

HOME ISOLATION GUIDELINES COVID-19



NOTE TO PATIENTS



WELL-VENTILATED

DO isolate yourself in a single well-ventilated room with an attached bathroom, away from your household occupants.



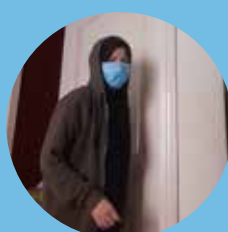
OPEN WINDOWS

DO open all windows in your isolation room to improve ventilation and aeration.



CLEAN & DISINFECT

DO clean and disinfect high-touch surfaces such as bed frames, doorknobs, and washrooms with regular household bleach.



DISTANCE

DO maintain a minimum distance of 2 meters from your household occupants if you lack isolation space at home, especially the elderly, young children, pregnant mothers and those with multiple diseases or non-communicable diseases.



WEAR MASK

DO wear a mask when leaving the isolation room or when interacting with household occupants.



BALANCED DIET

DO eat a balanced diet to include nutritional & vitamin-rich foods such as vegetables and fruits like oranges, lemons, kiwi fruits and apples.



HYDRATE

DO stay hydrated by drinking 8 glasses of water a day.



REST

DO get proper rest by getting 8 hours of sleep at night.



GOOD SELF-HYGIENE

DO maintain good self-hygiene practices by showering at least twice a day and changing into clean freshly-washed clothes.



WASH HANDS

DO wash your hands with soap and water frequently for at least 20 seconds or frequently rub your hands with an alcohol-based hand sanitizer.



COVER

DO cover your mouth and nose with tissues when coughing or sneezing.



DISPOSE

DO dispose used tissues and other used personal items into a proper waste bin with a lid.



COMMUNICATE

DO communicate regularly with family members or friends via video calls to avoid feeling depressed and to keep your spirits high.



PREOCCUPIED

DO keep yourself preoccupied by exercising regularly, reading, or completing any pending work.



MONITOR

DO monitor your symptoms and note down your temperature daily with MySejahtera App. If you have a pulse oximeter, monitor your oxygen saturation twice daily.



SHARE

DO NOT share personal items or utensils.



LEAVE

DO NOT leave your home throughout the quarantine period except to go to the hospital for tests or treatments. Remain contactable by health authorities.



VISITORS

DO NOT receive visitors



PUBLIC TRANSPORT

DO NOT utilize public transport to go to the hospital. If required, call the nearest health clinic, district health office or hospital for transport assistance or arrangements.

NOTE TO CAREGIVERS

- **SHOULD** wear a mask whenever attending to the patient.
- **SHOULD** ensure the patient complies with home isolation advice.
- **SHOULD** assist the patient with his/her laundry and disposal of his/her biological and non-biological waste. Following that, hands should be washed immediately with soap and water for 20 seconds.
- **SHOULD NOT** be adults over 60 years of age.
- **SHOULD NOT** be pregnant women.
- **SHOULD NOT** be patients with co-morbidities such as chronic kidney disease, chronic respiratory disease, uncontrolled diabetes mellitus and serious heart disease.
- **SHOULD NOT** be immunocompromised persons (including those who have undergone a solid organ transplant).
- **SHOULD NOT** be people with other diseases considered high risk by health personnel.

WARNING SIGNS

Watch out for COVID-19 WARNING SIGNS:

- Breathing difficulty
- Bluish discoloration of lips and/or face
- Chest discomfort or pain
- Bloody cough
- Weakness or numbness
- Reduced consciousness, mental confusion, extreme tiredness
- Oxygen saturation < 95%
- Persistent vomiting and/or diarrhea
- Poor appetite
- Reduced urine output

Inform **COVID-19 Assessment Centre** should your symptoms worsen.
In case of an emergency, call **999**.

District Health Office Contact Numbers
Visit <http://covid-19.moh.gov.my/hotline>