

15 Clean clothes, bedclothes, bath and hand towels, etc. of ill persons using regular laundry soap and water or machine wash at 60–90 °C with common household detergent, and dry thoroughly.

Labhan ang mga damit, kumot, tuwalya, at iba pang gamit ng may sakit gamit ang regular na sabong panlaba at tubig. Maaaring gumamit ng washing machine na may mainit (sixty (60) to ninety (90) degrees Celsius) na tubig at regular na sabong panlaba. Patuyuin ang mga ito nang maigi.

Place contaminated linen into a laundry bag.

Ilagay ang mga damit sa isang laundry bag.

Do not shake soiled laundry and avoid direct contact of the skin and clothes with the contaminated materials.

Iwasan na ipagpag at madikit sa balat ang mga damit.

16 Use disposable gloves and protective clothing (e.g. plastic aprons) when cleaning or handling surfaces, clothing or linen soiled with body fluids. Perform hand hygiene before and after removing gloves.

Gumamit ng disposable gloves at damit na proteksyon (hal. apron na plastik) kapag naglilinis o naglalaba ng gamit ng may sakit. Maghugas ng kamay bago at pagkatapos gumamit ng gloves.

17 Persons with symptoms should remain at home until their symptoms are resolved based either clinical and/or laboratory findings. Results of COVID-19 testing will be relayed to you by Makati Medical Center Laboratory via email or you may call MMC Laboratory for result follow-up.

Ang mga taong nakararanas ng sintomas ay dapat na manatili sa bahay hanggang sa ito ay malutas. Ipaalam ng Makati Medical Center Laboratory ang resulta gamit ang email. Maaari na tumawag sa MakatiMed Laboratory para sa follow-up.

18 All household members should be considered contacts and their health should be monitored as described below.

Bantayan ang kalusagan ng lahat ng miyembro ng pamilya ng may sakit.

19 If a household member develops symptoms of acute respiratory infection, including fever, cough, sore throat and difficulty of breathing, household member should proceed to the Emergency Department immediately.

Kaagad na magtungo sa pinakamalapit na Emergency Department pag meroon nakaramdam ng sintomas ng acute respiratory infection, gaya ng lagnat, ubo, pamamaga ng lalamunan, at hirap sa paghinga.

20 In view of the limited evidence of human-to-human transmission of COVID-19, persons (including health care workers) **who may have been exposed to individuals with suspected COVID-19 infection** should be advised to monitor their health for 14 days from the last day of possible contact and seek immediate medical attention if they develop any symptoms, particularly fever, respiratory symptoms such as coughing or shortness of breath, or diarrhea.

Hindi pa malinaw ang paglipat ng COVID-19 nang tao sa tao. Kaya ang lahat (kabilang ang mga Healthcare Workers) ay pinapayuhan na bantayan ang kanilang kalusagan sa loob ng labing-apat (14) na araw mula nang magkaroon ng kaugnayan sa mga taong may posibilidad ng COVID-19 infection, at kumuha ng atensyong medikal kapag nakaramdam ng sintomas, gaya ng lagnat, ubo, hirap sa paghinga, at pagtatae.

Reference: Home care for patients with suspected coronavirus infection 2019 (COVID-19) infection presenting with mild symptoms and management of contacts: Interim guidance, WHO, 20 January 2020

Thank you for choosing Makati Medical Center, where safety is a priority!

