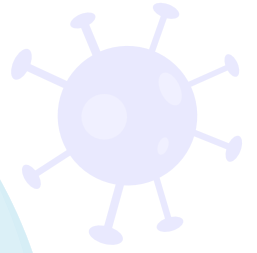




What do you need to know if you get **infected with COVID-19?**

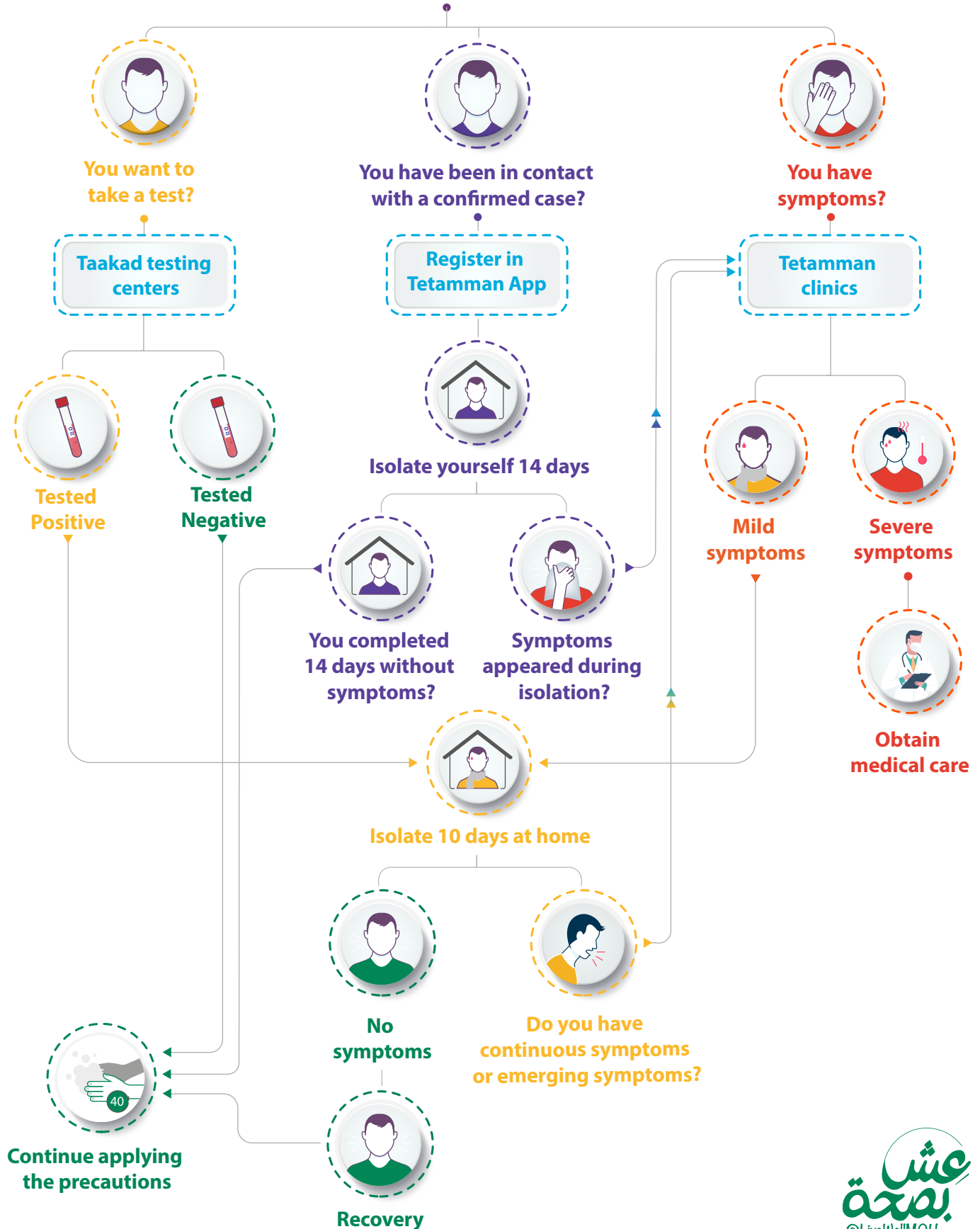


A comprehensive awareness guide regarding being infected, coming in contact with infected individuals, and about recovering from COVID-19

