

(Translated by PSOAS from the instructions of the Finnish institute for health and welfare)

# 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 ailed 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.