Received By:
Natanggap Ni:

Name and Signature of Patient
(Pangalan at Pirma ng Pasyente)

Date / Petsa: _____

Instructed by:
Tagubilin Ni:

Name and Signature of Nurse/Doctor
(Pangalan at Pirma ng Nars/Doktor)

Date / Petsa: _____

For concerns, please contact **Makati Medical Center Emergency Department** at 8888-8999 local 1092 or 1093 or **Makati Medical Center Laboratory** at 8888-8999 local 3012. **Para sa iba pang katanungan, tumawag sa Makati Medical Center Emergency Department sa (+632) 8888 8999 lokal 1092 o 1093 o sa Makati Medical Center Laboratory sa (+632) 8888 8999 lokal 3012.**



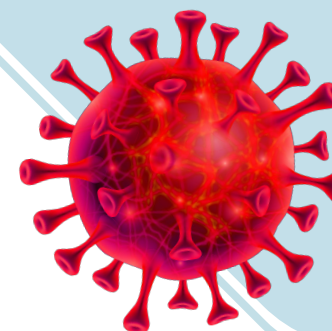
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MMC
MAKATI MEDICAL CENTER

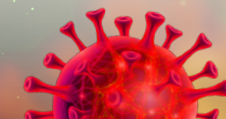
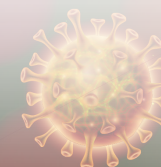
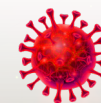
HOME QUARANTINE INSTRUCTIONS

GABAY SA QUARANTINE SA BAHAY



For COVID-19 Confirmed Patients & their Contacts

Para sa mga Nagpositibo sa COVID-19 at kanilang mga Nakasalamuha



IDENTIFIED PATIENTS and THEIR contacts should adhere to ALL the following instructions:

Ang mga pasyente at kanilang mga nakasalamuha ay inaatasan na sundin ang **LAHAT** mga sumusunod:

1 Stay in a well-ventilated single room. No companion allowed.

Manatili sa isang silid na may tamang daloy ng hangin. Huwag magpapasok ng kasama o bisita.

2 Limit the number of caretakers of the patient, ideally, assign one person who is in a good health without health risk conditions.

Limitahan sa isa (1) ang mag-aalaga sa may sakit; ang mag-aalaga ay dapat nasa mabuting kalusugan at walang anu mang kodisyong medikal.

3 NO VISITORS.

Huwag tumanggap ng bisita.

4 Household members should stay in a different room. If not possible, maintain a distance of at least one (1) meter from the ill person (i.e. sleep in a separate bed).

Gumamit ng hiwalay na silid ang ibang miyembro ng pamilya. Kung hindi maiiwasan, panatilihin ang layo na isang (1) metro mula sa may sakit (hal. matulog sa hiwalay na highaan

5 Limit the movement of the patient and minimize shared space.

Ensure that shared spaces (e.g. kitchen and bathroom) are well ventilated (e.g. keep windows open).

Limitahan ang mga parte ng bahay (kusina, palikuran) na puwedeng galawan ng may sakit. Panatilihin na may tamang daloy ng hangin ang mga ito.



The caregiver should **wear a medical mask fitted tightly** to the face when in the same room with the ill person.

Siguruhin na magsuot ng medical mask kapag kasama ang may sakit sa iisang silid



Masks should not be touched or handled during use. If the mask gets wet or dirty with secretions, it must be changed immediately. Discard the mask after use and perform hand hygiene after removal of the mask.

Huwag hahawakan ang mask habang ito ay suot. Kaagad na palitan at itapon kapag ito ay madumi at basa na. Maghugas ng kamay pagkatapos na gumamit ng mask.

6 Perform hand hygiene following all contact with ill persons or their immediate environment.

Maghugas ng kamay pagkatapos makasalamuha ang may sakit.



Perform hand hygiene using soap and water when hands are visibly soiled. If hands are not visibly soiled, alcohol-based hand rub can be used.

Maghugas ng kamay gamit ang sabon at tubig kung ang mga ito ay marumi. Kung hindi naman, puwede rin na gumamit ng alcohol-based hand rub.



Hand hygiene should also be performed before and after preparing food, before eating, after using the toilet, and whenever hands look dirty.

Maghugas din ng kamay bago at pagkatapos maghanda ng pagkain, bago kumain, pagkatapos gumamit ng palikuran, o kung kailan kinakailangan.



