



Western Cape
Government

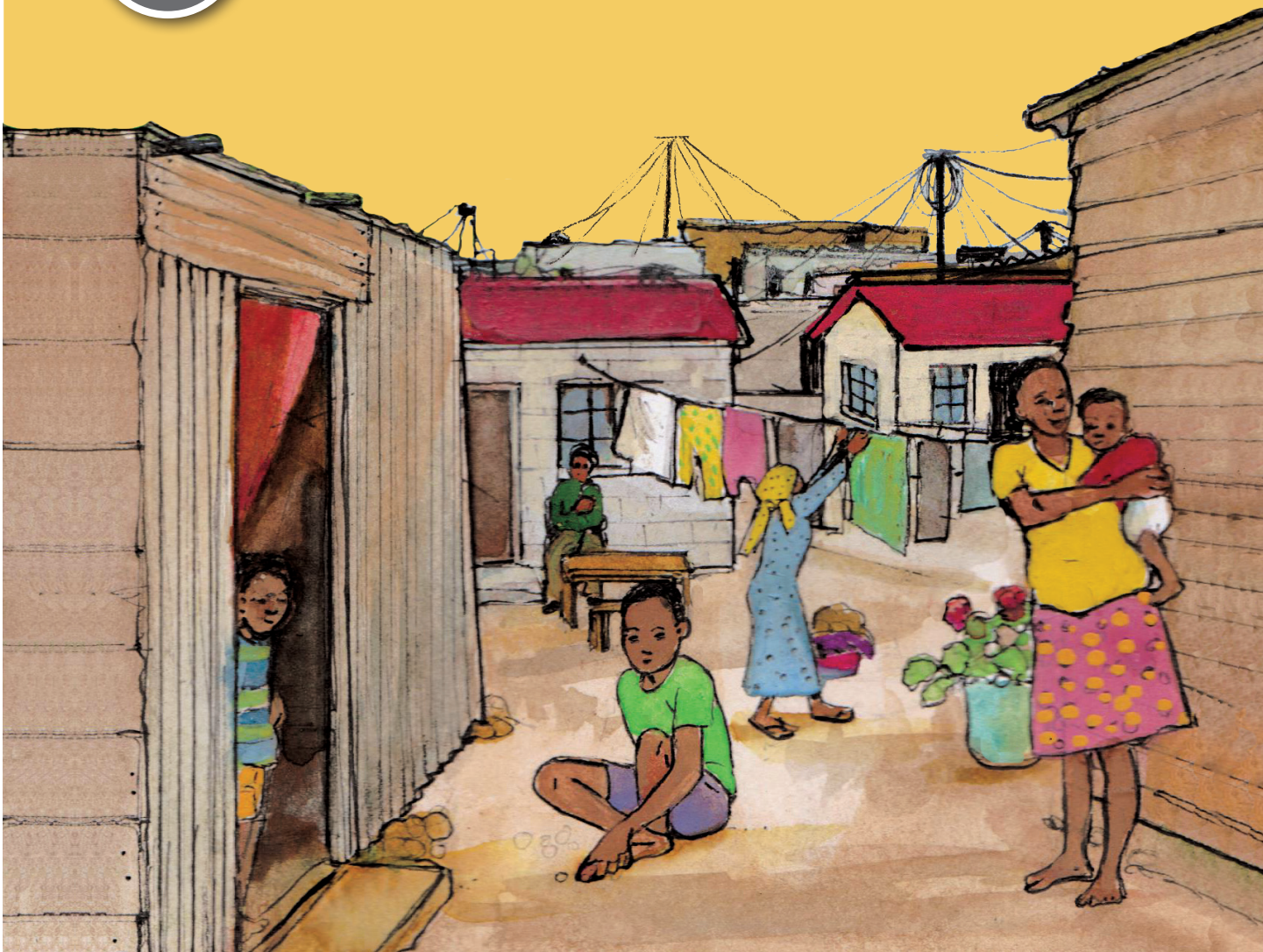
Health



PACK
Practical Approach to Care Kit

1

Information and advice for the home:
Be coronavirus safe



Practical Approach to Care Kit

PACK Home · 2021

Welcome to PACK Home

The Practical Approach to Care Kit – PACK – is used by nurses, doctors and community health workers in their everyday work to care for patients at the clinic and in the community – **PACK Adult**, **PACK Adolescent**, **PACK Child** and **PACK Community**.



PACK Home is designed for people seeking more information about how to care for their own health and the health of their family at home.

PACK Home is published in small volumes and has been made available in several languages. It covers a wide range of topics, including staying COVID-19 safe, managing COVID-19 in the home, understanding the COVID-19 vaccine and coping with a chronic condition.



