

- Communicable diseases / Virus

Treating mild COVID-19 cases at home

Care tips to learn for you and your loved ones

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Although COVID-19 cases have gone down, we're not out of the woods yet. For lack of resources and funding, hospitals are still pushed to ask patients to seek healthcare services elsewhere, unless the cases are a high-level emergency.

Thankfully, many of the recorded cases lately are asymptomatic, or patients with mild symptoms typically lasting for seven to 10 days, such as flu-like symptoms, dry cough, mild fever, losing a sense of smell or taste, tiredness, muscle aches, or a headache, sore throat, or runny nose.

While a COVID-probable person might not get medical service in healthcare facilities, the World Health Organization (WHO) released interim guidance, including homebased care of patients with mild or moderate COVID-19.

Here are some ways to care for someone at home or in a non-healthcare setting.

Talk to a doctor through teleconsultation or home-service consult.

If one or more of the COVID-19 symptoms are present, it is advised to book a consultation with a physician immediately. The good thing is local government units have health offices that provide free teleconsultations and swab tests. Some private clinics are also offering home-service consultations so you can be attended to at home. Talking to a healthcare person gives you the proper ways to manage your symptoms effectively.

Take your medicines and vitamins as prescribed.

After a consultation, your doctor will give you prescription medicines to treat your COVID-19 symptoms. Your doctor will also provide you with a list of supplements you can take to support your immune system.

One medicine your doctor will probably prescribe you is the Erdosteine Ectrin. It is a mucolytic that is indicated for the treatment of both acute and chronic bronchitis. In the latest Multidisciplinary Respiratory Medicine 2020 Journal, Professor Pierachille Santus authored a study that resulted in an overall improvement in health-related quality of life (HRQoL) among hospitalized patients with COVID-19 related pneumonia and severe respiratory failure, with the addition of erdosteine to usual therapy.

As the positive demand for this medication arises, Orient EuroPharma Philippines (OEPP) answered this call. They donated Erdosteine Ectrin medicines to treat 500 post-COVID patients at Veterans Memorial Medical Center and Quirino Memorial Medical Center, the government COVID centers in Metro Manila. It is in OEPP's fulfillment of its mission in helping the country and supporting the Filipino patients who are suffering from this deadly disease.

Have a separate room in your house.

COVID patients undergo a 14-day quarantine. So, it is a must to give the patient an isolated room for treatment. The room must be wellventilated and equipped with groceries and basic medical equipment such as a thermometer, oximeter, alcohol, and face mask. If possible, provide the patient a separate bathroom. If a second bathroom is not feasible, disinfect the bathroom for every use.

Keep yourself hydrated and well-rested.

On top of the medications, COVID patients must drink a lot of water and get enough rest to help their bodies recover quickly.

Provide them with a supply of clean drinking water in their isolation room for easy access.

Practice hygiene and proper waste management at home.

Regular cleaning of the house is a must. Disinfect every table, doorknobs, floor, and every surface of the house with disinfectants or 70 percent alcohol. Handwashing and wearing of face masks must be practiced regularly as well. Waste from the COVID patients must be disinfected and wrapped securely before disposal.

Maintain emotional support from loved ones.

Reading a 'positive' note on your result is stressful. Isolating is worse. Therefore, it is advised to maintain emotional support from friends and family to lessen the patient's emotional stress. While you can't physically comfort them, social media and video calls can be a helpful way to communicate your comfort and care. Entertainment media can also cope with their boredom.

Monitor the condition regularly.

Lastly, monitor the patient's condition regularly. Have their doctor's contact number on hand and seek emergency care if experiencing a worsening condition such as trouble breathing, pressure in the chest, new confusion, inability to stay awake, and blue-colored skin, lips, or nails.

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