

Contact information

St. Maarten Medical Center

Welgelegen Road 30
Cay Hill
St. Maarten
Tel: +1 (721) 543-1111
Fax: +1 (721) 543-0116

Email: info@smmc.sx
Web: www.smmc.sx

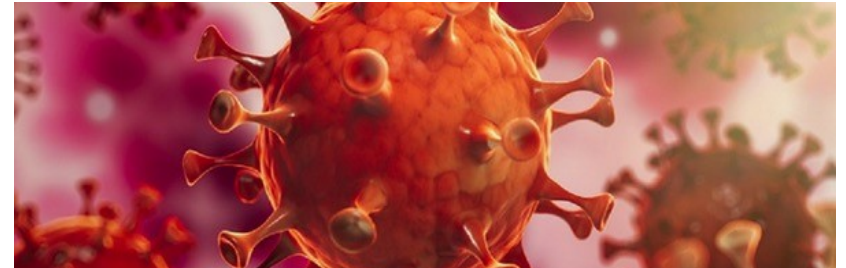
References

Centers for Disease Control (CDC). Caring for Yourself at Home.
Retrieved from: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/caring-for-yourself-at-home.html>.

World Health Organization (WHO). Home care for patients with COVID-19.
Retrieved from: [https://www.who.int/publications-detail/home-care-for-patients-with-suspected-novel-coronavirus-\(ncov\)-infection-presenting-with-mild-symptoms-and-management-of-contacts](https://www.who.int/publications-detail/home-care-for-patients-with-suspected-novel-coronavirus-(ncov)-infection-presenting-with-mild-symptoms-and-management-of-contacts).

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Home care for patients not requiring hospitalization for COVID—19 (coronavirus)



We Care Together!



St. Maarten Medical Center

WHAT IS COVID-19

COVID—19 is a respiratory disease caused by a novel (new) coronavirus that was first detected in China and has now been detected in more than 100 countries across the world.

What are the symptoms?



Fever



Cough



Fatigue



Sore throat



Shortness of breath

CARING FOR A COVID-19 PATIENT

- Patient should be kept in a well ventilated area (open windows, open doors).
- Limit the movement of the patient around the house and minimize shared space (kitchen, bathroom). Ensure shared space are well ventilated (e.g. open windows).
- Household members should stay in a different room. If not possible, maintain a distance of at least 2 meters from the patient.
- Patients are encouraged to get as much sunlight and fresh air as possible.

PRECAUTIONS FOR HOME CAREGIVERS

- Ideally there should be one care giver who does not have chronic or immunocompromising conditions (hypertension, diabetes, dialysis, pregnant) caring for the patient.
- Prohibit visitors with no essential need.
- If hands are visibly soiled, wash with soap and water for at least

PROPER HAND HYGIENE TECHNIQUES

How to Handrub?

RUB HANDS FOR HAND HYGIENE! WASH HANDS WHEN VISIBLY SOILED

⌚ Duration of the entire procedure: 20-30 seconds

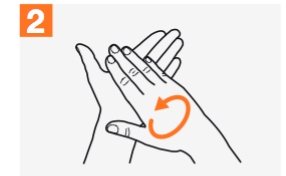


1a

Apply a palmful of the product in a cupped hand, covering all surfaces;



1b



2

Rub hands palm to palm;



3

Right palm over left dorsum with interlaced fingers and vice versa;



4

Palm to palm with fingers interlaced;



5

Backs of fingers to opposing palms with fingers interlocked;



6

Rotational rubbing of left thumb clasped in right palm and vice versa;



7

Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



8

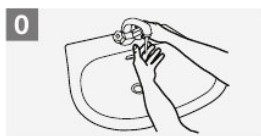
Once dry, your hands are safe.

PROPER HAND HYGIENE TECHNIQUES

How to Handwash?

