

# AKDN COVID-19 FAQs

For use by AKDN Agencies, National Task Forces and National Councils to address questions about the management of COVID-19. The contents of this document can be shared publicly, as needed.

## ● WHAT ARE THE MAIN SYMPTOMS OF COVID-19 THAT I SHOULD WATCH OUT FOR?

- People infected with COVID-19 may be sick with the virus for 1 to 14 days before developing symptoms.
- The most common symptoms are fever, tiredness (fatigue) and dry cough.
- In most cases, people infected with COVID-19 will recover from the disease without needing special treatment.
- In some cases, people may develop severe symptoms like difficulty breathing, chest tightness/chest pain, uncontrolled fever, bluish lips or face, and/or persistent vomiting and diarrhea.

## ● WHAT SHOULD I DO IF I HAVE SYMPTOMS OF COVID-19 OR SUSPECT THAT I HAVE BEEN INFECTED?

- If you experience symptoms, please contact your local public health agency as per your government's guidance.
- Have your health insurance card with you.
- Follow your local government's quarantine measures.
- Avoid all physical contact with others (for example, do not have visitors in your home, do not leave your home to meet with friends, or to go to work).
- If you are living alone, please connect with your family members and/or friends daily through phone calls, emails or text messages to ensure they are aware of your health and can check on you regularly.
- If you are living with family members, please separate yourself from others as much as possible. Stay in a separate room. Limit your movements within the home to avoid infecting others (for example, make special food serving arrangements so that you can eat in your room). Wear a disposable or homemade mask that covers your nose and mouth completely when you enter shared spaces like the bathroom.
- Continue to wash your hands with soap and water regularly.
- Use a bleach solution or other household cleaning supplies to disinfect surfaces within your home. Focus on commonly touched surfaces like counters, table tops, doorknobs and light switches.
- Seek medical help if your symptoms progress rapidly and/or you develop severe symptoms (see list above).
- Notify your hospital or health clinic about your condition and only go in if you are asked. Depending on your government's measures to manage the COVID-19 pandemic, you may be asked to go directly to a community quarantine facility.

## ● HOW DO I TREAT SYMPTOMS OF COVID-19 AT HOME?

- Always consult a health worker (like a doctor, nurse or pharmacist) before taking medicines.
- If you are experiencing mild symptoms, such as a low-grade fever (temperature of up to 38°C), a cough and/or a headache medicines like paracetamol, cough syrups and throat lozenges can offer relief. Try to have at least a one month supply of these medicines in your home.
- Avoid ibuprofen or related non-steroidal anti-inflammatory drugs.
- Also try to have a one-month supply of any other chronic medications that may have been prescribed to you by your doctor (for example, blood pressure and diabetes medicines).
- **Do not take any "COVID-specific" treatments you may have heard about in the news media or through your personal networks, such as hydroxychloroquine or chloroquine, unless prescribed by your doctor, as these can cause serious side effects (for example, hearing loss). Note, there is currently no known cure for COVID-19.**
- Drink adequate amounts of water and other fluids.
- Eat and sleep well. Make sure you include fruits and vegetables in your diet and get at least 8 hours of sleep at night.
- Seek medical help if your symptoms progress rapidly and/or you develop severe symptoms (see list above).
- If you are experiencing an emergency, call an ambulance service, if available (consult your local government guidance).

## ● HOW DO I KNOW WHEN TO GO TO THE HOSPITAL AND WHEN TO STAY HOME?

- Stay at home if you have mild symptoms, such as a low-grade fever (temperature of up to 38°C) and a cough that can be managed with home care and over-the-counter medications.
- Only leave your home to seek medical care if your symptoms progress rapidly and/or you develop severe symptoms (see list above).
- Notify your hospital or health clinic about your condition and only go in if you are asked. Depending on your government's measures to manage the COVID-19 pandemic, you may be asked to go directly to a community quarantine facility.
- If you are experiencing an emergency, call an ambulance service, if available (consult your local government guidance).
- Have your health insurance card with you.

## ● WHAT SHOULD I DO IF I NEED TO GO TO THE HOSPITAL OR MY LOCAL CLINIC?

- Only leave your home to seek medical care for COVID-19 if your symptoms progress rapidly and/or you develop severe symptoms (see list above).
- Notify your hospital or health clinic about your condition and only go in if you are asked. Depending on your government's measures to manage the COVID-19 pandemic, you may be asked to go directly to a community quarantine facility.
- If you need to visit your local health clinic for matters not related to COVID-19, please call them ahead of time to make an appointment. They will counsel you about how to proceed.
- If you are asked to visit a hospital or health clinic, wear a disposable or homemade mask that covers your nose and mouth completely before leaving your home. Avoid using public transportation, if possible.
- Limit the number of family members taking you to the hospital to just one individual.
- If you are experiencing an emergency, call an ambulance service, if available (consult your local government guidance).
- Have your health insurance card with you.

