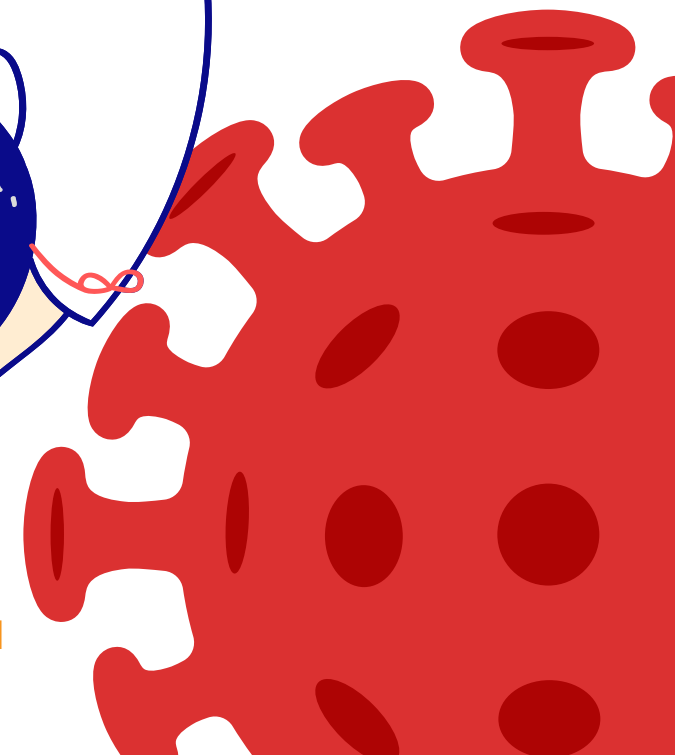
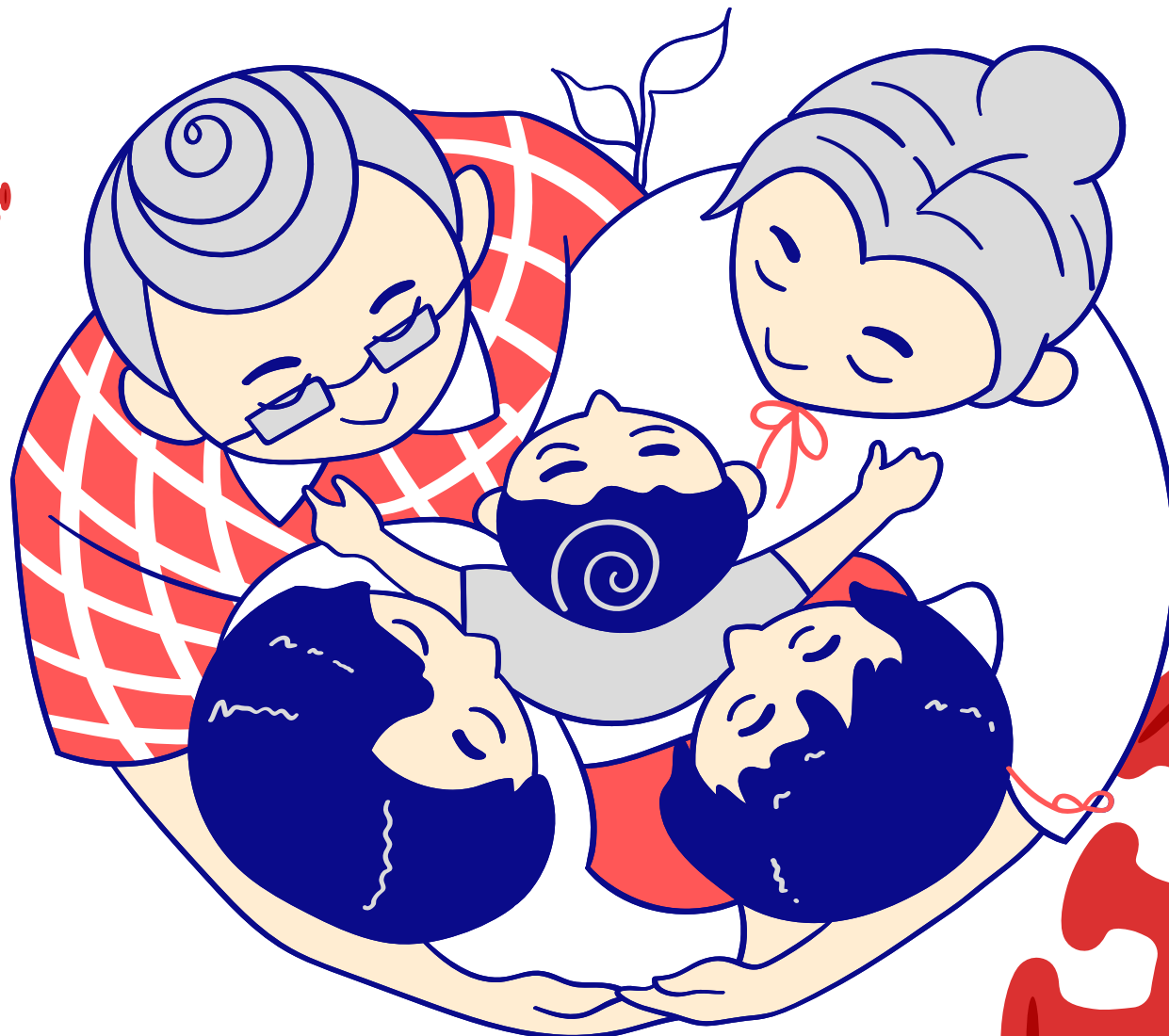
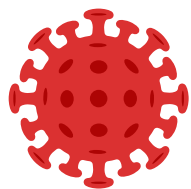
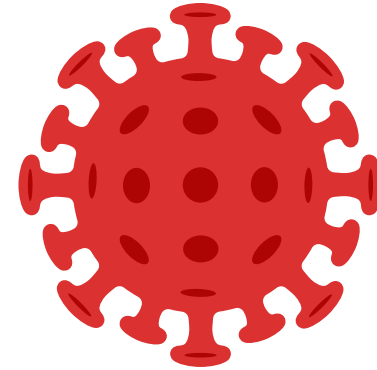


