

Handbook for home recuperators of new coronavirus infections

For those who take home medical treatment
For those living together
First Edition

Tokyo iCDC expert board
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Introduction

Currently, a new type of coronavirus infection is outbreak.

The new coronavirus infection is the first infectious disease that we humans experience, and there are many things that are still unknown, but as research progresses, there are situations where it is easy to transfer from person to person and how to prevent it. I gradually understood. In addition, treatment and medical treatment is being advanced so that infected people can spend their time more safely and with peace of mind.

Coronavirus infection is a disease that anyone can get, and the spread of the virus spreads to other people. Therefore, it is important for everyone to have a proper understanding of how to deal with and prevent infectious diseases, prevent infections, and reduce the risk of infections.

This handbook was created for people who have been diagnosed with a new coronavirus infection and are undergoing medical treatment at home and their families. In particular, it summarizes what you should be careful about during your time at home and infection prevention measures.

By all means, I would like you to use this handbook and take care of yourself at home with peace of mind.

(This handbook was created based on the information as of January 2021, and may be changed according to the latest information in the future.)

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1. For those diagnosed with new coronavirus infection

Those who have been diagnosed with a new type of coronavirus infection and meet certain conditions are treated at home. In this pamphlet, you should be careful about yourself and your family members so that you can spend your time at home with peace of mind and not to spread the infection to other people. I have summarized what I would like you to do.

1. For those living together

This is a summary of what you should be aware of when caring for an infected person if you live with your family. Even if you live together, please check your health condition every day during the home medical treatment period of the infected person. When you go out, please wear a mask and wash your hands diligently.

This handbook details infection prevention at home. By doing each one carefully, you can prevent the infection from spreading to your cohabitants and those around you. Please read it carefully and put it into practice.

2. Characteristics of new coronavirus infection

Get acquainted with the characteristics of the new coronavirus infection and practice infection prevention.

- ◆ The new coronavirus is mainly transmitted by droplets from the mouth and nose.
- ◆ The virus may float in the air for a while.
- ◆ The virus may remain on the touched area for several days and may enter the nose or mouth of a person who touches the same area and become infected.
- ◆ This virus is inactivated by household detergents, soaps, alcohol, and sodium hypochlorite (it becomes infectious).

3. Those who are undergoing medical treatment at home should observe these points.

- ◆ Please do not go out during home medical treatment.
- ◆ Put tissue with a blown nose in a plastic bag, close your mouth and take it out of the room.

In addition, if there are people living together,

- ◆ Separate the living space from those who live together and try not to leave the private room as much as possible.
- ◆ When you leave the room, disinfect your hands with alcohol and wear a mask.
- ◆ Open the window once an hour for 5 to 10 minutes to ventilate the room.

If you are a single person, disinfection of the room is basically unnecessary, but please do daily cleaning and spend time in a clean environment.

4. Eight points to prevent infection at home

Understand and practice the eight points to prevent infection so that it will not spread to people living with you, your family, or those around you.

1. Let's divide the room
2. Only limit the number of people who care for infected people
3. Infected and caring people should wear masks on each other
4. If you are infected or take care of yourself, wash your hands diligently.
5. Ventilate as much as possible during the day
6. Clean and disinfect common areas that are often touched by hands
7. Wash dirty linen and clothes
8. Let's seal the garbage and throw it away

From the next page, I will explain one by one.

1. Let's divide one room

It is important to stay out of the room as much as possible to reduce opportunities for contact with people.

- If you live together, please divide the room.
- If you cannot separate the rooms due to housing conditions, keep a distance of at least 2 meters and separate the areas with partitions or curtains.
- Linen (towels, sheets, etc.), tableware, toothbrushes and other personal items are for personal use only and should not be shared with people living together.
- Eat meals in your own room as much as possible. Disposable tableware, put it in a plastic bag and tie up your mouth after eating.
- If you share dishes, wash them with dish detergent. If you are concerned, soak it in sodium hypochlorite diluted to 0.05% for 10 minutes, and then wash it with detergent as usual.
- Before leaving the room (space) where you spend your time, talking with your roommate, or entering a shared space such as a toilet or bathroom, first wash your hands or disinfect with alcohol and put on a mask. Please.
- The order of bathing should be the last, and after use, wash the inside of the bathroom with a shower and open the windows to ventilate.

2. Only limit the number of people who care for infected people

If possible, limit the number of caregivers to one.

- You can reduce the risk of contact by limiting the number of caregivers to one. People with underlying illnesses (diabetes, high blood pressure, heart disease, kidney disease, respiratory illness, etc.) should avoid her as much as possible.

- Both the infected and the caregiver wear masks when entering the infected person's room or when caring for them.

People with symptoms

Wear a mask

Nursing person

Wear a mask and gloves (if necessary)

We perform diligent hand washing and disinfection

- If you may wipe your body or come into contact with excrement or body fluids, use a disposable apron * or gloves (made of plastic, etc.) in addition to the mask.

* If you cannot get a disposable apron, you can use a large-sized garbage bag (vinyl bag) instead. (See illustration)

- Wash your hands as soon as you leave the room.

