

**SUNWAY**<sup>®</sup>  
HEALTHCARE

# A HANDY GUIDEBOOK ON **HOME ISOLATION**

For confirmed mild COVID-19 patients



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## Important Note:

Please refer to your MySejahtera application on your phone for:

- Performing self-assessment on you and your family members' health status
- Monitoring the COVID-19 outbreak in the country
- Assistance in getting treatment if you are infected with COVID-19
- Locating nearest hospitals and clinics for COVID-19 screening and treatment

# CATEGORIES OF COVID-19

1

According to the Ministry of Health, there are 5 categories of COVID-19 infections:

CATEGORY 1 (CAT 1)	Asymptomatic
CATEGORY 2 (CAT 2)	Symptomatic without pneumonia. This category includes upper respiratory tract (URTI) symptoms, e.g. nasal congestion, sorethroat, cough or fever, lethargy, bodyache, anosmia (loss of smell), ageusia (loss of taste), gastrointestinal symptoms, e.g. vomiting, diarrhoea.
CATEGORY 3 (CAT 3)	Symptomatic with pneumonia, not requiring oxygen support. May have *"happy hypoxia" phenomenon.
CATEGORY 4 (CAT 4)	Pneumonia requiring oxygen support. May have "happy hypoxia" phenomenon.
CATEGORY 5 (CAT 5)	Multi organ failure. May need ventilator support for respiratory failure, dialysis for renal failure etc.

**\*Happy hypoxia" phenomenon:** Patient may not feel breathless but oxygen level might have dropped unknowingly.

**Remark:** Disease progression from CAT 1 or 2 to CAT 3 or 4 or 5 is possible, especially among high risk group. Close monitoring is necessary.

## GUIDELINES FOR HOME ISOLATION

If you have been tested positive for COVID-19, and are in Category 1 or 2, you may be requested to self-isolate at home.

### HOW TO SELF-ISOLATE AT HOME SAFELY

#### Allocate a separate room

You should stay in a separate room with adequate ventilation (windows opened) and an attached bathroom if possible. Household members should stay in another room or should be separated from you.



#### Use a separate bathroom

Other household members should use a separate bathroom. If sharing the same bathroom, cleaning of taps, doorknobs and utensils with soap and water are a requirement.



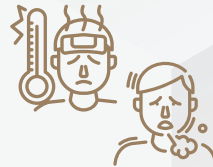
#### Restrict movement within the house

Restrict your movement around the house and avoid interaction with the elderly, pregnant women or children in the house.



#### Regularly monitor symptoms

You should monitor body temperature using a thermometer twice a day. If you develop fever, cough, difficulty in breathing, sore throat, body aches and pain, including flu-like symptoms, or if symptoms become more serious, household members should immediately inform the nearest hospital or PKD (refer to page 9 for contact numbers).



# GUIDELINES FOR HOME ISOLATION

## (Cont'd)

### Use a face mask and/or gloves

If you absolutely must move within the house, please use a disposable facemask and preferably gloves.

Facemasks and gloves should be properly discarded without reuse, in a closed bin.



### Avoid sharing of household items

Assign separate dishes, drinking glasses, cups, eating utensils, towels, bedding, and other items for yourself.

Used utensils, bed linen and clothes should be washed with soap and water.



### Disinfecting surfaces

Disinfect high touched areas (e.g. doorknobs, light switches, bed, table, remote control, bathroom) and any other item you had come in contact with at least once daily.



### No visitors

Under no circumstances should you leave the house. Visitors should not be allowed to come to the house.



### Stay in contact

Always be at home and contactable at all times.



Source: World Health Organization

## BASIC INFECTION CONTROL & PREVENTIVE MEASURES

### HAND HYGIENE

Wash your hands with soap and water regularly OR use hand sanitiser (if hands are not visibly soiled).

#### When to wash your hands?

- After coughing or sneezing
- When caring for the sick
- Before, during and after you prepare food
- Before eating
- After toilet use
- When hands are visibly dirty
- After handling animals or animal waste
- After handling garbage

#### Proper hand washing steps



### RESPIRATORY HYGIENE

- Cover your mouth and nose with a tissue when you cough or sneeze OR cough or sneeze into your elbow.
- Turn away from others when sneezing or coughing.
- Throw the used tissue into a closed waste bin and perform hand hygiene.



# WARNING SIGNS TO WATCH OUT FOR



Difficulty breathing or shortness of breath



Purple-blue lips or fingers (Cyanosis)



Oxygen saturation of <95%



Persistent pain or pressure/tightness in the chest



New confusion or difficulties in waking up



Lethargy



Frequent vomiting and diarrhoea



Reduced urine output



Unable to tolerate food intake orally



Coughing up blood

If patient develops any of the above signs, seek immediate emergency treatment.

\*This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.









Source: Centers for Disease Control and Prevention

## TIPS FOR CAREGIVERS

### CARING FOR SOMEONE SICK AT HOME

If you are caring for someone with COVID-19 at home or in a non-healthcare setting, follow this advice to protect yourself and others. Learn what to do when someone has symptoms of COVID-19 or when someone has been tested positive. This information also should be followed when caring for people who are not showing symptoms even though they are tested positive for COVID-19.

\*Note: Older adults and people of any age with serious underlying medical conditions are at higher risk for developing more severe illness from COVID-19. People at higher risk of severe illness should call their doctor as soon as symptoms start.

- Ensure patient drinks a lot of fluids and rests. 
- Help patient follow their doctor's instructions for care and medicine (if any). 
- Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, if possible. 
- Wear a disposable mask when in the same room with the patient. Do not touch the mask or face during use and discard the mask immediately after tending to the patient. 
- Frequently clean hands with soap and water or a hand sanitiser. 
- Take care of their pet(s). 
- Watch for warning signs (refer to page 5). 
- For most people, symptoms last a few days, and people usually feel better after a week. 

