



IPC FOR COVID-19 PATIENTS WHO ARE SELF-ISOLATING AT HOME

DO



Stay home, avoid public areas and mass transit.



Isolate yourself from others in your home.



Use a separate bathroom, if possible.



Call ahead before visiting the doctor.



Wash your hands often.



Wear a face mask around other people and pets.



Cover coughs and sneezes.

Ministry of Health and Wellness
MAURITIUS

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Approval Form

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INFECTION PREVENTION AND CONTROL FOR COVID-19 PATIENTS WHO ARE SELF-ISOLATING AT HOME			
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PEER REVIEW

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Updates

December 2022

- Minor clarifications were made to a few sentences
- 0.1% hypochlorite can be used instead of 0.5% to decontaminate surfaces

Version history

Version	Date
Version 1.0: Created	October 2021
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Version 2.0: Revised	25 December 2022
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Infection Prevention and Control for COVID-19 Patients who are Self-Isolating at Home

1. Standard precautions:

- a. During the isolation period, the self-confined person should stay in an isolated room.
- b. If the house setting does not allow the infected person to remain isolated in a specific room, a medical mask should be worn as long as possible. It should cover his / her nose and mouth and should be changed daily or whenever wet or dirty from secretions.
- c. Any person who is in the same space as the patient should also wear a medical mask.
- d. Parents shall ensure that any COVID-19 positive child aged 5 or above wear a protective mask in the presence of any COVID-19 negative persons.
- e. All household members including patients should wash their hands frequently with soap and water or use alcohol hand rub.
- f. Avoid direct contact with the patient's body fluids, particularly oral or respiratory secretions, and stool. Use disposable gloves and a mask when providing oral or respiratory care, and when handling stool, urine and other waste.
- g. Single-use gloves (e.g., nitrile or latex) should be discarded after each use. Reusable (utility) gloves can be cleaned daily after use.
- h. If shared spaces are used, maintain 2 meters distance in between each person.
- i. Face masks are for personal use and should not be shared.

2. Environmental considerations:

- a. The room / house should be well-ventilated e.g., by opening the windows or using fans that direct contaminated air to the outside. However, ensure that people do not frequently use the area where contaminated air exits.
- b. The use of air conditioners should be avoided.
- c. Hand washing facilities with soap and water and / or hand sanitizer must be in place.
- d. If possible, make provision for a dedicated bathroom and toilet. If not, the shared bathroom should be cleaned and disinfected after use by the COVID-19 patient.

3. Restricted access:

- a. Household members should avoid entering the room where the patient is located.
- b. The patient should not go outside the perimeter of the house; he / she may go to the yard as long as there is no contact with other persons.
- c. Visitors should not be allowed in the house.
- d. If possible, a self-confined person should not share his bed with any other person living in the same house.
- e. To the extent feasible, COVID-19 negative vulnerable people like the elderly, pregnant women or children, should not stay in the same house as the patient.

- f. For COVID-19 positive breastfeeding mothers whose newborn is COVID-19 negative, either of the following is acceptable:
 - i. Express breast milk after appropriate breast and hand hygiene. Caregivers who are not infected may feed the breast milk to the infant.
 - ii. If direct breastfeeding is preferred, mothers should comply with strict preventive precautions that include the use of a mask and meticulous breast and hand hygiene.

4. Cleaning and disinfection:

- a. Perform hand hygiene and wear gloves along with mask when cleaning surfaces in the patient's room, bathroom / toilet and handling clothing or linen soiled with body fluids.
- b. Decontamination of surfaces can be carried out with 0.1% sodium hypochlorite or 70-80% alcohol. Several other chemical products can be effective against the coronavirus, and these can be used if available.
 - i. To get a concentration of 0.1% sodium hypochlorite from a bottle of 2.5%, dilute 40ml of concentrated hypochlorite with 960ml of clean water.
- c. Clean and disinfect frequently touched surfaces such as bedside tables, bedframes, chairs, doorknobs, remote controls and phones at least once daily in the patient room.
- d. Clean and disinfect bathroom and toilet surfaces at least once daily.
- e. Clean with soap or a detergent first before using a disinfectant.
- f. Any cleaning of possibly contaminated surfaces within the 'sick' room should preferably be done by the COVID-19 patient.
- g. If there are COVID-19 positive children in the house playing with toys, these toys should be carefully cleaned after playing time and not be mixed with other toys that are being used by COVID-19 negative children.

5. Linen and utensils:

- a. Set aside dedicated linen and eating utensils for the COVID-19 patient. These items may be reused after they are cleaned with soap and water.
- b. Do not share toothbrushes, cigarettes, cutlery, crockery, towels, washcloths or bed linen.
- c. Clean the clothes, bed linen and towels of the person with COVID-19 with regular laundry soap / detergent and wash in hot water at 60-90°C. Dry thoroughly in the sun. See the "Standard Operating Procedure on the Management of Linen that may be Contaminated with SARS-CoV-2 or Other Infectious Agents" for details.
- d. An apron, a mask and gloves (utility or single use) should be used when handling clothing or linen soiled with body fluids.
- e. 0.1% sodium hypochlorite can be used for cleaning kitchen utensils.

6. Waste management:

- a. Masks and other waste generated during home care should be placed into a separate bag into a closed pedal operated bin with a lid. Keep the bin closed.
- b. When the infectious waste bag is three-quarter full, the waste inside the waterproof plastic bag should be sealed tightly, then put to a temporary secure storage location where children and other members of the public cannot come into contact with it.
- c. Upon completion of the self-confinement period, the person who was tested with COVID-19 shall himself seal the bin bag and dispose of it 3 or more days after the end of his self-confinement period in a standard garbage bin.

7. When to call for help:

- a. Call for help if the infected person has shortness of breath, chest pain, is confused or falls unconscious.



Figure 1 Key moments for hand hygiene



Figure 2 Washing the hands with soap and water

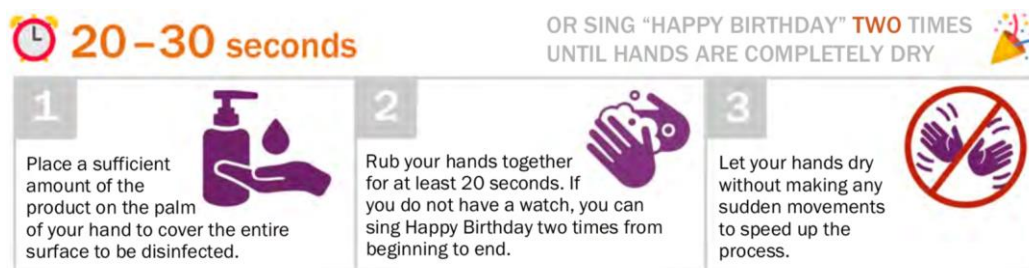


Figure 3 Hand rub using alcohol gel



Wash hands thoroughly and frequently with soap and water when dirty or perform hand rub when not visibly dirty

Cough and sneeze into your sleeve or tissue. Dispose tissue immediately and wash hands



Keep surfaces clean and disinfected. Disinfect frequently touched surface by ill person at least once daily

Stay at home: do not attend work, school, or public place or use public transport.

Rest, drink plenty of fluids and eat nutritious food.

Monitor the symptoms of everyone in the house.

Call the hotline on 8924 when there is difficulty in breathing.

