

# COVID-19 Message \_ Homebased management of COVID-19

*Hi there....Happy 2021. The year 2020 was a difficult year for most, and while we hope for the best in 2021, the reality is COVID-19 is still with us. As we start the year, let us remember to remain vigilant, protecting ourselves and those around us. Here are a few guidelines as we all return to work.*

*(sources used – IPC SOP, National guidelines)*

**As we all return to work, let us follow the guidance from the CTU IPC Taskforce in-order to keep ourselves safe at the workplace.**

You will be requested to complete a screening tool on a regular basis (online/ on paper). Please:

- ✓ comply with the request(s).
- ✓ complete the COVID-19 screening tool **truthfully.**

**At all CTU premises:**

- Wash, sanitise your hands and have your temperature checked on entry.
- Wear a mask properly all the time, except when eating.
- Observe physical distancing always including during meals.

**What to do at home when you think you have COVID-19**

- Do not report for duty in person. First contact the IPC focal person in your CRS/ Department. Follow their guidance.
- Do not use public transport to go to the clinic/ hospital
- If you are tested for COVID-19, do your best to avoid possible transmission while waiting for your results. Self isolate from your work colleagues, family and community members.

**What to do if the test result shows you do not have COVID-19**

- ✓ Practice physical distancing. Wear your mask correctly. Keep your hands off your face.
- ✓ Wash hands frequently and thoroughly with soap and water for at least 20 seconds. Use an alcohol based hand sanitiser (>60% alcohol).
- ✓ Minimise use of public transport.
- ✓ Stay at home if you do not feel well.
- ✓ If you have other chronic conditions, continue taking your medicines as usual.

**What to do if the test result confirms that you have COVID-19**

- Continue to strictly observe self-isolation.
- If you are not able to effectively observe self-isolation standards, inform your health worker who will advise an alternative isolation centre in your area to safeguard your household from getting infected.
- Stay in isolation for 10 days from the day you test positive or after 10 days plus 3 days with no symptoms.
- If you have other chronic conditions, continue taking your medicines as usual.
- Do not share utensils – plates/cups with others. These should be disinfected thoroughly.
- Do not share a bed, the bathroom or toilet where possible. If sharing, make use you use the toilet last and clean it with disinfectant to avoid passing on the infection to others.

- If you develop worsening or new symptoms alert your health worker for re-assessment.
- DO NOT REPORT FOR WORK IN PERSON. If you must work, work from home unless otherwise advised by the CTU IPC Taskforce.

**What medicines to take to make yourself comfortable at home if you have COVID-19 symptoms**

- There are currently no specific medicines for curing COVID-19.
- Do whatever you believe makes you better when you have 'flu' e.g. taking pain killers / other medication or home remedies.
- Try and sleep on your stomach most of the time, it helps you breathe better.

**COVID Comic...**

- Instead of the usual jokes, let us take this moment to think of all those we have lost due to this pandemic. May their souls rest in eternal peace.

**Got COVID-19 related questions?**

- Talk to the CTU IPC designee at your CRS / dept
- Email CTU IPC taskforce on: [ipc@uz-ctrc.org](mailto:ipc@uz-ctrc.org)
- City Council COVID-19 Rapid Response Teams:
- Chitungwiza – 0773733504/ 0772784967 / 0712843581 Harare – 0772974314

**Want to get involved?**

Send your comments / suggestions for future broadcasts to [skokera@uz-ctrc.org](mailto:skokera@uz-ctrc.org)