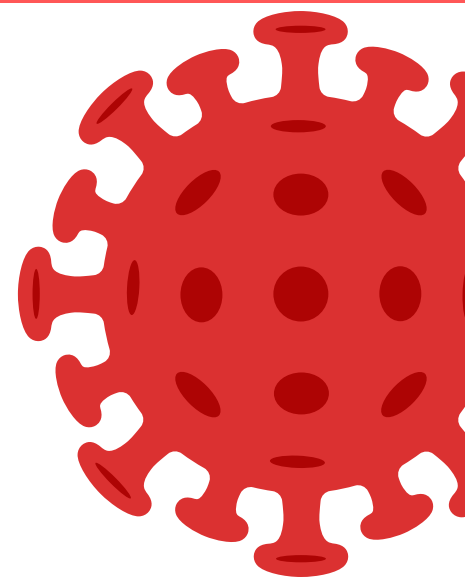
# COVID-19 CORONAVIRUS SELF-HELP KIT

KEEP YOUR FAMILY SAFE



This kit is produced by healthcare workers (pharmacists, nurses, dieticians and family doctors) for the general public. As the body conditions and medical histories of individuals vary, please seek medical support if it is emergency.

WHAT CAN I DO NOW  
TO PREPARE FOR HAVING SOMEONE  
GETTING COVID-19 IN MY HOME?



COMMONLY  
USED  
MEDICINE

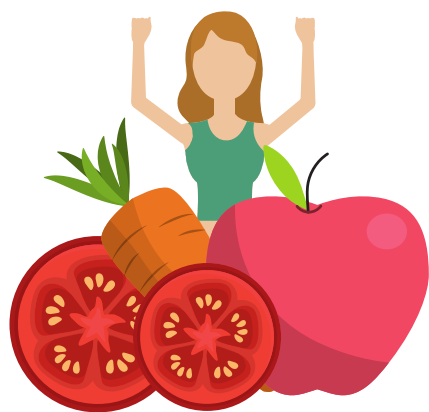
DAILY  
NECESSITIES

STAY  
HEALTHY



## STAY HEALTHY

As cliché as it sounds, maintaining a healthy lifestyle is way better than getting tons of supplements!