Browse or download **PACK Home** volumes from www.coronawise.org.za

PACK Home was developed by the Knowledge Translation Unit, University of Cape Town Lung Institute, in partnership with the Western Cape Department of Health. We thank Western Cape Department of Health and their clinicians and managers for their valuable contribution to this document. See the list of their names on our website www.knowledgetranslation.co.za.

DISCLAIMER: This information should not be considered as medical advice. It is not a replacement for a visit with a nurse, doctor or other healthcare professional. If you have concerns about your individual medical situation, please see a healthcare professional. This information is provided on an 'as is' basis without any warranties regarding accuracy, relevance, usefulness or fitness for purpose. You use this information at your sole risk.

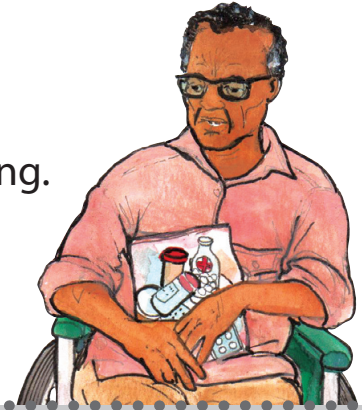
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Coronavirus Disease 2019 – COVID-19

- COVID-19 is similar to flu, causing cough, fever, sore throat, fatigue and aching muscles. It can also affect the sense of taste and smell.
- Most people have a mild illness and recover without treatment.
- In some, this illness can last weeks to months.
- If severe, it causes pneumonia with difficulty breathing.
- Those over 55 years or with a chronic condition like diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease or cancer are more at risk of severe COVID-19.



Coronavirus spreads easily

- COVID-19 spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks, or shouts.
- Coronavirus spreads in waves that last for several weeks or months. During a wave, more people have the virus and are getting sick. It is more likely that you will catch coronavirus during this time.



COVID-19 is not linked with a specific group of people; we are all equally able to catch and spread it.



- COVID-19 is a new disease; there is much we don't know about it.
- People often fear what is new or unknown. This makes it easy to blame others.
- Avoid fake news about COVID-19 – share information from official sources.
- Support those with COVID-19 to seek healthcare and cope with everyday life while unwell or in isolation.

Be kind to your family, friends, colleagues, neighbours – we are all in this together.

Protect yourself and your home from coronavirus

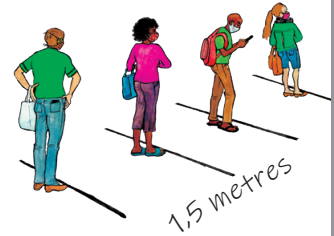
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Sick? Stay at home and arrange a COVID-19 test.

2

Keep physical distance from others.



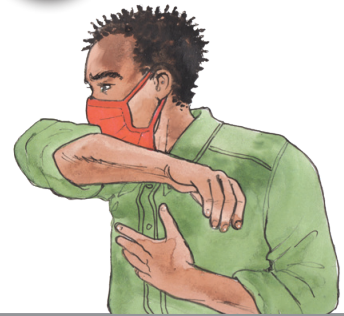
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Wear a mask.

4

Cover your cough.



5

Open windows and doors to create good airflow.



6

Avoid crowds, close contact and confined spaces.



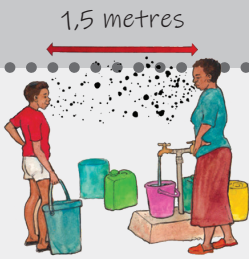
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Wash and sanitise your hands often.

Keep apart from others

Why must we keep apart from each other?



COVID-19 spreads mainly when we breathe in small droplets produced when someone with COVID-19 breathes, coughs, sneezes, sings, talks or shouts.

Keep apart from others to allow less chance for coronavirus to spread.

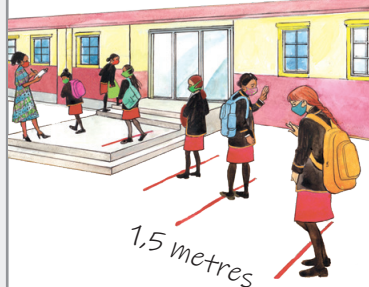
- This will help protect those at risk of severe COVID-19 – those over 55 years or with diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease or cancer.
- It will also mean less stress on our clinics and hospitals so that those who need healthcare can still get it.

How do we keep apart from each other?

Stay home.



Keep at least 1,5 metres apart from people.



Only visit public spaces and use public transport when necessary.

