

Keep Hydrated

Sick people need to keep drinking liquids.

They need up to two litres (eight cups) of fluid a day, even if they don't feel thirsty.

Water is fine, but the best drinks are cold drinks that contain a little sugar and salt (electrolytes). Oral rehydration sachets and isotonic drinks are helpful.

Dilute soft drinks and fruit juice – but add plenty of cold water – a cup of juice to six cups of water. Stay away from fruit juice with too much pulp in it, or milk drinks.

Avoid drinks that contain alcohol or caffeine – encourage the sick person to choose a non-alcoholic drink that they can manage.

Vomiting and/or diarrhoea make dehydration worse, so ensure they keep taking fluids, even if just small sips often.

Signs people aren't getting enough to drink include weakness and lethargy, dizziness, headache, a dry mouth and dark-coloured urine.

If you cannot assess the hydration state of your family member, or have concerns, phone your general practice or Healthline.



Food

People with coronavirus may not feel like eating. DO NOT try to get them to eat; it is more important to ensure they are having enough fluids.

When they begin to feel better, offer different fluids, e.g., diluted fruit juice, clear or strained soups, sweetened tea, or jelly.

Slowly introduce solids, e.g. dry white toast, water crackers or pasta. Avoid anything that contains fats or oils.

Add canned fruit and thicker soups (e.g., chicken soup) to the range of foods and, lastly, introduce milk and other milk products together with fruit, vegetables, breads and cereals.

Prevent the Spread of Disease

Clean surfaces and objects that have been touched by the sick person daily. COVID-19 can live up to 9 days on hard surfaces. This means wiping telephones, door handles, toilet and bathroom areas with detergent & water solution on a disposable cloth, dry and then wipe the area with a disinfectant or diluted bleach solution.

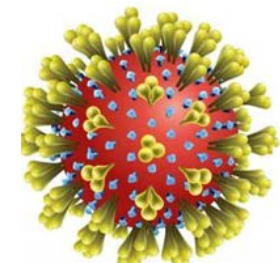
One of the most effective and cheapest disinfecting solutions to clean these surfaces is a solution of two teaspoons (10mls) of bleach (e.g. Janola) to 500ml of water.

Do not share items such as eating utensils and drink bottles with other members of the family and ensure dishes are washed using hot water either by hand or the dishwasher.

Wash the sick person's clothes & linen separately in a washing machine and, if possible, hang to dry on a clothesline. If linen is stained or contaminated with secretions, then soak in a stain-removing product or bleach and wash separately.



Managing in the Home with COVID-19



Caring for the Sick

If someone in your family becomes sick phone your general practice team.

Your doctor or practice nurse will advise you what to do.

People who are pregnant or have recently delivered in the last 10 days, are very overweight or have other health problems such as asthma, heart disease, diabetes or a suppressed immune system, should contact their general practice early if they become sick.

Wash your hands regularly after any contact with a sick person.

If caring for a sick person and they are in a room with others, ensure they wear a surgical mask at all times to prevent or minimise the spread of the virus when coughing or sneezing. Replace the mask if it becomes wet or damaged.

Dispose of any used tissues or masks into the rubbish. Wash your hands straight after taking off the mask.

Keep a record of the sick person's progress; note their temperature, fluid intake and any other change in their health, e.g., difficulty in breathing.

Contact your general practice or Healthline on **0800-358-5453** immediately if the sick person gets worse.



Hand Hygiene

Wash and dry your hands carefully to stop germs from spreading, particularly after going to the **toilet, before eating and after** being around a sick person.

Use liquid soap and water to wash your hands. Wash them for at least 20 seconds (sing Happy Birthday) and then dry thoroughly with a paper towel and throw it away.

You can also use an alcohol-based hand rub (at least 60% alcohol). Apply enough to keep your hands moist for a minimum of 20 seconds (about ½ teaspoon). **DO NOT** dry with a towel.



Coughs and Sneezes

Cover your coughs and sneezes.

People who are coughing or sneezing need to avoid close contact with others.

Cover your mouth and nose with a tissue when you cough or sneeze, and put your used tissue into the rubbish bin.

If you don't have a tissue, cough or sneeze into your upper sleeve or elbow **NOT** your hands.

Don't spit. Also, cover your mouth and nose when clearing your throat or nose.

Always wash your hands after coughing or sneezing.

Fever

A normal temperature is 36-37 degrees Celsius.

Having a fever is uncomfortable and may prevent the sick person from eating, drinking or sleeping normally.

The best medicine to treat fever, aches and pains is paracetamol (Panadol).

Adults should take one to two 500mg tablets every 4-6 hours. The maximum adult dose is eight tablets in any 24-hour period.

For children, check the correct dose of liquid paracetamol on the back of the bottle, or contact your general practice or pharmacy for advice.

Do not wrap up or warm someone who has a fever, is shaking or has 'the chills'.

A cool (not cold) wet facecloth to the forehead will help lower their temperature.



For more information, go to the HealthInfo website:

<https://www.healthinfo.org.nz/coronavirus.htm>