Eat healthily to strengthen your immune system



Regular exercise



Get enough sleep



Maintain personal hygiene



Avoid gatherings with family and friends



Say goodbye to bad habits

GET VACCINATED?  
IS IT SAFE?

**COVID vaccines can prevent  
infection, serious illness, and death.**

A WELL-CONSIDERED AND  
THOROUGHLY RESEARCHED DECISION  
**IS THE BEST DECISION**

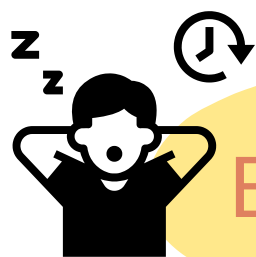


80% OF COVID PATIENTS  
GET MILD SYMPTOMS  
MOST OF THEM GET MEDICATION AT  
HOME AND SAFELY RECOVER

**COMMONLY  
USED  
MEDICINES**

Despite mild symptoms, better prepare yourself with some commonly used medicines.

## KEY POINTS OF THE TREATMENT



**ENOUGH REST**

**SUFFICIENT  
WATER INTAKE**



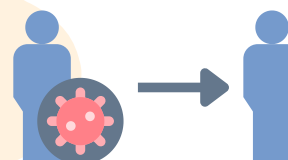
**BALANCED  
DIET**

**MEDICATION**



**MONITOR  
SYMPTOMS**

**REDUCED  
TRANSMISSION**



## HOW TO PREPARE THE MEDICINES?

THE MEDICINES SHOULD TREAT  
THE COMMON MILD  
COVID-19 SYMPTOMS

**FEVER, CHILLS**

**BODY ACHES**

**COUGH**

**DIARRHOEA**

**SORE THROAT**

**STOMACHACHE**

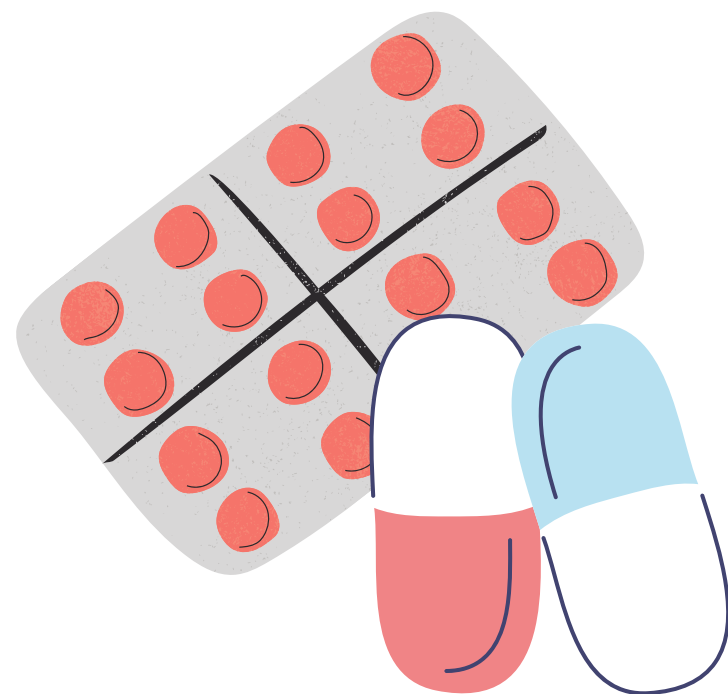
**HAVING SPUTUM**



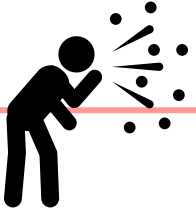
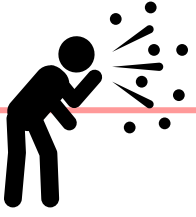

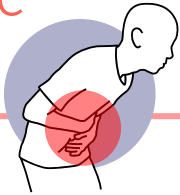
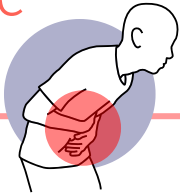