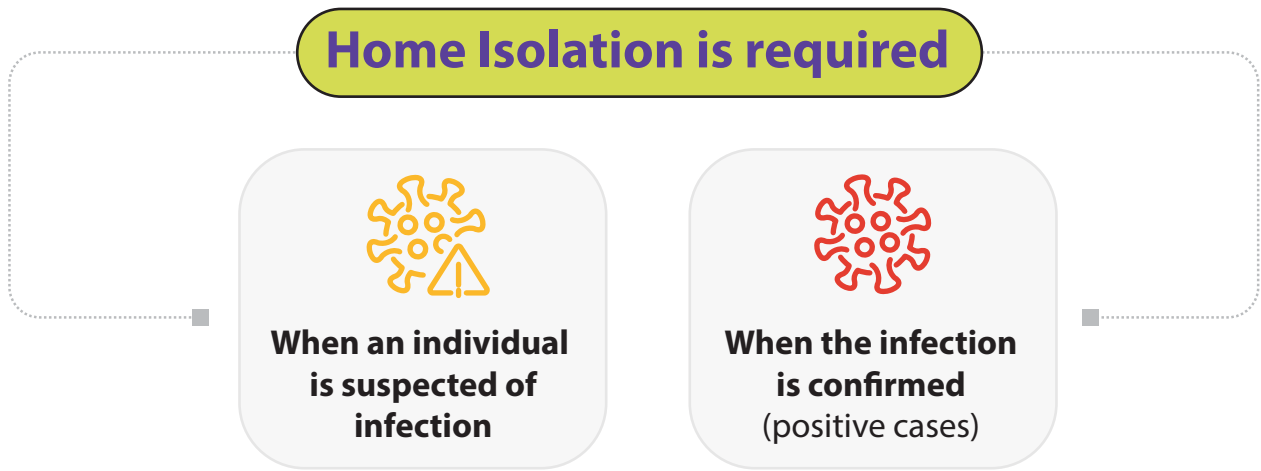




Possible Cases of Infection



What are the cases that require home isolation?



And are as follows:



Those who have mild symptoms that do not need hospitalization.



Positive cases that have mild symptoms and have recovered, and are able to complete the period of medical isolation at home

While those who were in contact with confirmed cases:



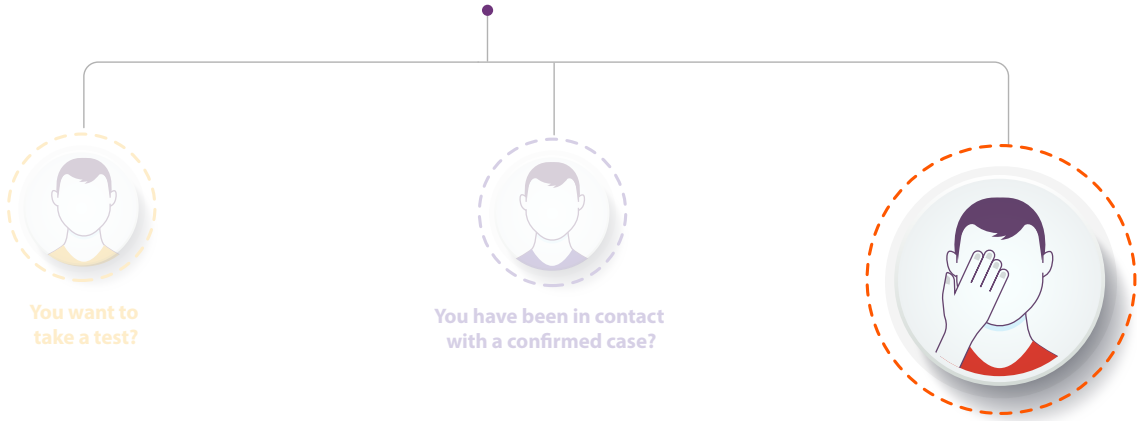
Must isolate themselves in home isolation for 14 days starting since they were in contact with a confirmed case regardless of the test results.

