

TOOL 1

Staying Safe & Management of COVID-19 Mild Symptoms



BACKGROUND

With increasing community transmissions, patients who get infected with coronavirus can experience a range of symptoms, from no sign of infection to critical illness.

Purpose of this Guidance

This tool is designed to provide guidance to individuals on how to stay safe, where community cases have been reported, how to manage COVID-19 mild symptoms at home and to know when emergency care is required.



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HOW TO Manage Risk of COVID-19 Infection

Everyone is at risk for getting COVID-19 if they are exposed to the virus.

Older adults and people of any age who have other conditions such as HIV, diabetes, heart diseases, high blood pressure and liver disease among others are at higher risk for developing more severe illnesses from COVID-19..

- It is especially important for people at increased risk of severe illness from COVID-19, and those who live with them, to protect themselves from getting the virus
- The best way to protect people at high risk is to limit their interactions with other people as much as possible.

It is important to always take precautions to prevent getting COVID-19 when interacting with anyone outside your household.

Your risk of being infected increase when...

- You interact with people outside your home
- You closely interact, without keeping physical distance of at least 1m
- You spend time in crowded places such as shops, market and transport hubs.

The longer that interaction, the higher your risk of getting and spreading COVID-19.

Are you considering participating in an event or gathering?

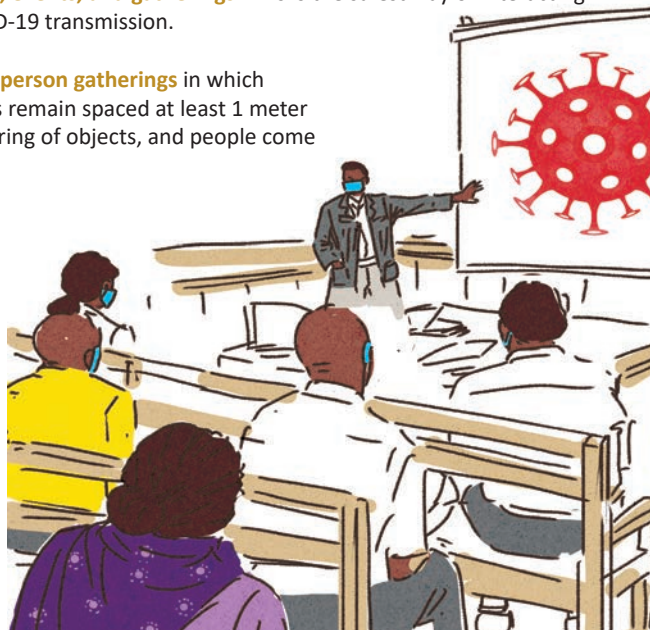
The risk of COVID-19 spreading at events and gatherings increases as follows:

Lowest risk: Online-only activities, events, and gatherings. This is the safest way of interacting with others, with lowest risk of COVID-19 transmission.

More risk: Smaller outdoor and in-person gatherings in which individuals from different households remain spaced at least 1 meter apart, everyone wears masks, no sharing of objects, and people come from the same local area.

Higher risk: Medium-sized in-person gatherings that are adapted to allow individuals to remain spaced at least 1 meter apart and with attendees coming from outside the local area.

Highest risk: Large in-person gatherings where it is difficult for individuals to remain spaced at least 2 metres apart and attendees travel from outside their local area.





HOW TO Manage COVID-19 Mild Symptoms at Home

People who get infected with COVID-19 have experienced a wide range of symptoms – ranging from mild symptoms to severe illness. Some people are more likely than others to become severely ill, which means that they may require hospitalization, intensive care, or a ventilator to help them breathe.



Key Considerations on Managing COVID-19 Symptoms

If you have or think you might have COVID-19, it is important to stay home and away from other people. Most people with mild symptoms can recover at home and staying away from others helps stop the spread of COVID-19.

- If you are experiencing symptoms, wear a mask over your nose and mouth. Wearing a mask protects the people around you from getting the virus
- Always cover your cough and sneeze
- Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food
- To manage high temperature, have a lot of rest and drink plenty of water to keep hydrated
- Keep track of your symptoms. Watch out for emergency warning signs such as breathing difficulty and seek emergency medical care immediately.



Know When to Seek Medical Attention

Seek emergency care immediately if you begin showing any of the following signs:

- Trouble breathing
- Persistent pain or pressure in the chest
- Inability to wake or stay awake
- Face or lips turning bluish
- Any symptoms that are concerning to you.

Feeling breathless can be a sign of more serious coronavirus infection. If you feel breathless and it's getting worse, call the national hotlines 2019, 393 or the Rapid Response Team in your area.

When visiting emergency facility, notify the facility that you are seeking COVID-19 related medical care.



What to do when you get sick?

If you start having symptoms of COVID-19 (cough, shortness of breath, or fever equal to or greater than 38°C, or signs of fever e.g. shivering, flushed skin, excessive sweating):

- Isolate yourself from others
- Immediately call “2019 or 393” and describe your symptoms and travel history and follow their instructions.



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