- The caregiver should also take a temperature measurement twice daily and be careful not to have any infectious symptoms.

3. Infected and caring people should wear masks on each other

Both infected and cohabitants wear masks to prevent the spread of the virus.

- Infected people wear masks when interacting with their families.
- If possible, wear a non-woven mask (also called a surgical mask).
- When nursing, put on a mask, put it in a plastic bag after use, close the bag and throw it away.
- Caregivers should be careful not to touch the outer surface of their mask, eyes or mouth.
- Wash your hands frequently every time you take care of yourself.

Use the mask correctly.

How to attach

Check the front and back.

Match the nose piece to the shape of the nose.

Extend the folds up and down and cover the lower chin firmly.

How to remove

Do not touch the surface of the mask, hold the string and remove it.

Throw the removed mask in the trash with your hands.

Wash your hands and disinfect your fingers.

4. If you are infected or take care of yourself, wash your hands diligently.

If you touch your eyes, nose, or mouth with a virus-laden hand, you may get infected through the mucous membrane or conjunctiva.

- Wash your hands diligently. Rinse with running water and soap. After washing, wipe your hands with your own towel, paper towel or tissue and let them dry thoroughly.
- Avoid sharing towels with your family.
- It is a good idea to have rubbing alcohol ready so that you can disinfect your fingers at any time.

Hand wash with running water and soap

- ① Wet your hands with water, take soap on your palm, and rub it well.
- ② Wash as if you stretch the back of your hand.
- ③ Thoroughly wash between fingertips and nails.
- ④ Thoroughly wash between fingers.
- ⑤ Twist and wash your thumb and palm.
- ⑥ Wash your wrists.
- ⑦ Rinse well with running water.
- ⑧ Wipe well with a paper towel (tighten the tap with a wiped towel).

Disinfection of fingers with alcohol

- ① Receive an appropriate amount of disinfectant on the palm.
- ② Rub well so that it extends to the palm and back of the hand.
- ③ Rub well into the fingertips, the back of the fingers, and the crotch of the fingers.
- ④ Twist your thumb with your palm and rub it in well.
- ⑤ Rub the wrist well while twisting it with the palm of your hand.
- ⑥ Rub well until it dries.

5. Ventilate as much as possible during the day

Poor ventilation can cause the virus to stay in the air for extended periods of time.

- Ventilate the room with the infected person regularly.
- Open the windows of the infected person's room and the room where you live together once an hour for about 5 to 10 minutes, and ventilate separately.
- If the windows are small or have only one location, turn the ventilation fan to create an air flow. An outside air introduction type air conditioner is also effective.

Good ventilation route

Open windows diagonally.

6. Clean and disinfect common areas that are often touched by hands

Dishwashing detergents, household detergents, household detergents, laundry detergents, soaps, alcohols (concentration 60% or more), and sodium hypochlorite containing surfactants are effective against the new coronavirus.

When an infected person holds his nose or mouth with his hand, the virus gets on his hand. By touching the railing, table, doorknob, etc. with your hand, the virus will adhere to the surface of the environment.

And other people can get infected by touching the place without knowing it and touching their mouth, nose, and eyes with their hands.

- Open the windows to ventilate.
- Disinfect frequently touched areas (room doorknobs, lighting switches, remote controls, wash basins, toilet levers, etc.).
- Disinfect by wiping, not by spraying or spraying.
- Clean the doorknobs, tables, railings, switches, etc. that come into contact with your hands once or twice a day with a 100-fold diluted household detergent. Toilets and bathrooms are wiped clean with household cleaners each time they are used. If you are concerned, wipe it with alcohol or kitchen paper or tissue containing diluted bleach (0.05% sodium hypochlorite solution).

- If the toilet is shared, ventilate it well with a ventilation fan.

After use by an infected person, disinfect touch areas such as toilet seats, running water levers, and doorknobs with alcohol or diluted bleach (0.05% sodium hypochlorite aqueous solution) soaked in kitchen paper or tissue.

Toilet cleaning and ventilation

After use, wipe the parts that come into contact with your hands, such as the toilet bowl, toilet seat, doorknob, lighting switch, and running water lever, with a cloth soaked in disinfectant.

Disinfectant: Alcohol or aqueous sodium hypochlorite diluted to 0.05%

- Use disposable gloves when disinfecting, remove gloves and wash your hands thoroughly when finished.

* If you use bleach (sodium hypochlorite aqueous solution), the wiped area may rust, so wipe it with water after disinfection.

Reference

How to make disinfectant solution (sodium hypochlorite aqueous solution)

* Please check the chlorine bleach because the chlorine concentration varies depending on the product.

It's easy with a plastic bottle

One cap is equivalent to about 5 ml

Use concentration	Stock solution concentration	Method	Purpose of use
0.1%	5 %	In one 500ml PET bottle of water	Vomitus Treatment of feces
0.05%	5 %	In one 500ml PET bottle of water	Cookware, toilet doorknob

Be careful

When using sodium hypochlorite

When disinfecting, please ventilate well

Diluted ones become less effective over time. Let's use it up each time.