Address safety concerns (e.g. accidental ingestion and fire hazards) before recommending alcohol-based hand rubs for household use.

Siguruhin na ligtas (hal. aksidenteng paglululon o sunog) ang paggamit ng alcohol-based hand rubs sa bahay.

7 When using soap and water, disposable paper towels to dry hands is preferable. If not available, patient or contact of patient should use dedicated cloth towels and replace them when they become wet.

Gumamit ng disposable paper towels pagkatapos maghugas ng kamay. Kung wala, dapat na magkaroon ang pasyente at ang mag-aalaga ng kani-kaniyang pamunas at kaagad na palitan ang mga ito kapag basa na.

8 Respiratory hygiene should be practiced by all, especially ill persons, at all times.

Panatilihin ang Respiratory Hygiene, lalo na sa mga may sakit.



Do not use bare hands to cover your mouth when coughing or sneezing.

Huwag gamitin ang mga kamay sa pagtakip ng bibig kung uubo o babahing.

Respiratory hygiene refers to covering the mouth and nose during coughing or sneezing using medical masks, cloth masks, tissues or flexed elbow, followed by hand hygiene.

Gawin ang respiratory hygiene sa pamamagitan ng pagtakip sa bibig at ilong tuwing uubo o babahing gamit ang medical mask, panyo, tisyu, o likod ng siko. Kaagad na maghugas ng kamay.

9 Discard materials used to cover the mouth or nose or clean them appropriately after use (e.g. wash handkerchiefs using regular soap or detergent and water).

Itapon o labhan nang maigi ang mga ginamit (hal. panyo) sa pagtakip ng bibig o ilong.

10 Avoid direct contact with body fluids, particularly oral or respiratory secretions and stool.

Iwasang madikitang o matalsikan ng laway o dumi.



Use disposable gloves when providing oral or respiratory care and when handling stool, urine and waste.

Gumamit ng disposable gloves kung maglilinis ng dumi, ihi, at iba pang basura.

Perform hand hygiene before and after removing gloves.

Maghugas ng kamay bago at pagkatapos gumamit ng gloves

11 Gloves, tissues, masks and other waste generated by ill persons or in the care of ill persons should be placed in a lined container inside the ill person's room before disposal with other household waste.

Pagsama-samahin sa isang lalagyan ang mga gloves, tisyu, mask, at iba pang basura ng may sakit sa loob ng kanyang silid bago ito ihalo sa iba pang mga basura.

12 Avoid sharing household items.

Avoid other types of possible exposure to ill persons or contaminated items in their immediate environment.

Iwasan ang hiraman ng gamit. Iwasan ang paglapit sa may sakit o kahit na anong gamit nito.



Do not share eating utensils, dishes, drinking glasses, cups, towels, bed linen, personal hygiene items or other items with other people in your home.

Iwasan na maghiraman ng mga personal gamit gaya ng kutsara't tinidor, plato, baso, tuwalya, kumot, at iba pa.

Eating utensils and dishes should be cleaned with either soap or detergent and water after use and may be re-used instead of being discarded.

Maaari na hugasan at gamitin ang mga ito at hindi kailangan na itapon

13 Clean and disinfect frequently touched surfaces

such as bedside tables, bed frames, and other bedroom furniture daily with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water).



Ugaliin na linisin ang mga ibabaw ng mga gamit gaya ng mesa, frame ng kama, at iba pa gamit ang regular na disinfectant na mayroong tinunaw na bleach (isang (1) parte ng bleach katumbas ang siyamnapu't siyam (99) na parte ng tubig.

14 Clean and disinfect bathroom and toilet surfaces at least once daily

with regular household disinfectant containing a diluted bleach solution (1-part bleach to 99 parts water). Ugaliin din na linisin ang palikuran isang beses sa isang araw gamit ang regular na disinfectant na mayroong tinunaw na bleach (isang (1) parte ng bleach katumbas ang siyamnapu't siyam (99) na parte ng tubig.

