

MANAGING WASTE AT HOME

Gloves, tissues, masks and all waste generated should be placed in a closed dustbin lined with plastic bag in the isolated person's room before disposal with other household waste.



Republic of Botswana
Ministry of Health and Wellness

Produced by:
The Department of Public Health
Ministry of Health and Wellness
P/Bag 00269 Gaborone, Botswana
Tel: (267) 317 0585

HOME ISOLATION FOR PEOPLE WITH COVID-19



WHAT IS HOME ISOLATION?

Home isolation is where individuals who have an infectious illness - with no or mild symptoms - are cared for separately at home. A health care worker has to conduct a home assessment to determine whether the home is suitable for providing care and if the patient or family is capable of adhering to instructions of care.

WHO HAS TO BE ISOLATED AT HOME?

These are individuals who have tested positive to COVID-19 and meet the following criteria;

- Have mild or no symptoms
- Without underlying chronic conditions such as lung or heart disease, renal failure, or with weak immune system
- No longer require hospitalization

HOW TO ENSURE THE HOME IS SAFE FOR ISOLATION?

- A separate well-ventilated bedroom (keep windows and curtains open to allow sunlight and air circulation)
- Other household members should stay in a separate bedroom, if not possible sleep in a separate bed
- Do not allow visitors into the home
- Shared space e.g. kitchen, bathroom should be well ventilated and cleaned frequently
- Use separate clothes, bedding, towels, eating and bathing utensils for the isolated individual. Regularly wash them with soap and clean water

WHAT SHOULD THE FAMILY DO TO PROTECT THEMSELVES?

- Wear a mask when taking care of the isolated individual
- Wash hands frequently with clean water and soap or an alcohol based hand sanitizer
- Avoid direct contact with body fluids such as saliva and mucus
- Frequently clean and disinfect used and touched surfaces such as bathroom and toilet, bedside tables, bedframes and furniture, door handles with bleach solutions or soapy water
- Regularly wash eating utensils, clothes, bedding, towels of an isolated individual using laundry soap and water
- Ensure daily communication with their facility health-care worker for constant patient monitoring at home
- Fill-in the monitoring tool daily
- Maintain a distance of at least 1-2 meters away from the isolated individual

HOW CAN AN ISOLATED PERSON TAKE CARE OF HIMSELF/HERSELF?

- Rest, have plenty of sleep, drink plenty of fluids and eat well
- Practice cleanliness at all times
- Wash hands frequently with clean water and soap or an alcohol based hand sanitizer
- Cover mouth and nose with a flexed elbow or tissue when coughing and sneezing

- Properly throw away used tissues into a closed dustbin, toilet and immediately wash hands
- Properly wear a mask at all times especially when with other people
- Limit movement around the house

WHAT SHOULD THE FAMILY DO WHEN THE ISOLATED PERSON'S SYMPTOMS WORSEN?

Call the nearest health facility immediately if the isolated person's condition worsens.

Call 997/ 16649 in an emergency situation e.g. when he/she has difficulty breathing. The individual might need to be admitted to hospital until they recover.

