

COVID 19 advice and care guide for adult patients

The majority of persons that present with symptoms related to COVID-19 are capable of self-care following some simple recommendations (point 1) . There is no specific treatment for this infection and given its nature as a viral infection, the **use of antibiotics is NOT INDICATED** as a method of prevention or treatment.

It is advised to **call your health center between normal working hours or the health council nurse at 948 290 290, communicating that you are in isolation or quarantine for COVID-19**

- Symptomatic persons may present with the following complications:
 - Sudden deterioration of general health.
 - Difficulty breathing accelerated breathing or shortness of breath, phlegm, bloody phlegm.
 - Decreased consciousness, confusion, lethargy, loss of consciousness.
 - Uncontrollable vomiting, diarrhea, dehydration (thirst, dry mouth, little to no urine production, concentrated urine, dry skin and cold skin to touch).

1. Self-Care recommendations

- Remain at home and isolate yourself from the rest of cohabitants, with lots of rest in a warm and well ventilated room.

- Frequently wash your hands with soap and water.
- Use disposable tissues.
- Check your body temperature twice daily.
- If you have a fever higher than 38°C, general discomfort, headache or muscle pains you should use analgesics (painkillers)/antipyretics (fever medicine) such as paracetamol.
- Health care personnel may indicate monitoring of other signs such as blood pressure if necessary.
- Drink lots of fluids.
- Healthy eating. If you have a poor appetite you should try to consume liquid meals, fruits, juices, vegetable soups and tea infusions.
- Avoid smoking and second hand smoke.
- Monitor the appearance of new symptoms.
- In this self-quarantine process it is very important to avoid contagious persons. There should be no visitors. It is important to remember the methods to avoid transmission of the disease (points 3 and 4).

2. **It is very important to avoid contact with the high risk population.**

- Pregnant women.

- Children less than 2 years old or with chronic diseases (Immunocompromised, cardiomyopathies, neuromuscular diseases, encephalopathies , chronic respiratory illnesses, haematological diseases, poorly controlled type 1 diabetes).
- People with chronic heart, respiratory, kidney, liver or blood diseases, non-insulin dependent diabetes, severe neuromuscular disease or morbid obesity.
- Old aged.

3. Measures to reduce the probability of catching the virus

- Sick persons should stay in a well-ventilated, individual room, preferably with the door closed and with its own bathroom if possible. If it is not possible then frequently clean bathroom surfaces with disinfectants such as bleach.
- Frequently wash your hands with soap and water, especially after coughing, sneezing or touching used disposable tissues.
- Restrict exiting the room to a bare minimum and when it is absolutely necessary to leave, always wear a mask.
- The rest of cohabitants in the house should avoid entering the room. However If they do enter they should wear a mask (a normal surgical mask is sufficient) or a cloth handkerchief that covers both the nose and mouth if a mask is not available.
- It is not recommended to share belongings such as dishes, sheets, blankets etc.
- Dispose of contaminated material such used disposable tissues in garbage bins (It is better if it has a lid and a pedal for opening) in the room.

4. Recommendations for those who care for the sick

- The person caring for the infected individual should not have any of the risk factors mentioned above for COVID-19
- The infected individual should wear a mask while in proximity to the care giver.
- The people that come into contact with the belongings of infected individuals should wear masks and gloves. Wash your hands frequently and thoroughly after any contact with an infected person, their belongings and after leaving the room.
- Frequently clean and disinfect objects and surfaces in which the infected person has come into contact with disposable materials and bleach. (2 tablespoons of bleach to one litre of water)
- Keep an eye out for the development of symptoms of COVID-19 from yourself, your family member and for signs of deterioration of the sick individual.
- If you or other family members have symptoms of COVID-19 then call your health center or the health advice nurse and follow their instructions. Apply the recommendations mentioned in this document and what has been given to you by health care professionals. In case of any doubt, please consult the following webpage for additional information.

<https://www.navarra.es/es/web/coronavirus/inicio>

Health Advice Nurse Telephone Number 948 290 290