

# COVID-19: WHAT TO DO AFTER PHC WORKING HOURS

## STAY SAFE

- Avoid going out if not necessary.
- Stay in a separate room and use separate bathroom, if possible.
- If with no separate room, make sure to maintain a distance of 1 meter (3 feet) among household members.

## SELF CARE

- Wear a medical mask at all times.
- Cover your cough and sneezes.
- Observe frequent hand hygiene.
- Avoid touching your eyes, nose and mouth.
- Do not share dishes, drinking glasses, utensils, towels, or beddings.
- Get adequate rest and stay hydrated.
- Take your vitamins and eat nutritious food.

## SYMPTOMS MONITORING

- Monitor symptoms (Fever  $>38^{\circ}$  C and or cough and other respiratory illness) 2x a day and record.
- If symptoms develop, inform immediate Supervisor and may proceed to ER SPECIAL TRIAGE at 09665492618 or 9252401 to 50 local 2171 for proper evaluation.

### PROTOCOLS TO FOLLOW WHEN ENTERING HOME



Leave your shoes outside



Use a tissue paper to turn on door



Leave purse, keys, wallet at the nearest entry point



Hand hygiene



Change your clothes and soak directly in water and bleach



Wash all exposed areas or take a bath



Disinfect, mobile phone and all grocery bags with bleach solution

**Remember That It Is Not Possible To Do A Total Disinfection, The Objective Is To Reduce The Risk.**