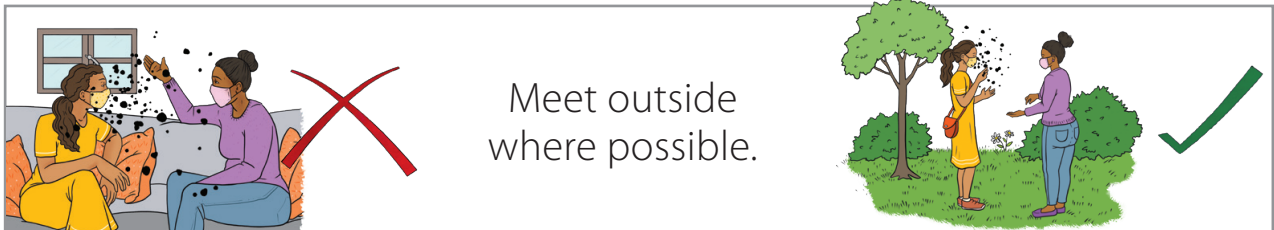
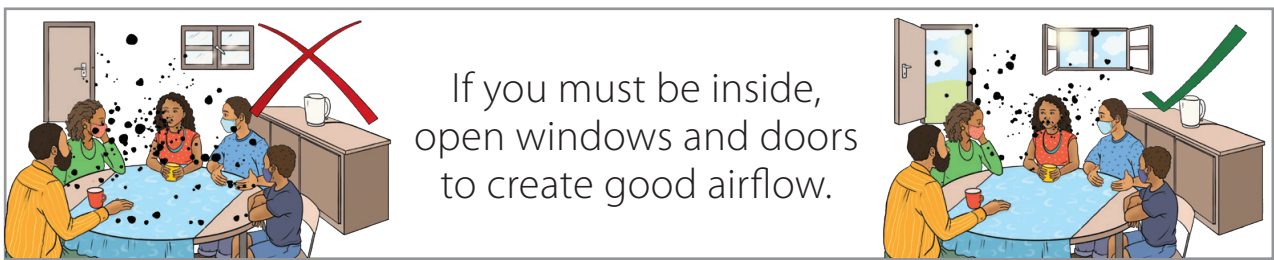
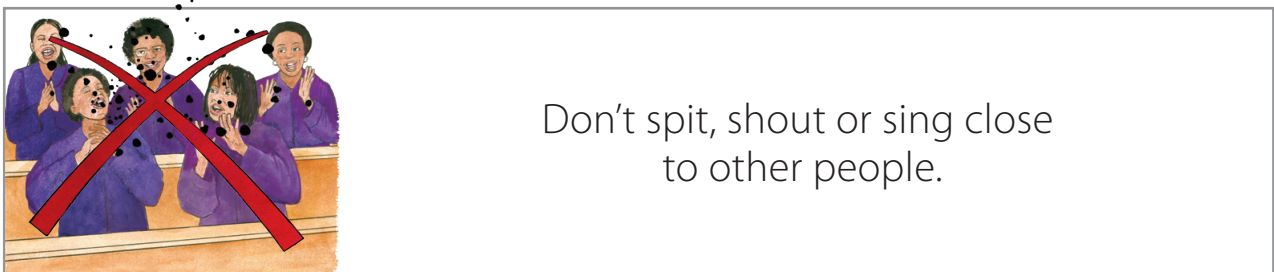
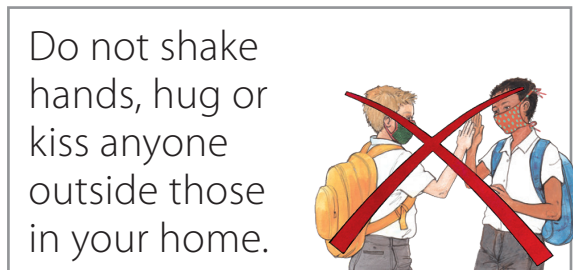
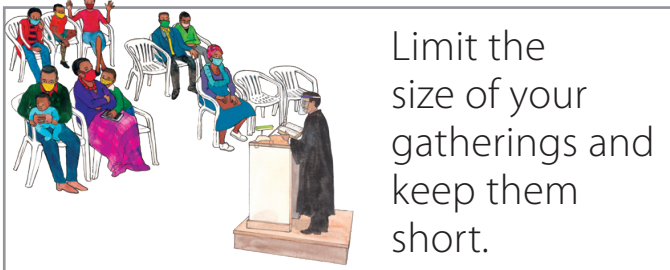
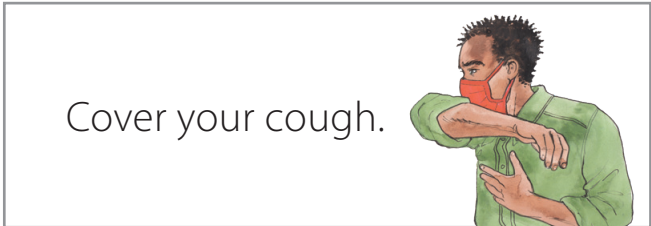
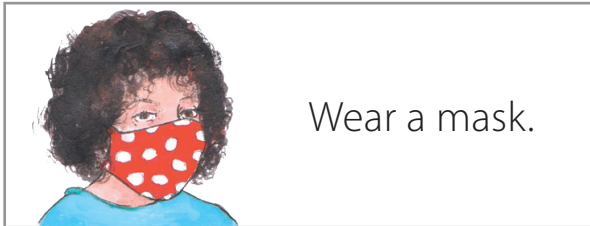
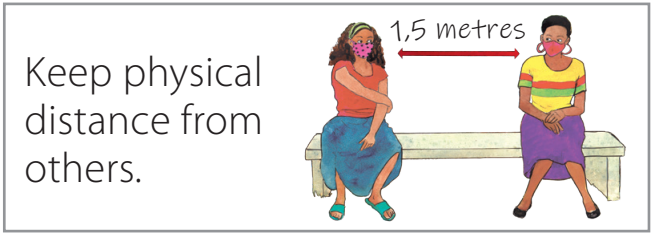