If any symptoms start showing, immediately go to the nearest (Tetamman) clinic around you.

To Download:



Possible Cases of Infection



Fever



Cough



Shortness of Breath



Muscle pain

**You have
symptoms?**

**Tetamman
clinics**

**Get to know the
nearest clinic
around you**

Click here

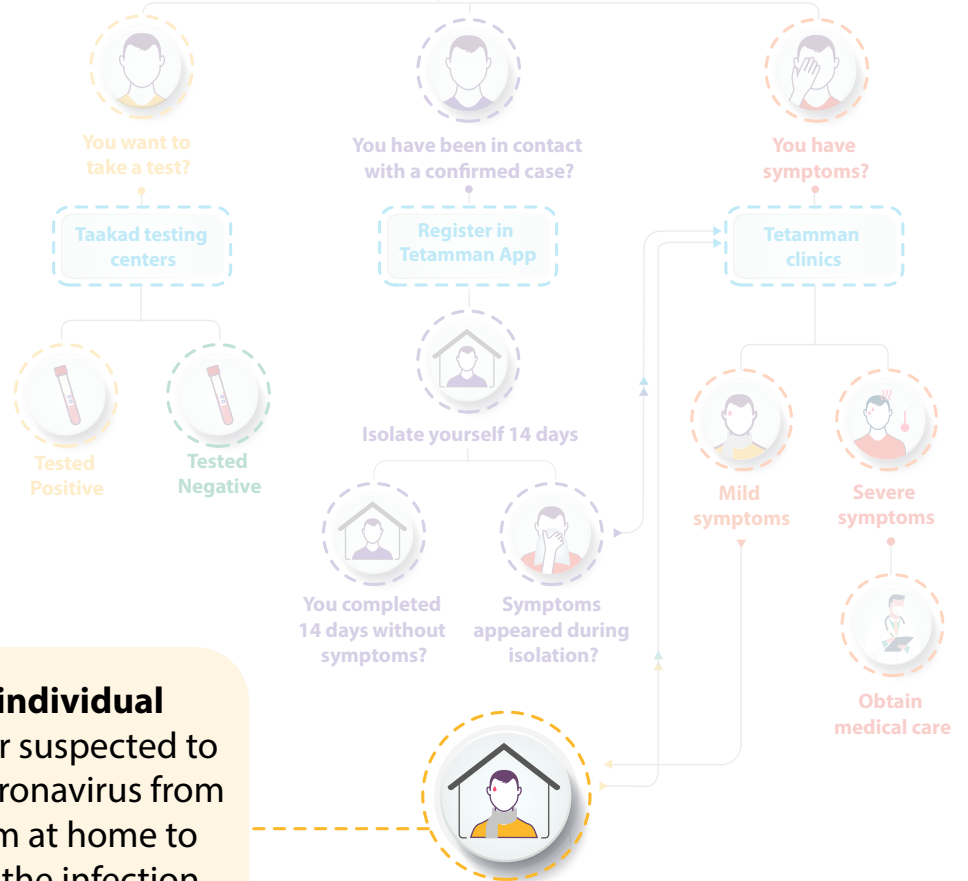


Aban bin Uthman said: "I heard Uthman bin Affan [may Allah be pleased with him] saying: 'The Messenger of Allah said: "There is no worshipper who says, in the morning of every day, and the evening of every night: 'In the Name of Allah, who with His Name, nothing in the earth or the heavens can cause harm, and He is the Hearing, the Knowing – three times, (except that) nothing shall harm him."