## ● DO I NEED TO TAKE SPECIAL PRECAUTIONS IF I AM TAKING CARE OF A SICK FAMILY MEMBER?

- Yes, as someone who is providing care to a sick family member, it is important that you also take care of yourself.
- Wear protective gloves and a disposable or homemade mask that covers your nose and mouth completely before coming into contact with your sick family member.
- Always wash your hands after every interaction (even if you used protective gloves).
- Monitor your health closely, particularly for signs of fever (it is recommended that you check your temperature twice a day). Take appropriate action (as per guidance in this document) if you begin experiencing symptoms.
- If you have a chronic health condition, like diabetes or high blood pressure, make sure you are taking your medicines, as prescribed. Monitor your blood sugar levels and blood pressure regularly, and notify your doctor of any changes.
- Eat and sleep well. Make sure you include fruits and vegetables in your diet and get at least 8 hours of sleep at night.
- Find ways to keep mentally and physically active in the house.
- Continue washing your hands with soap and water regularly. Do not touch your eyes, nose and mouth with unwashed hands (as a general rule, avoid touching your face).
- Avoid all physical contact with others (for example, do not have visitors in your home, do not leave your home to meet with friends or to go to work).
- Seek medical help if your symptoms progress rapidly and/or you develop severe symptoms (see list above).
- If you are experiencing an emergency, call an ambulance service, if available (consult your local government guidance).

## ● HOW DO I PREVENT THE SPREAD OF THE VIRUS IN MY HOME?

- If someone in your family is experiencing symptoms, separate them from others as much as possible and make them stay in a separate room. Limit their movements within the home to avoid infecting others (for example, make special food serving arrangements so they can eat in their room). Have them wear a disposable or homemade mask that covers their nose and mouth completely when they enter shared spaces like the bathroom.
- Continue washing your hands with soap and water regularly (ensure your family does the same).
- Do not touch your eyes, nose and mouth with unwashed hands (as a general rule, avoid touching your face).
- Cover your mouth and nose with a tissue when you cough or sneeze; throw the tissue out in a covered wastebasket and follow by washing your hands (do not cough into your hands).
- Use a bleach solution or other household cleaning supplies to disinfect surfaces within your home. Focus on commonly touched surfaces like counters, table tops, doorknobs and light switches.
- Avoid sharing items like utensils, towels and dishes, if possible.
- Monitor yours and your family's health closely, and take appropriate action if anyone is showing signs of a cough, fever or breathing difficulty.
- Avoid all physical contact with others (for example, do not have visitors in your home, do not leave your home to meet with friends or to go to work).

## ● HOW SHOULD I CARE FOR SOMEONE WHO HAS AN ADVANCE DIRECTIVE OR DO NOT RESUSCITATE (DNR) AT HOME?

- Confirm the presence of an Advance Directive or Do Not Resuscitate order. Secure physical copies of documents relevant to this request for your records, if possible.
- Try to have oxygen available. Open windows in the house to allow for cross ventilation.
- Administer medicines as advised by the individual's physician.
- Keep the individual comfortable, but keep them away from others as much as possible. Keep them in a separate room in the home. Limit their movements within the home to avoid infecting others (for example, make special food serving arrangements so they can eat in their room). Make sure the individual wears a disposable or homemade mask that covers their nose and mouth completely when they enter shared spaces like the bathroom.
- Follow your local government's guidance on preventing the spread of COVID-19, such as avoiding physical contact with others, washing your hands with soap and water regularly, not touching your face, disinfecting household surfaces, etc.
- Monitor yours and your family's health closely, and take appropriate action (as per guidance in this document) if anyone is showing signs of a cough, fever or breathing difficulty.

## ● WHEN SHOULD I STOP QUARANTINING MYSELF AND/OR MY FAMILY?

- You can stop quarantining yourself after 14 days if you have shown no signs of fever for a period of 72 hours (three full days without the use of medicines) and your other symptoms have improved.
- Continue to keep your distance from people after you come out of quarantine
- If you are still sick after 14 days, contact your doctor and/or a local hospital or health clinic for advice.
- Notify your hospital or health clinic prior to arrival and only go in if you are asked. Depending on your government's measures to manage the COVID-19 pandemic, you may be asked to go directly to a community quarantine facility.

**Have a question?**

**Visit our COVID-19 Portal at**

**<https://www.akdn.org/akdn-updates-covid-19>**