**VOMITING**

**RUNNY NOSE**

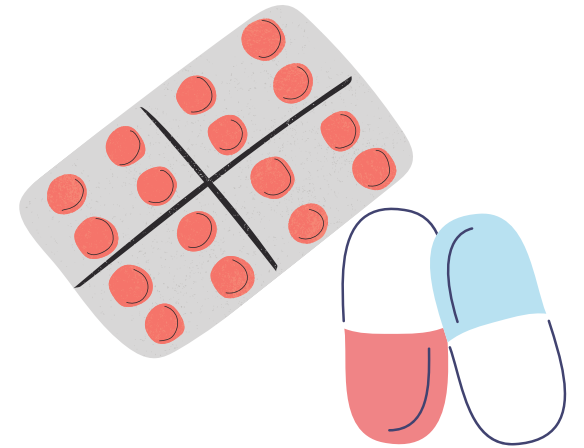
**COMMONLY  
USED  
MEDICINES**

HAVE QUESTIONS ?   
**PHARMACY HOTLINE**  
**66189212**



Symptoms	Examples of active ingredients
Fever, Chills, Body aches 	Paracetamol, Ibuprofen
Sore Throat 	Painkillers + Lysozyme (Anti-inflammatory enzyme), Throat lozenge
Cough 	Antitussive
Cough with Sputum 	Bromhexine, Carbocisteine
Runny Nose 	Chlorpheniramine, Loratadine
Stomachache 	Antacid (For neutralize stomach acid), Simethicone (Reduce flatus)
Diarrhoea 	Hyoscine Butylbromide
Vomiting 	Dimenhydrinate

**COMMONLY USED MEDICINES**



HAVE QUESTIONS?   
**PHARMACY HOTLINE**  
**66189212**

Children, adolescent, pregnant ladies, persons with history of allergy and persons with chronic diseases should consult the health professions before taking medicines.

BE PREPARED FOR  
THE UNEXPECTED

PREPARE  
THERMOMETER

GET  
ENOUGH  
FOOD

DAILY  
NECESSITIES

MUTUAL SUPPORT  
PLAN WITH FRIENDS  
AND FAMILY

CHECK THE DATE OF NEXT  
HOSPITAL APPOINTMENT AND THE  
AMOUNT OF MEDICINE YOU HAVE -  
LEARN ABOUT THE ARRANGEMENT  
OF RESCHEDULING

QUICK RESEARCH ON  
ONLINE SHOPPING  
AND DELIVERY

MAKE SURE THERE ARE  
SUFFICIENT MEDICAL  
SUPPLIES AT HOME

PREPARE  
ENOUGH CLEANING  
PRODUCTS





# DEALING WITH EMOTIONS AND PRESSURE



I have to stay at home for quarantine.  
I feel scared and worried.



It's normal to have such reaction. Embrace it  
and sit with the negative emotions.



Share your thoughts with your family and  
friends. Support each other and accept the  
caring help from others.

SELF-CARE  
DURING A  
PANDEMIC



# DEALING WITH EMOTIONS AND PRESSURE



I am not used to staying at home 24-7. I am getting irritable.



No rush and slow down. Give yourself some time to get used to the changes.



Maintain a regular routine.

SELF-CARE  
DURING A  
PANDEMIC



# DEALING WITH EMOTIONS AND PRESSURE



**I'm worried that I would get COVID.  
What should I do?**



**Follow the pandemic prevention measures suggested by the healthcare professions to lower the chance of infection. You will then feel safer and your anxiety will be reduced.**

**SELF-CARE  
DURING A  
PANDEMIC**





# DEALING WITH EMOTIONS AND PRESSURE



I'm getting more and more stressed after reading all the news everyday.

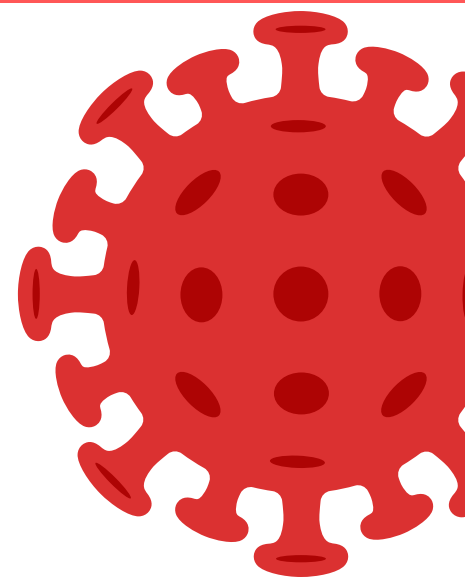


Watch reliable news outlets and limit your time on news every day. Also take note on good news.