Narrated by Abu Dawood



Possible Cases of Infection



Separating an individual
who is confirmed or suspected to
be infected with Coronavirus from
those around them at home to
prevent spread of the infection

By having a separate bedroom
away from other household
members as much as possible

**Isolate 10 days
at home**



Recovery:
Does not require laboratory test
confirmation

Recovery

Did you know

80%

of individuals who get
infected with Covid-19



have mild symptoms or no
symptoms at all and can
recover at home without
having to go to the hospital.



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Home isolation:

Staying at home under observation for those who have symptoms regardless of the laboratory test



Home quarantine:

Staying at home under observation for those who had been in contact with a confirmed case and have no symptoms regardless of the laboratory test.



Incubation period:

The period between being exposed to the disease/virus until the onset of symptoms and its maximum for Coronavirus is 14 days



What is Home Isolation?



By Isolating at Home

You prevent the spread of the virus

Protect your family.. your friends..
and even those you do not know.

عش
بصحة
@LiveWellMOH

What should you do during this period?



Monitor your symptoms and as soon as you feel a cough, fever, or difficulty breathing, call 937



Do not leave your home unless you need medical care.



Isolate yourself in a well-ventilated room.



Avoid meeting visitors especially those from high risk groups.



Limit your movement around the house.



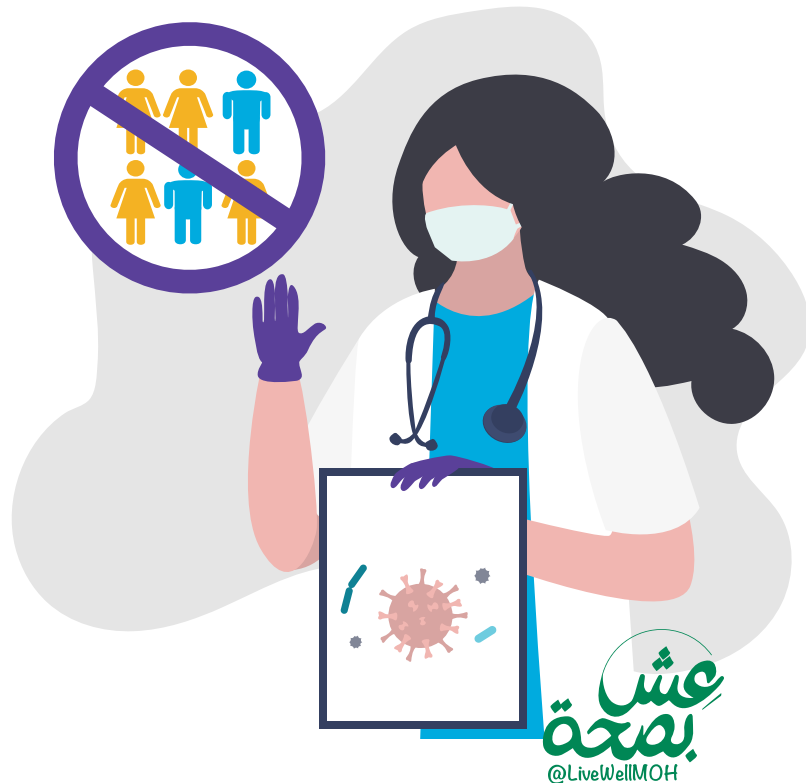
Stay away from pets at home out of precaution.



Eat healthy food and more vegetables and fruits, drink plenty of fluids, and Don't share your food with others.



If you have a medical appointment that cannot be postponed, Inform them you are infected, or you may have Covid-19.



Home Isolation conditions?



Use a separate toilet if possible, however, if a shared toilet is used, it must be sterilized and disinfected after each use.



