7 WAYS TO PROTECT AND CARE FOR YOUR FAMILY AT HOME*

*AT EVERY LEVEL THESE GUIDELINES ARE SUBJECT TO CURRENT RECOMMENDATIONS FROM THE WHO AND NATIONAL MINISTRY OF HEALTH RECOMMENDATIONS.

**IF SOMEONE IS UNWELL AND YOU SUSPECT COVID-19**
- Wear a mask.
- Ensure your loved one is in a room with good airflow and away from other people.
- Call your Ministry of Health hotline.
- Fill the room with essentials (food, water, etc.)
- Respect their isolation as required.

**WASH YOUR HANDS**
- Wash your hands with soap and water many times each day, especially after touching anything your loved one has touched or used: door locks, mobile phone, etc.
- Avoid shaking hands or touching your face or other surfaces used by others.

**HANDLING LAUNDRY**
- Use gloves and a mask when handling laundry or anything that could be infected.
- Wash laundry with soap, hot water and dry in the hot sun.
- Make sure your loved one has their own towel, without sharing with others in the family.

**HANDLING WASTE**
- Wear gloves and a mask
- Throw away waste (tissues, masks, gloves,) into a bag and seal.
- Burn the contents of the bag without opening.
- Wash your hands with soap and water afterwards.

**SHOW LOVE AND RESPECT**
- Listen to your loved one’s needs and worries.
- Keep a distance of 2-4 meters from other people outside the home.
- Call a spiritual leader for phone support.

**SUPPORT AND ADVICE**
- Avoid using advice from social media unless it is from WHO or your Ministry of Health.
- Support from spiritual leaders is for your heart, BUT not to counter that of your MoH.
- Only follow the health advice from your Ministry of Health - they are the experts.

SOURCE: AFRICAN PALLIATIVE CARE ASSOCIATION

#stayhome