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NOTE: This is an interim guidance document, representing sound public health practice and information as it is currently available. It will be updated any time any new guidance is released on this topic.

CARING FOR THOSE WITH SYMPTOMS

How these guidelines reflect faithful Christian practice:

In the Gospel of Matthew, Jesus tells us that the way we treat other people reflects how much we truly love God more than anything else we can do or say. According to Jesus, when we feed someone who is hungry, give water to someone who is thirsty, offer clothes to someone who is cold, visit someone in prison, or care for someone who is sick, we are in fact doing those things to him. We show love to our family members by caring for them if they become sick with the coronavirus and when we do this, we are caring for Jesus himself. At the same time, life is a good gift from God and it must be preserved so the care for someone with symptoms must also be balanced with efforts to avoid spreading the infection to others in the household.

In most instances, those who get sick with COVID-19 will recover at home because medical services will not be available for many people. If your family can access medical care, by all means contact a medical provider when symptoms appear and follow the provider's recommendation. Many people who are infected will have mild symptoms and their illness can be managed at home. Following this guidance for care at home can minimize the severity of the illness and help stop its spread of the virus to others in the household and the community.

What are the symptoms of infection?

- Fever
- Tiredness
- Dry cough
- Congestion and shortness of breath
- Aches and pains
- Sore throat

A person with symptoms should:

- Get plenty of rest
- Drink water to stay hydrated
- Use medications to treat aches and fever and to minimize congestion, sore throat, and cough. Medicines such as paracetamol (Panadol) may help lower fever and reduce aches and pains. Medicines such as FLUCOLD or Grippon Cold and Flu (phenylephrine) may help minimize congestion and medicines such as Robitussin or Benylin CHESTY (guaifenesin) may help lessen cough. The medicines may have less of an effect on those with more severe symptoms. ONLY use medications as instructed. DO NOT use medications with individuals who have known side effects to the medicine.
- Maintain a maximum distance from others in the household.
- Wear a mask (see the guidance document entitled *How to Make a No-Sew Mask* for information on masks and instructions for making a no-sew mask)

Prevent the spread of germs when caring for someone sick

- Keep anyone with symptoms as far away from other members of the household as much as possible.
- If possible, have those with symptoms use a separate toilet or outdoor latrine from others in the household. If this is not possible, clean any hard surfaces in the toilet or latrine after anyone with symptoms has used it. Clean with a disinfectant or soap and water. The person cleaning should wear gloves, if at all possible. When finished cleaning, the person should wash their hands with soap and water, washing for at least 40 seconds. All members of the household should minimize time in the toilet or latrine and wash their hands with soap and water after using it.
- Avoid sharing personal household items such as dishes, eating utensils, cups, towels, bedding or other items with those who are showing symptoms. Wash these items after the person uses them.
- Clean hard surfaces with soap and water at least once a day, if possible. Immediately clean any surfaces that have blood or other body fluids on them.
- Wash clothes and bed linens of those with symptoms with soap and hot water.