Instructions for home treatment of COVID-19 corona virus

If the symptoms of the disease are mild and the person is not in a high-risk group, a diagnosis by a doctor is not usually required and the disease can be aided at home.

However, the condition of the patient should be monitored and certain symptoms require immediate treatment.

When you get sick

- Avoid close contact with others. Stay at home until fever and other symptoms have been gone for at least 24 hours. Respiratory tract infections usually heal with approximately a week’s rest at home.
- Do not use common areas of housing complexes when you are sick.
- When sick, rest and adequate fluid intake is important. You can relieve your fever and aches with prescription-free medicines available in the pharmacy.
- Take care of good hand and coughing hygiene.
- Monitor your condition and call the health centre if necessary. If you need to see a doctor, cover your mouth and nose with a disposable tissue.

When caring for a patient

- When having a person with a respiratory tract infection at home, other people living in the same household can reduce the risk of infection by avoiding close contact with the patient and ensuring good hand hygiene.
- Washing hands is important especially if you have been in contact with the patient, stayed in the same room as the patient, or handled tissues or laundry.
- Monitor the condition of the patient and contact the health centre by telephone if necessary.
When caring for a sick child

- If possible, only one adult treats the patient. Person in a high-risk group should not be the primary carer of the patient.
- Make sure the child is getting enough fluid. If appetite is gone because of, for example, sore throat, ensure energy intake with sugary drinks.
- When holding a sick child in your arms, make sure the child does not cough directly in your face.
- The child should be absent from day-care until fever is gone and other symptoms are reduced. Other contacts outside the family should also be avoided.
- Monitor the child's condition and call the health centre if necessary.

The following measures can also be taken to reduce the risk of infection at home

- If possible, only one adult treats the patient. Person in a high-risk group should not be the primary carer of the patient.
- If possible, other people living in the same household should be in another room. If this is not possible, the distance to the patient should be at least 1 meter. For example, the patient may sleep in a different bed.
- If you are in a high-risk group but cannot avoid close contact with the patient, consider using a respiratory mask if available.
- Do not invite visitors to your home during the illness.
- Always take care of good ventilation in common areas, for example by opening windows in toilets, kitchens and bathrooms.
- Always take care of good hand and coughing hygiene. Use a personal towel to dry your hands.

Cleaning, laundry and sanitation

- Discard used tissues and other disposable items. Be sure to wash your hands if you touch used tissues, etc.
- Contact and table surfaces should be wiped daily with a conventional detergent.
- Linen, cutlery and dishes used by sick people do not need to be washed separately.
- Wash linen as usual. After handling dirty laundry, wash your hands thoroughly with water and soap or disinfectant.