



Home treatment of patients with COVID-19

INSTRUCTIONS: When waiting for coronavirus test results or the test came back positive:

1. Why is staying home necessary?

Self-isolation at home is a precaution to prevent the spread of infectious disease. By staying home and avoiding contact with other people you will reduce the potential risk of infecting others.

2. How is coronavirus treated?

There is currently no specific treatment for coronavirus. Symptoms such as cough and fever can be relieved using over-the-counter medicines. When all symptoms disappear and you feel well, you should still contact your family physician who will do a final assessment of your health status.

3. What can I do to protect others from getting infected?

Stay home until you have fully recovered. Avoid going outside. In case you absolutely need to leave home, be sure to wear a mask. Make sure to cover your mouth and nose when you sneeze or cough. Use a tissue. If you don't have a tissue, cough or sneeze into your upper sleeve. Clean all contact surfaces at home on a regular basis.

If possible, find someone to help you, this could be anyone - a family member, a friend or a neighbor. It is important that this person uses personal protective equipment and adheres to strict hygiene procedures to protect him/herself. Only one person who is not at risk (among elderly (>60 years), people with chronic illnesses and/or immunodeficiency) should care for the patient.

4. How do I get food or other essentials?

An infected person should not go to the store or pharmacy. Your friends, acquaintances or neighbors can be of great help here, ask them to carry out errands for you, such as getting groceries and medications. Groceries and ready meals can be also easily ordered home using delivery services. In this case, you pay by bank transfer and ask the courier to leave the things at your doorstep.

If you cannot use any of these options, you should contact your local municipality, who will arrange for the necessary goods to be delivered to you.

5. What should I do if my illness is worsening?

Contact your family physician or call the family physician advisory line 1220, explain your situation and follow the instructions. If your condition is very serious, call an ambulance and they will take you to the hospital.

6. Does my family have to stay home too?

Your family members should stay home for 14 days because they have been in close contact with you. They may be infected and the whole family should stay home to prevent the disease from spreading and also for the sake of their own health.

If a family member develops symptoms (fever or cough) during this period, they should consult their family physician or call the family physician advisory line 1220. In the event of a serious health problem (such as difficulty breathing) call 112.



7. Should I inform my children's school?

Definitely. Please inform your child's nursery or school that you stayed home. For sure, the school can help organize temporary home schooling for that period of time.

8. Should I tell about my situation to my friends and acquaintances with whom I have been in contact recently?

Now that you are at home, find this time and call or email the people you have been in contact with over the last few days. Then they know to keep an eye on their health and keep a good hygiene.

9. I have already bought tickets for a concert/movie tonight, can I still go if I follow general hygiene procedures?

No. For the well-being of yourself and others, do not go to any event.

You should avoid public places until you have fully recovered, regardless of the cause of your illness.

10. What are the chances of dying from coronavirus?

In most cases, the body is able to fight the virus. To date, approximately 2% of people infected with coronavirus have died.

Viruses are dangerous for people at risk who have weakened immune response. These include, for example, people suffering from chronic diseases and elderly people.

11. What should I tell my employer?

Coronavirus is treated in the same way as flu and other respiratory diseases. This means that you should ask your doctor for sick leave certificate which will be reimbursed according to the common procedure: the sick pay starts from the third day of illness.

12. Where can I get the most reliable information about coronavirus?

You can find the most up-to-date information on coronavirus at www.koroonaviirus.ee.