The patient should be in a room alone wherever possible. Household members should stay in a different room or, if that is not possible, maintain a distance of at least 1 metre from the ill person (e.g. sleep on a bed on the floor/in another room if possible).

Place the patient in a well-ventilated single room (i.e. with open windows and an open door), in winter, open windows 10 minutes every hour to air the room.

Limit the movement of the patient in the house and minimize shared space. Ensure that shared spaces (e.g. kitchen, bathroom) are well ventilated (keep windows open).

Caregiver should minimize the time in the room with the patient, not more than 15 minutes at a time if practical.

Perform hand hygiene after any type of contact with patients or their immediate environment. A wash station can be created using a bowl of water with soap, placed outside the room to prevent the caregiver touching other items along the way to the bathroom/taps. Sanitizer can be placed in the patient’s room, to be used before the caregiver leaves the room, before washing hands outside the room.

Clean and sanitize surfaces regularly (at least four times a day) that are frequently touched in the room where the patient is being cared for, such as bedside tables, bedframes, and other bedroom furniture, daily. Regular household soap or detergent should be used first for cleaning, and then, after rinsing, regular household disinfectant such as bleach or JIK or any cleaning product containing 0.1% sodium hypochlorite (i.e. equivalent to 1000 ppm) should be used, you can use six (6) tablespoons of bleach mixed with four (4) cups of water.

Avoid other types of exposure to contaminated items from the patient’s immediate environment (e.g. do not share toothbrushes, cigarettes, washcloths, or bed linen).

If these need to be used then the patient needs to wear a face mask at all times, keep a 1-meter distance from those around them and the bathroom preferably needs to be cleaned before the next person uses it. Alternatively, if the patient was unable to mobilize to the outdoor communal bathroom a bucket/basin could be provided for them to use. The family member/caregiver emptying the bucket will need to wear a mask and apron when doing so, and the bucket will need to be cleaned with soapy water and the sanitized and dried before used again. Strict handwashing must be adhered to during and after this process.

The ill COVID-19 positive patient should be in a room alone wherever possible. Household members should stay in a different room or, if that is not possible, maintain a distance of at least 1 metre from the ill person (e.g. sleep on a bed on the floor/in another room if possible). The caregiver should minimize the time in the room with the patient, not more than 15 minutes at a time if practical. Perform hand hygiene after any type of contact with patients or their immediate environment. A wash station can be created using a bowl of water with soap, placed outside the room to prevent the caregiver touching other items along the way to the bathroom/taps. Sanitizer can be placed in the patient’s room, to be used before the caregiver leaves the room, before washing hands outside the room. Clean and sanitize surfaces regularly (at least four times a day) that are frequently touched in the room where the patient is being cared for, such as bedside tables, bedframes, and other bedroom furniture, daily. Regular household soap or detergent should be used first for cleaning, and then, after rinsing, regular household disinfectant such as bleach or JIK or any cleaning product containing 0.1% sodium hypochlorite (i.e. equivalent to 1000 ppm) should be used, you can use six (6) tablespoons of bleach mixed with four (4) cups of water. Avoid other types of exposure to contaminated items from the patient’s immediate environment (e.g. do not share toothbrushes, cigarettes, washcloths, or bed linen).