Avoid crowds, close contact and confined spaces.



Spend time with others safely

When you spend time with others from outside your home, do so safely to avoid spreading coronavirus.



Be extra careful if you are at risk of severe COVID-19: over 55 years or with diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease or cancer.

Wear a mask in public

- Cloth masks protect you from coronavirus and help to reduce its spread.
- Even with a mask, it is still important to stick to the other measures to stop coronavirus spreading.
- Children under 2 years should not wear a mask.
- A good cloth mask has 3 layers (avoid T-shirt fabric) and can be washed in hot water.



If you are sick with COVID-19 or caring for someone who has it, speak to your health worker or hotline about what masks and protection to use.

Use a cloth mask safely:



- Wash your hands before and after using your mask.
- Ensure your mask covers your mouth and nose.
- Touch only the straps when you remove it.
- Replace your mask if wet.



Do not touch your face or fiddle with your mask.



Do not share masks. If you do not have one, use bandana or scarf instead.

Do not leave used masks lying around; they may have coronavirus on them.



Wash masks with soap and very hot water (60°C). If the water is not very hot, boil the mask for 1 minute to disinfect it.



Have at least 2 masks so that you have a clean one ready.

Wash your hands

Wash your hands as often as you can, but especially:

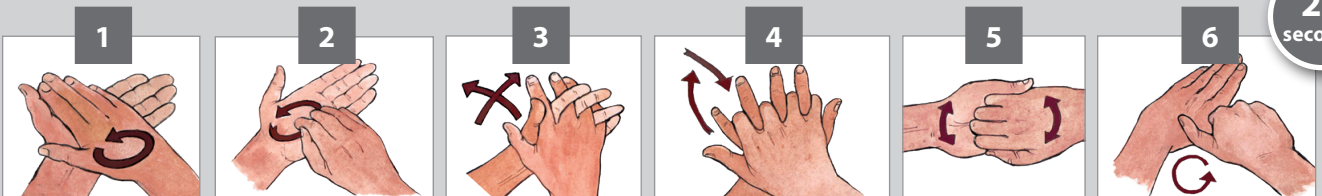
- After using the toilet or changing nappies.
- Before preparing or eating food.
- After caring for the sick.
- After touching high touch public surfaces like handles, ATMs and taxi seats.



Wash your hands for at least 20 seconds.

- Roll up your sleeves, rinse hands in clean water and apply soap to palm.

20 seconds



1 Rub palms together.

2 Rub tips of nails against palm. Swap hands.

3 Rub fingers between each other.

4 Place hand over back of other, rub between fingers. Swap.

5 Grip fingers and rub together.

6 Rub each thumb with opposite palm.

- Rinse hands with clean water and dry them with paper towel or on their own.
- If you have sanitiser use it if your hands are not dirty and only if no soap and water are available.

If no running water at home, make a hand washing container:

- Make a hole in the lid of an empty plastic bottle.
- Fill the bottle with water. Screw on the lid.
- Wet hands with a little bit of water. Wash hands using steps above.
- Rinse your hands and the bottle.



Protect those at risk of severe COVID-19

If you get coronavirus and are over 55 years or have a chronic condition like diabetes, HIV, TB, kidney disease, hypertension, chronic lung disease or cancer you are more at risk of severe COVID-19.

