfeed, she can safely breastfeed because the current reports have not yet found any COVID-19 in breast milk. But the mother must wear a surgical mask and wash her hands frequently every time she touches or breastfeeds her child.

7. So far as possible, avoid using the same toilet as other people. If COVID-19 patients need to share a toilet, the infected person should use the toilet as the last person. He/she needs to close toilet bowl lid before pressing the button to flush the w.c.
8. All the bathroom surfaces should be cleaned regularly, especially the toilet bowl area that may be contaminated with faeces, urine, or secretions, with water and bleach (5% sodium hypochlorite) such as Haite or Clorox. Using 5% sodium hypochlorite, 1 bleach: 99 water or 0.5% (1 bleach: 9 water)
9. Do not share any of your personal items with other people such as plates, spoon and fork, glasses, towel, mobile phone, or computer.
10. Do not share your meal with other people. You should ask others to provide your meal and eat separately. If your order delivery food, the delivery man should put the food in some convenient place to prevent you from receiving the food directly from the delivery man.
11. Wash your clothes, bedsheets, pillowcases, towels, etc. with water, soap, and powdered detergent as usual. If you use a washing machine, you can use powdered detergent and fabric softener.
12. The disposal of used surgical masks and waste that are contaminated with secretion must be put into a plastic bag and tightly tied, before discarding the trash into a garbage bin with a tight lid.

## Equipment and medicine.

When participating in a home isolation period, the patient will receive all the things listed below, from the staff who will send them to your home.

1. The Hug Huang Yai (ฮักห่วงใย) box will contain:

- 1.1. Alcohol spray, 1 bottle
- 1.2. Alcohol gel, 1 tube
- 1.3. Pulse oximeter 1 device with AAA battery, 3 pcs.
- 1.4. Thermometer, 1 device
- 1.5. Surgical mask, 1 pack

2. Documents

- 2.1. Home isolation guideline, 1 set
- 2.2. Consent document for treatment, 1 set.

Please take a photo and send it via Line QA Suandok Home care to the hospital staff

- 2.3. Daily practice checklist, 1 set
- 2.4. Medication schedule 1 set

3. Ten Red garbage bags for infected garbage. When the bag is full, tie the bag tightly, then place it outside of the building and wait for removal. You also need to spray the alcohol on the garbage bag.

4. Medicines

- 4.1. Beramol (500 mg.), 10 tablets. When you have a high fever of more than 37.5 degrees or you feel sick, take 1 tablet every 4-6 hours.
- 4.2. Disol (8 mg.) 20 tablets. Take 1 tablet 3 times a day after breakfast, lunch, and dinner, when you cough or have phlegm.
- 4.3. O.R.S (5.5 mg.) 10 packs. Take 1 pack mixed with 1 water glass (250 cc.) if you have diarrhea.
- 4.4. Zertine (10 mg.) 1 tablet. Take 1 tablet 1 time a day before a meal, when having nasal discharge or catching a cold.
- 4.5. FabiFlu (200 ml.) 50 tablets.
  - 1<sup>st</sup> day: Take 9 tablets 2 times a day every 12 hours apart, on an empty stomach.
  - 2<sup>nd</sup> -5<sup>th</sup> days: Take 4 tablets 2 times a day every 12 hours apart, on an empty stomach
- 4.6. DexaFOUR (4 mg.) You only need to take these as prescribed by the doctor.

## Food support

- 1. You will receive 3 meals per day with a 100-baht electronic coupon in the application “OneChat” per meal to order the food and drink without using your personal money to pay.

2. You must use the coupon only at the specified time for each meal. These coupons cannot be accumulated for the next meal.
3. If you order food costing more than 100-baht per meal, you will need to pay the excess money.
4. OneChat company will contact you about installing the application, and how to use it.

### **Additional self-care**

1. Complete this information in **Line Suandok**
  - 1.1 Write 2 times per day with body temperature and oxygen saturation measurement.
  - 1.2 Write once per day with oxygen saturation before exercise (Choose between chair sit-up or sit-up from bed's mattress for 1 minute, walk for 3 minutes or perform air bike crunches for 3 minutes).
  - 1.3 Write about it, if your symptoms change, for example if you feel tired, have a high fever or if you experience any other changed symptoms.
2. If you feel worse, for example you develop breathing difficulties, has high fever, and cannot manage your daily life activities, please contact to hospital as soon as possible.
3. If you have any medical condition or medicine, please inform to the doctor.
4. During your home isolation or after completing isolation, a swab test is not necessary if there are no other symptoms (at the doctor's discretion).
5. After 10 days of home isolation [counting the day of your swab as 0] and there are no abnormal symptoms, you can leave your house, but you should follow the points listed below:
  - 5.1 Maintain social distancing.
  - 5.2 Avoid being in crowded places.
  - 5.3 Avoid using public transportation.
  - 5.4 Wear a surgical mask all the time, especially when you meet with other people.
  - 5.5 Do not share the dining equipment or cups or glasses with other people
  - 5.6 Avoid interacting with people who have suspected symptoms of respiratory tract infections, such as the flu.
  - 5.7 If you develop any abnormal symptoms, then contact the hospital staff as soon as possible.
  - 5.8 Go to see the doctor, if getting an appointment.

### **Communication method with hospital**

1. Contact methods with the hospital are listed below:

- 1.1 **Line “Suandok”** for updating us with your daily necessary information such as temperature, oxygen saturation, and other related communication with the hospital such as making an appointment, providing us with your medical history, etc.
  - 1.2 **LineOA “Suandok Home Care”** will be used for contacting the hospital during isolation.
2. You can chat through **LineOA “Suandok Home Care”**. The staff will answer your questions, but the **Line Suandok** is an automatic system, so it does not have staff to respond to your question.
3. Our hospital staff will monitor your symptoms through the data you complete daily. But if you have mild and normal symptom, the staff may not contact you every day.
4. If you develop any abnormal symptoms, please inform the hospital staff within 24 hours for follow up.
5. For any queries, please call 053-934-678 (the Home Isolation Center, Maharaj Nakorn Chiang Mai Hospital).