

# COVID-19

## Patient Monitoring at Home



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Date of Update 25.03.2020

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Ascertained COVID-19 cases under 50, considered to be unnecessary for hospitalization, with mild clinic and without risk factors that may cause severe COVID-19 (hypertension, diabetes, chronic lung disease, chronic heart disease, chronic kidney failure or immune deficiency etc.) symptoms are followed at home until symptoms improve with appropriate treatment administered, if necessary. However, if the patient has a social indication (home conditions, the presence of individuals living at home > 65 years and/or risk factors that may cause COVID-19 to get severe), he/she can be followed up in the hospital by the decision of the physician. Patients who are hospitalized and meet the criteria for discharge can also complete their recovery period at home. Patient is sent home by giving medications and a sufficient number of masks.

Azithromycin should not be given to patients to be monitored at home due to its possible cardiotoxicity in combination with hydroxychloroquine.

1. Patients who are monitored at home should be followed up by the family physician until they recover. Medical information of the patient should be shared with the family physician, and his/her health status is evaluated by asking for symptoms for 14 days every other day over the phone.
2. After explaining what to do during the monitoring period at home and the criminal liability, a consent form containing this information is signed.
3. The patient should spend the follow-up period at home.
4. No visitors should be accepted to the house.
5. Patient must wear a medical mask whenever he/she has to share the same environment with other person(s).
6. In order to prevent the risk of transmission to the household, the patient(s) with follow-up at home should stay in a different room than other people, if possible, otherwise in a well-ventilated room, at least 1 meter away from others and wear a medical mask. The mask should be replaced with a new one in case of moisture. In particular, individuals > 65 years and/or with a risk factor that can cause severe COVID-19 living at home should not be in the same home if possible or contact risk should be minimized.
7. The patient's movement within the home should be as limited as possible.
8. The patient should use a separate toilet and bath, if any.

9. If shared toilet and bathroom are used, these areas should be well ventilated. Bathrooms and toilets should be cleaned at least once a day with bleach (1: 100 normal dilution) (Sodium hypochlorite Cas No: 7681-52-9).
10. The patient and his relatives should be trained on respiratory hygiene (During coughing or sneezing, they should close their mouth with a napkin (preferably paper napkins), used napkins should be placed in a nylon bag, bag should be closed and placed in a second nylon bag, hands should be washed frequently).
11. The patient should not share his personal belongings with others, or use household items such as cups, plates and towels; these items should be washed with soap and water if they are to be used. Textile products such as clothes, towels, sheets used by the case should be washed with laundry detergent at 60-90°C.
12. Gloves and a medical mask should be worn during the cleaning of the patient's room. All surfaces should be cleaned with 1:100 normal dilution of bleach (Sodium hypochlorite Cas No: 7681-52-9) in case of contamination with respiratory secretions or body extracts and with 1:10 normal dilution of bleach in case of significant contamination . *[Bleach preparation rates (10%): Preparing 1/10 bleach: 1 unit of bleach + 9 units of water (releases 5000-6000 ppm chlorine) Preparing 1/100 bleach: 1 unit of bleach + 99 units of water (releases 500-600 ppm chlorine)]*
13. All residents should follow their own health status and contact the health institution in case of any symptoms.
14. When the general condition of the patient deteriorates, call 112 emergency hotline and inform the health institution about the patient's condition.
15. If the patient is required to be transported, it should be ensured that they wear medical masks during the transport.