

## Home Care Guidelines for COVID - 19 Patient

Dear Covid - 19 virus patient :

Stay in a well –ventilated single room with an attached toilet. Don't go out unless you need to visit a health care institution with taking all the preventive measures.

Please:

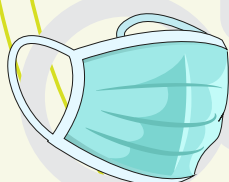


**A** Ensure adequate hydration by taking at least 3 liters/day of water and fluids.

**B**

Eat food rich in:

- Vitamin D (e.g. dairy products, grains, egg yolks, fish and red meat)
- Vitamin C (e.g. citrus fruits, such as oranges and grapefruit, as well as papaya, strawberry, tomato juice, and pepper)
- Zinc metal (e.g. dairy products, eggs, nuts, legumes and meat).



**C** Continue to follow all personal protective measures, children above 2 years of age can use face mask.

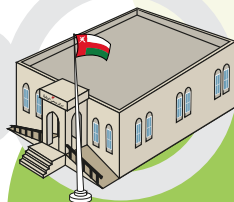
Continue to measure the temperature every 6-4 hours and use tap water compresses to reduce the heat while avoiding cold compresses or ice.

**D**



**E** Use the oxygen meter (pulse oximetry) every 4-6 hours, if the oxygen saturation is less than 94% ( for 2 reading 15 minutes in between) or the patient has symptoms such as rapid breathing or difficulty breathing, he should consult a doctor.

**you should visit the nearest health institution if the symptoms become worse with taking all the preventive measures.**



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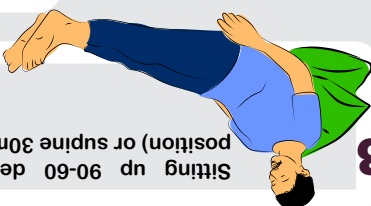
**5** Back to position 1 (prone) 30min - 2hrs



**4** Lying on the left side (left lateral) 30min - 2hrs



**2** Lying on right side (right lateral) 30min - 2hrs



**3** Sitting up 90-60 degree (fowler position) or supine 30min - 2hrs



**1** Lying on belly (prone) 30 min - 2hrs

**G** Follow some daily positions that help you breathe better, such as:

- Antipyretics (paracetamol) 1000 mg / dose if the temperature is 38 degrees and more every 4-6 hours, with a maximum of 4 doses within 24 hours for adults.
- For children, they can be given from 15 -10 mg / kg of weight in a single dose of paracetamol.
- Vitamin C tablets, 500 mg once daily for two weeks.
- Vitamin D tablets, 600 international units once daily for two weeks.
- Zinc metal tablets 50 mg once a day for two weeks for adults. For children, they can be given 20 mg once a day.

It is possible to take some medications that help relieve symptoms, such as:

