

# COVID-19

## HOME ISOLATION

### RECOMMENDATIONS FOR THE PATIENT

Must remain in the same room at all times

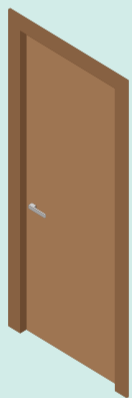


· If the patient needs to leave the room, a surgical mask should always be worn (without filter) a safety distance from others must be maintained.

· The patient's room should be aired and air conditioning should not be used.



· Wash crockery and cutlery at high temperatures, preferably in the dish washer.



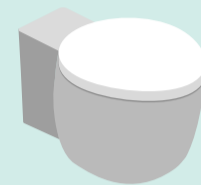
· Keep the room door closed.



· To communicate use the telephone



· Bleach: Use bleach for cleaning. 1:100 (10cc per liter of water).



· Patient must have exclusive use of the bathroom (if possible).



· Rubbish bin with foot pedal opening and rubbish bag with zip tie.

· Clothes and bed linen and towels should be placed in a closed bag to be washed (a 60°-90°).



· Adopt the correct hand washing procedure: 40 to 60 seconds with soap and water, occasionally with disinfectant solution.

### RECOMMENDATIONS FOR THE REST OF THE HOUSEHOLD

⚠️ Nominate only one person to assist the patient.

⚠️ Avoid contact with the patient, especially those that are more vulnerable:  
> Older people;  
> Chronic Patients;  
> Immunodepressed;  
> Pregnant Women.

⚠️ Taps, light switches, door knobs must be disinfected frequently, especially in the common areas.

⚠️ Wash the hands with soap and water or disinfectant solution after any contact with the patient;

Consigo em todos os momentos.