Avoid catching coronavirus

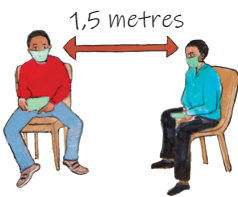
Avoid others as much as possible:

- Don't go out unless necessary.
- Avoid having visitors in your home.



If you do go out or spend time with others:

- Keep physical distance.
- Avoid crowds, close contact and confined spaces.
- Wear a mask.
- Sit outside or open the windows.
- Wash your hands often.



Keep yourself healthy

Get vaccinated against COVID-19. See **PACK Home Volume 5: Understanding the COVID vaccine.**

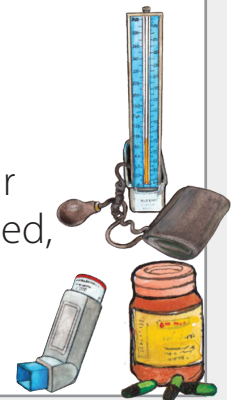


Look after your health and mental health.

See page 9. If you do become unwell, seek health care promptly.



Look after your chronic conditions with **PACK Home Volume 3: Chronic Conditions at Home.** If your chronic condition is controlled, this will help prevent severe COVID-19 if you do catch it.



If others at home have COVID-19 or had contact with COVID-19, try to live separately until the isolation time is over. See page 8.

I had contact with COVID-19

- Coronavirus spreads easily. If you had close contact (face-to-face, 1 metre or less apart) or live with someone with COVID-19, then you may have caught it.
- It can take up to 10 days before you become ill with COVID-19.
- If you have coronavirus, you may pass it on to others even before becoming ill.

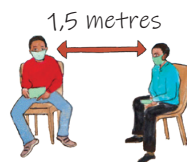
Prevent spread to others

Stay at home. Separate yourself from others in another room. If you cannot stay in a separate room, you may need to stay in a facility to check on your health and prevent spreading coronavirus to others.



If you can be separate at home make sure you follow these rules:

If you do make contact with others, keep apart, wear masks and open doors and windows. See page 5.



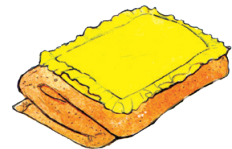
Wash your hands often.



Clean high touch surfaces.



Use separate dishes, towels and bedding. Wash well.



Look after yourself

- Look after your mental health. See page 9.
- If you have a chronic condition, adhere to your treatment.

Recognise when to seek healthcare

If you develop COVID-19 symptoms – fever, aching muscles, cough, sore throat, diarrhoea – contact your health worker or phone the hotline.

- Visit a health facility urgently if you have difficulty breathing, confusion, chest pain that won't go away or you cannot wake up.
- Call ahead. Avoid public transport. If needed, use an ambulance.

**Even if you feel well, you can still spread coronavirus to others.
Stop separation only after 10 days.**

Look after your mental health

- The threat of COVID-19 on our health and livelihood can feel scary and make us stressed.
- Make sure you take care of the mental health of yourself and your family.

Know the facts.

- We are often afraid of the unknown.
- Ignore gossip and fake news – listen to advice from trusted sources.



Have a routine for your day

Structure your day by setting times for sleeping, meals, exercise, work and chores.



Stay connected

- Use social media to check in with family and friends.
- Spend time with the supportive people in your home.
- Find ways to have fun!



Do some exercise every day



Get enough sleep



Take time to relax

- Find a creative or fun activity to do.



- Do a relaxing breathing exercise each day.



Seek help if you need it

- If you are feeling stressed and need someone to talk to, reach out to someone you trust or call a helpline. See page 17.
- Read about getting help during COVID-19 on page 16.



When to visit the clinic?

- During this time, hospitals and clinics are busy with patients with COVID-19.
- Avoid unnecessary clinic visits.

Visit the clinic or hospital urgently if you or your child have:

- Difficulty breathing
- Chest pain
- Severe diarrhoea and vomiting
- Become confused
- A severe headache with vomiting
- A child too unwell to drink

But make sure you do visit your clinic for these reasons:

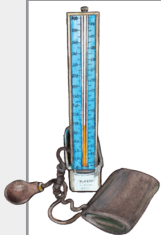
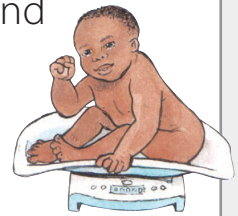


If you are **pregnant** to check your and your baby's health – keep the appointments on your maternity card.



For **well baby and child checks**

to give immunisations and monitor growth – keep the appointments on your Road to Health booklet.