Don't make it so that you don't accidentally swallow it.

Never use it to disinfect your hands.

When storing it, it is dangerous, so keep it out of the reach of children.

7. Wash dirty linen and clothes

Avoid sharing towels and clothing.

- If there is a possibility of diarrhea, vomiting, or other body fluids on your clothes, duvet, or pillowcase, disinfect them with boiling water at 80 ° C for at least 10 minutes before washing them normally.
- If you are worried about it, wash it separately from other people's clothes.
- It is also effective to put it in a heating type dryer.
- If you don't mind discoloration, a diluted sodium hypochlorite aqueous solution (used at 0.05%) is also effective.

→Put hot water at 80 °C in a bucket and soak for 10 minutes.

→Normal washing after hot water disinfection

8. Let's seal the garbage and throw it away

Let's seal the garbage and throw it away.

The virus is also found on his nose-blown tissue. When throwing away the tissue used to wipe saliva and sputum of the affected person, or the one used for nursing, put a plastic bag in the trash can in advance and put it in it.

The trash can is for infected people only. Tie the mouth of the plastic bag so that the discarded tissue is not touched.

If you are worried about it, double the garbage bags. Please wash your hands after work.

Reference: Precautions for new coronavirus infections for the general public (as of February 3, 2020) (Japanese Society for Infection Control and Prevention)

Information

What is the new coronavirus (SARS-CoV-2)?

"New coronavirus (SARS-CoV-2)" is one of the coronaviruses.

● Coronavirus, which infects humans, is originally one of the causative viruses of colds. In addition to humans, there are also coronaviruses that infect cats, pigs, bats and camels. So far, four types of viruses that infect humans and cause common colds, and Severe Acute Respiratory Syndrome (SARS) virus, which spread mainly in China from 2002 to 2003, have occurred since 2012. Two types of Middle East Respiratory Syndrome (MERS) virus were known. This new type of coronavirus (SARS-CoV-2) is a coronavirus closely related to the severe acute respiratory syndrome (SARS) virus.

● The new coronavirus is transmitted from person to person. 80% of infected people do not pass on to others, but in an environment called 3 dense (dense, close, sealed) or in a poorly ventilated environment without wearing a mask, the infection may spread from one infected person to many people.

Currently, vaccines against the new coronavirus and therapeutic agents such as antiviral drugs and anti-inflammatory drugs are being developed and researched.

What are the symptoms of a new coronavirus infection?

● The main symptoms are fever, cough, sore throat, and malaise (dullness). This is similar to a common cold, but the symptoms tend to be prolonged. You may also have taste and smell abnormalities that make you lose your taste and smell. Some people have no symptoms and some have very mild symptoms.

At present, it is considered that the mortality rate is not so high compared to SARS and MERS. However, some people feel suffocating about a week after the onset of symptoms and are diagnosed with pneumonia, after which the respiratory condition suddenly deteriorates and management with an artificial respirator or heart-lung machine (ECMO) is required. You may also have systemic symptoms such as venous thrombosis due to thrombosis (blood clots in blood vessels), cerebral infarction, myocardial infarction, and heart failure.

In particular, elderly people, people with underlying diseases such as diabetes, hypertension, chronic lung disease, and immunodeficiency, smokers, and obese people tend to become more severe.

Sequelae may include malaise, taste / smell disorders, dyspnea, low-grade fever, headache, chest pain, and hair loss for several months.

● Symptoms often appear 3 to 5 days after infection.
(Minimum 1 day, maximum 14 days *)

* This period is called the incubation period. It is the period from when the virus enters the body to when symptoms begin to appear. For example, it takes 1-3 days for influenza.

● It is said that you are infectious (transferred to the surroundings) from 2 days before the onset of symptoms.

How do you get infected?

It is thought to be transmitted mainly by droplet (himatsu) infection, contact infection, and microdroplet (aerosol) infection.

What is droplet infection?

● Splashes of infected people's cough, sneeze, brim, runny nose, etc.

It is transmitted by inhaling the virus contained in (splash) through the mouth or nose. Splashes can reach up to 1-2 meters.

What is contact infection?

● There are cases of infection by directly touching an infected person such as shaking hands or hugging (direct contact infection), and cases of infection by touching a place contaminated with a virus (indirect contact infection).

● Even if you touch a contaminated area and the virus hits your hand, it will not be transmitted by itself. By touching the nose, mouth, or eyes with the virus-bearing fingers, the virus enters the body through the mucous membrane and becomes infected.

● After an infected person holds down a sneeze or cough with his / her hand, if he / she touches a doorknob, switch, handrail, or other surrounding object or place with his / her hand, the virus will be attached. When another person touches the object or place, the virus gets on the hand, and when the hand touches the mouth, nose, or eyes, it is transmitted through the mucous membrane.

What is microdroplet infection?

In a poorly ventilated enclosed space, particles less than 5 micrometers float in the air for several hours. The microdroplets reach him more than 2 meters away.

MEMO

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