



Ministry of Health



MINISTRY OF HEALTH

Zambia National Public Health Institute

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Guidelines for Home Management of COVID-19 Patients in Zambia

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Preamble

Zambia has been experiencing a second wave of COVID-19 characterized by increased transmissibility since December 2020. The hospitals are slowly becoming overwhelmed with patients requiring specialized care and oxygen. Even though many clients are testing positive, majority do not require hospitalization. It is however important that those not hospitalized are given guidance during isolation under the home management model.

Home Care of COVID – 19 Patients

According to the Zambia COVID – 19 guidelines, home care should be considered for the following:

- A confirmed asymptomatic case
- A confirmed or suspected symptomatic case with mild or moderate symptoms:
 - When inpatient care is unavailable or unsafe (e.g., when capacity is insufficient to meet the demand for health-care services)

The decision as to whether to isolate and care for an infected person at home depends on the following three factors:

1. Clinical evaluation of confirmed COVID-19 patient.
2. Evaluation of the home setting.
3. The ability of the home carer to monitor the clinical evolution of a person with COVID – 19.

What to do?

1. Isolate at home for 10 days.
2. Get plenty of rest, avoid strenuous activity.
3. Take plenty of fluids to keep well hydrated.
4. Stick to a balanced diet.
5. Eat enough fruits and vegetables.
6. Avoid alcohol as it may lead to more dehydration.
7. Adhere to management/treatment as advised by health care providers.
8. Go to the nearest health facility if symptoms develop (in the asymptomatic).
9. Go to the nearest health facility if symptoms worsen for those that have mild symptoms.

-You can also call the national hotline 909 or other designated numbers to seek advice on what to do.

Home remedies and over the counter drugs

1. Water therapy
2. Vitamin C, Vitamin D, Multivitamins, Zinc
3. Teas with lemon/ginger and honey or equivalent
4. Steam inhalation "Ukufuitikila" for those that may have nasal congestion, to clear up nasal passages

These therapies and other over the counter drugs may be helpful to some patients. However, they should be taken in consultation with health providers to avoid drug-drug interactions or side effects from the same remedies.

Antibiotics should not be bought over the counter without appropriate prescriptions and advice from clinicians.

When to discontinue Isolation

- Persons infected with SARS-CoV-2 who never develop COVID-19 symptoms (i.e., asymptomatic) may discontinue isolation 10 days after the date of their first positive COVID-19 test.
- Persons with COVID-19 who have symptoms under home care can discontinue isolation if:
 - At least ten (10) days have elapsed from symptom onset and confirmation
 - At least 3 days have elapsed from the time of resolution of fever without the use of fever-reducing medications and other symptoms have improved

Note: There is no need to re-test for COVID-19 After 10 days of self-isolation if one does not have any symptoms.



Signed: _____

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