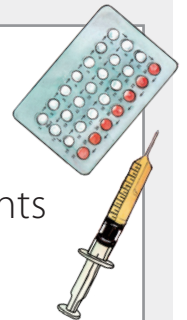
If you have a **chronic condition**

keep your appointments. Restart your treatment if you stopped it. Ask your clinic or health worker for extra supplies of treatment.



For **family planning**

– keep the appointments on your clinic card.



If you are unwell:

- If you have coronavirus symptoms (cough, fever, sore throat) contact your health facility or the hotline.
- If you have a chronic condition, visit the clinic to check for complications of your condition or medication.
- If you live with someone who has TB or a cough, go to the clinic for TB tests if you are coughing, losing weight, having fevers or sweats.
- If you get worse or do not get better, visit your clinic.

If you do visit a clinic, remember to:

- Wash your hands before and after your visit.
- Wear a mask, especially if you are coughing or sneezing.
- Keep 1,5 metres apart from others.
- Tell the clinic staff if you have symptoms of COVID-19.



Be coronavirus safe when shopping

- Shops are often crowded and confined spaces, so are places where coronavirus spreads easily.
- Avoid shops if you are unwell or at risk of severe COVID-19. Ask family or friends to help.
- Only go shopping when necessary.
- Prepare a shopping list and try choose a quiet time so your trip will be quick.



Follow these rules when out shopping:



- **Wear a mask.**
- **Avoid touching your face** or fiddling with your mask.

Keep apart from others in the shop and in queues.



Avoid crowds, close contact and confined spaces.



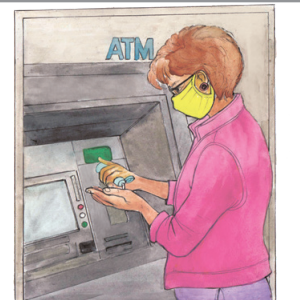
Wipe down trolley or basket handle before use.



Cough or sneeze into your elbow or a tissue.



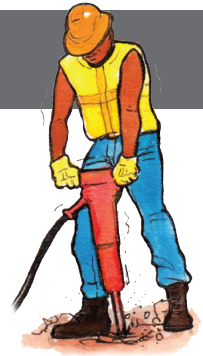
Wash or sanitise your hands whenever possible, especially before and after you visit the shop, pay at the till or use an ATM.



Be coronavirus safe at work

Workplaces are places where coronavirus can spread easily.

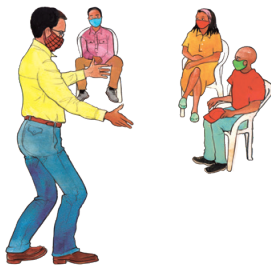
- If you are unwell or had close contact with someone with COVID-19, stay at home.
- If you are at risk of severe COVID-19, discuss with your employer how to work safely.



Avoid spreading coronavirus when at work:

Keep apart from others

- In shops, keep aisles clear.
- In offices, space desks apart.
- In factories, space out workstations.
- Stagger breaks to avoid crowded tearooms.



Limit meetings

- Meet online if possible.
- Keep it short.
- Involve ideally less than 10 people.



Wear a mask at work. Carry a clean spare mask.



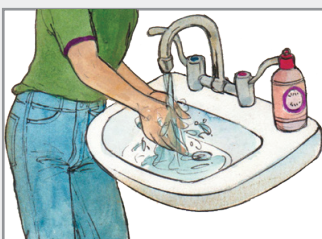
Cough or sneeze into your elbow or a tissue.



Breathe fresh air.

- Open the windows and doors.
- Take a break outside if you can.

Travel safely to and from work. See page 13.



Wash or sanitise your hands often especially when you arrive at work, before eating and drinking and after using the toilet.

Be coronavirus safe when travelling

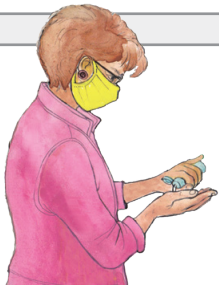
On public transport, people have frequent, brief contact in a crowded, confined space, making it easy for coronavirus to spread.

- Only travel when necessary.
- Avoid public transport if you are unwell or at risk of severe COVID-19.



Follow these rules when using public transport:

Keep apart from others in the taxi or bus and when standing in queues.



Wash or sanitise your hands whenever possible, especially before and after you use public transport or make a payment.

Wear a mask



Do not touch your face or fiddle with your mask.



Open the windows.

Cough or sneeze into your elbow or a tissue.