SELF-CARE  
DURING A  
PANDEMIC



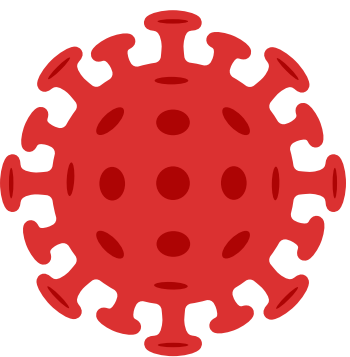
I TEST POSITIVE  
I AM WAITING AT HOME FOR  
ARRANGEMENT. WHAT ELSE CAN I DO?



**SELF-  
CARE**

**DAILY  
PRACTICE**

**PROTECT  
YOUR  
FAMILY**



## **CALL 999 IF YOU ARE IN THE FOLLOWING EMERGENCIES:**

\*Please let the call handler know that you are under home quarantine or are diagnosed.

- **Consciousness - having confusion and unconsciousness, or even fainted**
- **Breath - difficulties in breathing, having difficulties in finishing a complete sentence**
- **Chest pain**
- **Coughing up blood**
- **Skin - having pale, greyish or purple skin, lips or nails; feeling cold but sweating**
- **Reduced urine output despite sufficient water intake**

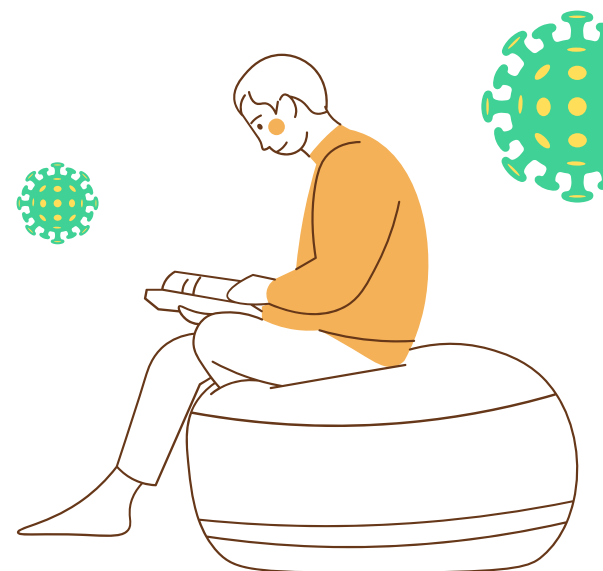
**SELF-CARE  
FOR  
CONFIRMED  
CASE**



# MONITOR SYMPTOMS AT HOME WITH PROPER EQUIPMENT

- **Fever**
  - Use a thermometer
  - Other symptoms: chills and fatigues
- **Breathing and oxygen saturation of blood**
  - Oximeter might be used (esp. for elderly and child who might not express well on their symptoms)
  - What does it mean in difficulties in breathing?  
Difficulties in completing a short sentence
- **Chest discomfort**
  - How to monitor? Let your family know if you have prolonged palpitation and chest pain
- **Fatigue**
- **Intake & output**
  - Monitor if decreased urine output despite sufficient fluid intake

**SELF-CARE  
FOR  
CONFIRMED  
CASE**



# HOUSEHOLD HYGIENE

## DAILY PRACTICE

- Clean and disinfect households with 1:49 diluted bleach
- Put down the toilet lid before flushing
- Clean your hands frequently and maintain cough manners
- Pour half a litre of water into each drain outlet once a week
- Maintain good indoor ventilation and open the windows (except the ones facing the light well)
- Let the diagnosed member be the last one to take shower, and clean the area afterwards





# TIPS FOR SELF-ISOLATION

- Ask someone you know to get daily necessities for you
- All members of the household should wear surgical masks at home
- Confirmed case members shall isolate him/herself in a room (if possible)
- Clean and disinfect households with 1:49 diluted bleach
- If the bathroom is shared with the diagnosed member, please clean and disinfect the bathroom every time after use
- The diagnosed member should eat separately

**PROTECT  
YOUR  
FAMILY**