WASH HANDS WHEN VISIBLY SOILED! OTHERWISE, USE HANDRUB

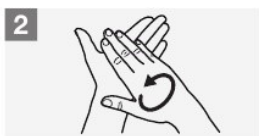
 Duration of the entire procedure: 40-60 seconds



Wet hands with water;



Apply enough soap to cover all hand surfaces;



Rub hands palm to palm;



Right palm over left dorsum with interlaced fingers and vice versa;



Palm to palm with fingers interlaced;



Backs of fingers to opposing palms with fingers interlocked;



Rotational rubbing of left thumb clasped in right palm and vice versa;



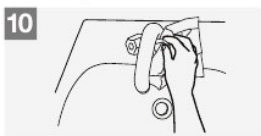
Rotational rubbing, backwards and forwards with clasped fingers of right hand in left palm and vice versa;



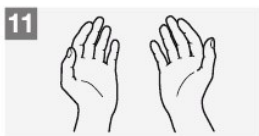
Rinse hands with water;



Dry hands thoroughly with a single use towel;



Use towel to turn off faucet;



Your hands are now safe.

20 seconds and use a disposable paper towel to dry hands. If this is not possible, use clean cloth towels and replace when they are wet. Refer to page 6 for proper hand-washing techniques.

- If hands are not visibly soiled, a hand sanitizer with more than 60% alcohol may be used. Refer to page 7 for instructions on proper hand rub techniques.
- The patient should wear a medical mask as much as possible to reduce the risk of transmitting the virus. Patients who cannot not tolerate masks should use rigorous respiratory hygiene:
 - Cough / sneeze into a disposable tissue
 - Materials used (e.g. handkerchiefs) should be discarded or cleaned after use
- Care givers should cover their mouth and nose with a cloth or wear tightly fitted masks, which should not be touched or handled during use. If the mask gets wet/dirty, immediately replace with a new, clean, dry mask. Remove the mask using the appropriate technique as follows;
 - Do not touch the front when removing
 - Discard mask immediately
- Avoid direct contact with bodily fluids.
- Do not reuse masks or gloves.
- Use the same linen and eating utensils for the patient; these items should be washed with soap and water after use and may be reused instead of discarded.
- Avoid touching your eyes, nose, and mouth, especially with unwashed hands.

CLEANING AND DISINFECTION

Clean and disinfect— regular household soap or detergent should be used for cleaning and rinsing followed by disinfecting with a solution with a ratio of 1:10. of one (1) part regular household bleach to nine (9) parts water, all parts being equal. To allow for proper disinfection, the surface should be wet for at least ten (10) minutes.

- **Clean and disinfect** daily surfaces that are frequently touched in the room where the patient is being cared for such as bed sides, tables, bedframes and other bedroom furniture.
- **Clean and disinfect** bathroom and toilet surfaces at least once (1 x) daily.
- Reusable gloves should be **cleaned and disinfected**.
- Gloves and protective clothing (plastic aprons) should be used when cleaning surfaces or handling clothing or linen soiled with body fluids.
- Single use gloves should be discarded and proper hand hygiene should be practiced upon removing the gloves.
- Place contaminated laundry into a laundry bag. Do not shake soiled laundry and avoid contaminated materials coming into contact with skin and clothes.
- Waste generated from direct care in which body fluids were involved, should be placed in a garbage bag tied and disposed of as regular waste.
- Do not share toothbrushes, cigarettes, eating utensils, dishes, drinks, towels, washcloths bed linen or other items from the patients immediate environment.

Continuously monitor symptoms. If symptoms worsen, please seek further medical advice;

NON-EMERGENCY CARE

- If you are experiencing mild symptoms and have questions or need advice, please call the Collective Prevention Services (CPS) hotline at **914** (or +1 721 542-1122 or +1 721 542-1222).
- Please do not come to the Hospital unless instructed to do by CPS.

EMERGENCY CARE

- If the patient requires acute emergency care (e.g. difficulty breathing), please call the Ambulance Services hotline at **912** (or +1 721 542-2111) for further assistance and/or instructions.

PROPER GLOVE REMOVAL

How to Remove Gloves

To protect yourself, use the following steps to take off gloves



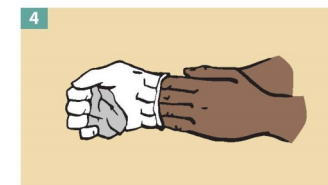
1 Grasp the outside of one glove at the wrist. Do not touch your bare skin.



2 Peel the glove away from your body, pulling it inside out.



3 Hold the glove you just removed in your gloved hand.



4 Peel off the second glove by putting your fingers inside the glove at the top of your wrist.



5 Turn the second glove inside out while pulling it away from your body, leaving the first glove inside the second.



6 Dispose of the gloves safely. Do not reuse the gloves.



7 Clean your hands immediately after removing gloves.