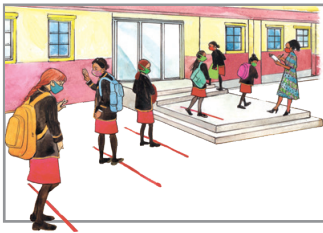


Be coronavirus safe at school

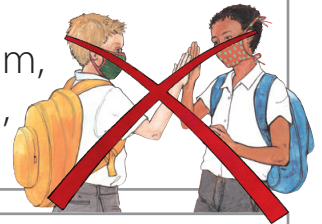
- If children get COVID-19 they are less likely than adults to be very sick.
- They can still catch coronavirus and pass it on.



Stay at home if you are sick or someone at home has COVID-19.



Keep 1,5 metres apart from others when standing in line, in the classroom, at breaktimes. Avoid hugging, kissing, shaking hands and high fives.



Wear a mask

- Make sure you use it properly. See page 5.
- Have a spare mask in case yours gets wet.
- Only remove it to eat or drink (and store it safely).



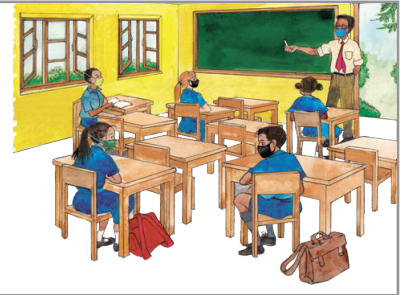
- Do not share masks with friends.



Cough or sneeze into your elbow or a tissue.

Breathe fresh air

- Open the windows and doors.
- Spend breaktime outside.



Keep clean.

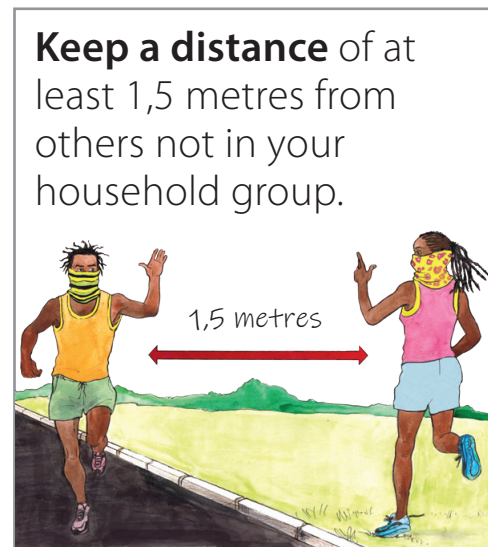
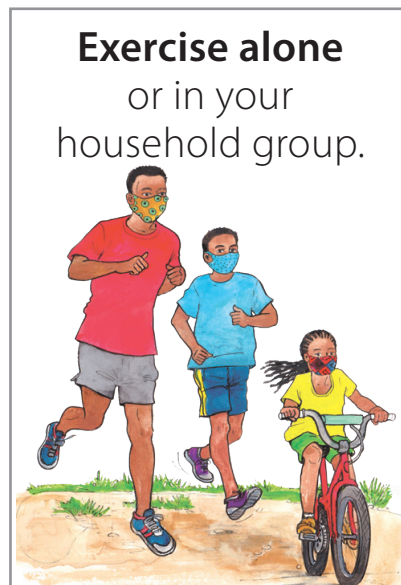
- Wash your hands often, especially on arriving at school, before eating and drinking and after using the toilet.
- Do not share cups, utensils or bottles with others.



Don't tease others about COVID-19. Be kind; the virus affects us all.

Be coronavirus safe when exercising

- Exercise regularly to look after your health and cope with the stress of these difficult times.
- Protect yourself and others from coronavirus when you exercise in public.
- If you have had COVID-19, wait for at least 2 weeks before you start exercising again.

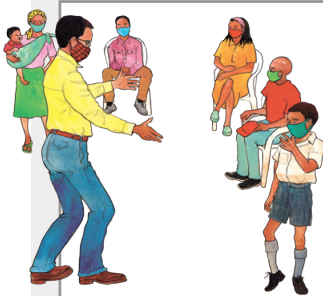


Getting help during COVID-19

We are all dealing with new stresses, uncertainty and problems.



Seek out these resources to help tackle your problems:



Speak to a **community leader** to find out what help is available or if you are being harassed because you have COVID-19.

Talk to a **community health worker** if you have health problems or are caring for someone who is sick or old.



Seek help from a **trusted friend** if you are lonely and to share your problems.



Phone a **helpline** if you have trouble at home or worry too much. See page 17.



Contact **SASSA** if you don't have food or money and qualify for a grant.