Call a doctor if the person keeps getting sicker. For medical emergencies, call the Sunway 24-hour Telemedicine Command Centre at **+603-7491 9191** or WhatsApp **+6019-388 3281**.



## CARING FOR YOURSELF

Caregiver should practice self-care to avoid burn-out.

- Delegate a few caregiving responsibilities to allow some time for yourself.
- Maintain your regular routine of healthy eating, sleeping and exercising.
- Keep in touch with your social circle, be it extended family members, friends or colleagues. This can be done safely through phone calls or social media apps.

Source: Centers for Disease Control and Prevention



## BE KIND TO YOUR MIND

Mental health problems are common, especially during this unprecedented time. Here are some tips to cope with stress during COVID-19.

### Connect with others

It is normal to feel sad, stressed, confused, scared or angry during a crisis. Talking to people you trust can help. Reach out to your friends and family.

### Know the facts

Remember that not everything you read or hear about the virus may be true. Stay updated with information from trusted sources like WHO, MOH, and reliable, mainstream news portals.

### Beware of information overload

You can limit your worries and agitation by reducing the time you spend watching or listening to media coverage or social media sites that you perceive as upsetting.

### Maintain a healthy lifestyle

If you are home quarantined or isolated for any reason, try to maintain your regular routine of proper diet, sleep, exercise and social contact remotely.


### Reconnect with old hobbies

Draw on good memories and feelings that helped you relax by re-engaging your old hobbies. You can even take this opportunity to learn new ones. Hobbies can help build a solid, stable sense of self and wellbeing.

### Deal with emotions in a healthy way

If you have concerns or feel overwhelmed, talk to a professional.

Talk to our Clinical Psychology Department when you need:

 **+603-7491 1280 /**  
**+6012-774 7657**



## USEFUL NUMBERS

Keep these numbers as a quick guide to refer to, be it for emergencies or for other types of medical attention you may need.

	General Line	Ambulance	Emergency Help	Tele-consultation	Medication Delivery
<b>Sunway Medical Centre</b>	+603-7491 9191	+6019-305 8805	+603-5566 8888	✓	✓
<b>Sunway Medical Centre Velocity</b>	+603-9772 9191	+6010-266 7386	+603-9772 9111	✓	✓
<b>Sunway Specialist Centre Damansara</b>	+6012-262 3560			✓	✓
<b>Sunway Home Healthcare</b>	+6019-216 6477			✓	✓
<b>Sunway TCM Centre</b>	+603-5886 1818 /1811			✓	✓

### 24-hour Telemedicine Command Centre (TCC)

Speak to a doctor or nurse without leaving your home.

The public can now reach our healthcare team at our new 24-hour Telemedicine Command Centre (TCC), which is managed by a team of experienced and qualified medical officers and nurses to assist patients with any enquiries.

#### What can the TCC do?

- Find out which **SPECIALIST** can best serve you
- Find out which **SERVICE** suits what you need
- Get an **AMBULANCE** to come to you
- Get **ADVICE** when you feel confused
- Get an **APPOINTMENT** fast & hassle-free

The TCC service can be reached at **+603-7491 9191** (call), **+6019-388 3281** (WhatsApp only) or **sunmedtcc@sunway.com.my** (email).



A home healthcare service of hospital standards, with skilled and experienced clinical team to care for your important healthcare needs, in the comfort of your home:




- Home Nursing
- Home Rehabilitation
- Home Medical Equipment
- Multi-disciplinary Services @ Home
- Teleconsultation
- Community Nursing

 **+6019-216 6477 / +6019-275 3698 (On-call hours: 9.00am to 9.00pm)**

**ON-SITE COVID-19 GROUP TESTING IS AVAILABLE**

- RT-PCR test: Result within 48 hour
  - Antigen test: Result within 24 hours
- Note: Minimum 20 pax is required.

 **limcs@sunway.com.my**

For more information, visit **[www.sunwayhomehealthcare.com.my](http://www.sunwayhomehealthcare.com.my)**

Sunway TCM Centre provides a holistic approach to healing that incorporates traditional and complementary medicine into the western healthcare.



The centre is managed by a trained and certified medical doctor, who was subsequently trained in Integrated Medicine from China. The team consists of trained TCM physicians who are also skilled in their own areas of speciality.



TCM Gynaecology



TCM Orthopaedics  
and Traumatology



Integrative Oncology /  
TCM Oncology



Patients receive personalised and tailored treatment plans which focus on the prevention of illnesses, and self-healing ability. Some of the services include acupuncture, moxibustion, tui na (Chinese massage), guasha, chinese herbal medicine, dietary therapy, and more.

If you are tested positive for COVID-19, Sunway TCM offers **FREE tele-consultation**.

☎ +603-5886 1811    📞 +6011-5953 7993

Sunway TCM Centre continues to provide its services through tele-consultation for:

- New / follow-up appointments
- Pre and post natal cases
- Continuing medication prescriptions
- Questions about medicine, herbs and supplements
- Worries about interactions between herb and drugs

For more information, visit [www.sunwaytcm.com](http://www.sunwaytcm.com)



**Written & Designed by:**

Corporate Communications, Sunway Healthcare Group

**Edited & Reviewed by:**

Dr Tan Lian Huat (Infectious Disease Specialist) and Dr Seow Vei Ken,  
Dr Wee Tong Ming and Dr Low Kwai Siong (Emergency Specialists)