If you have no food or money or have trouble at home, reach out to a **community organisation that helps those in need.**

If you have a health problem or need help with a sick person at home, visit your **health facility.**



Helplines and websites

Coronavirus – COVID-19

National Coronavirus (COVID-19) General Public Hotline	Latest information on coronavirus (COVID-19)	0800 029 999 WhatsApp 'Hi' to 0600 123 456
Western Cape Government Call Centre	For COVID-19 health-related concerns	0860 142 142
National EVDS Self-Registration App	To register to be vaccinated against COVID-19	https://vaccine.enroll.health.gov.za

Getting help

Food Parcel Service – Western Cape	Food parcels for those who qualify for assistance	021 469 0235
Legal Aid Advice Line	Information and guidance on any legal matter	0800 110 110 (07:00–19:00 Monday–Friday)
Medic Alert	Assistance with application for Medic Alert disc or bracelet	021 425 7328 (09:00–16:00) 021 461 0000 (24-hour emergency line)
South African Social Security Agency (SASSA)	For information about social grants	0800 60 10 11 (toll free) GrantEnquiries@sassa.gov.za 021 469 0200 GrantsEnquiriesWC@sassa.gov.za

Chronic conditions

Diabetes South Africa	Information, eating advice and support workshops	WhatsApp line: 081 578 6636
Epilepsy South Africa	Information, counselling and support groups	0860 37 45 37 (08:00–16:30 Monday–Thursday, 08:00–14:00 Friday)
Heart and Stroke Foundation	Information and support groups if you have had a stroke or suffer from any heart condition	021 422 1586 (08:00–16:00)
National AIDS Helpline	Counselling and information if you have HIV or are thinking of having an HIV test	0800 012 322 (24 hours)
People living with Cancer	Cancer-related queries and support	0800 033 337
Arthritis Foundation of South Africa	Information, education and support groups for those with arthritis	0861 30 30 30

Counselling and crisis support

Lifeline National Counselling Line	Counselling for any life crisis and referral to support services	0861 322 322 (24 hours) 065 989 9238 (WhatsApp call counselling)
Childline SA (ages 0–16 years)	For children and young adolescents who are in crises, are being abused or at risk of abuse and violence	0800 055 555 (24 hours)
Gender-Based Violence Command Centre	Assistance if experiencing domestic violence, sexual assault or abuse	0800 428 428 *120*7867# from any cell phone
National Shelter Movement SA (NSMSA)	A helpline for victims of abuse or domestic violence to call and speak to a social worker	0800 001 005 (24 hours; tollfree)
TEARS Foundation	SMS helpline in cases of domestic violence, sexual assault and child sexual abuse	*134*7355# www.tears.co.za
National Human Trafficking Helpline	Reporting human trafficking	0800 222 777
Rape Crisis	Counselling and court support for rape survivors over 13 years of age	021 447 9762 (24 hours): English 021 361 9085: Xhosa 021 633 9229: Afrikaans WhatsApp line: 083 222 5164
MobieG	Live-chat counselling for teens	www.mobieg.co.za (Sunday from 18:00, Monday–Thursday from 19:00)
Safeline	Abuse counselling and court preparation	0800 035 553 (24 hours)
South African Police Services	Reporting a crime	08600 10111
Child Welfare South Africa	Reporting child abuse or neglect	0861 452 4110
Police Child Protection Unit	Reporting child abuse or neglect	10111 childprotect@saps.org.za
Family and Marriage Association of South Africa (FAMSA)	Support and education during stressful times	011 975 7106/7 national@famsa.org.za

Alcohol, drugs and smoking

Alcoholics Anonymous	Counselling, education and support groups if you require assistance with alcohol abuse	0861 435 722 (09:30–17:00 Monday–Thursday, 09:30–15:00 Friday)
SA National Council on Alcoholism and Drug Dependence	Support and help for people addicted to drugs and alcohol, as well as their families	0800 456 789 SMS 31393
Narcotics Anonymous (NA)	Information and support for drug addicts	0861 006 962
National Council Against Smoking Quitline	Information and support to stop smoking	011 720 3145 082 840 3548

Mental health

South African Depression and Anxiety Group (SADAG)	Counselling and support if you have depression or anxiety	0800 456 789 SMS 31393
Suicide Crisis Line	For any suicide-related support	0800 567 567 (08:00–20:00) SMS 31393 and a counsellor will call back
Cape Mental Health	Counselling, support, rehabilitation, training and re-integration programmes	021 447 9040 (08:00–16:30 Monday–Friday)
Mental Health Helpline	Counselling and support if you have a mental illness	0800 12 13 14 (24 hours) SMS 31393 and a counsellor will call back
CIPLA 24-hour Mental Health Helpline	Helpline for mental disorders, anxiety, depression and suicide	0800 456 789 WhatsApp line: 076 88 22 77 5
Dementia SA	For support, awareness, training and information on dementia	0860 636 679 (24 hours) 021 421 0078 www.dementiasa.org



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