The individual on home-isolation must have a separate bedroom away from other household members as much as possible.



Open windows continuously and ensure good ventilation.

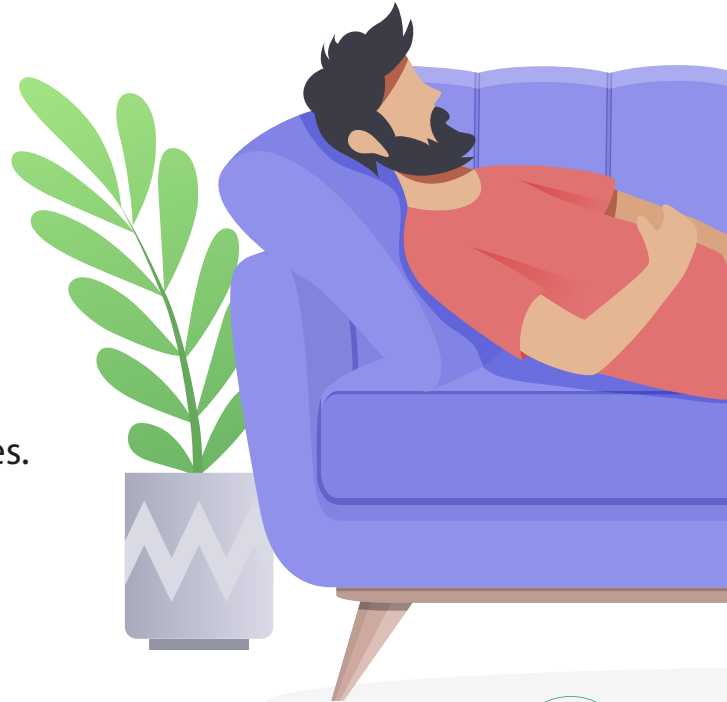


Disinfect frequently touched surfaces, such as door handles.



Narrated AbuBakrah:

AbdurRahman ibn AbuBakrah said that he told his father: **O my father! I hear you supplicating every morning: "O Allah! Grant me health in my body. O Allah! Grant me good hearing. O Allah! Grant me good eyesight. There is no god but Thou." You repeat them three times in the morning and three times in the evening. He said: I heard the Messenger of Allah (ﷺ) using these words as a supplication and I like to follow his practice.**



When does the home isolation or quarantine period **begin** and when does it **end**?



Home isolation:

For those who have symptoms regardless of the laboratory test



Home quarantine:

For those who had been in contact with a confirmed case and has no symptoms regardless of the laboratory test



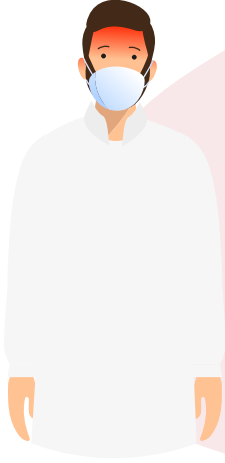
Example: A Family's Story

One of the family members (the father) was infected, followed him the son in the 8th day.. When does their isolation period and the rest of the family members home quarantine period start and end?

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17
The Father	Onset of symptoms – Isolation Period begins									End of Isolation Period							
Family Members	Quarantine Period begins													End of Isolation Period			
The Son	Quarantine Period begins							Onset of Symptoms	You have Symptoms? Isolation period is 10 days; starts from the first day of onset of symptoms on the confirmed case							End of Isolation Period	



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The Father

The first member in the family that was infected and has symptoms; he must stay home for



since the onset of symptoms (high temperature, cough, shortness of breath)



The Son

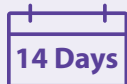
The second member in the family that was infected after the father and he must stay home for



since the onset of symptoms regardless of the original isolation period (14 days)

The Rest of the Family Members

Who have no symptoms must stay home for



Starts from 2 days before the symptoms start appearing on the first infected individual in the family



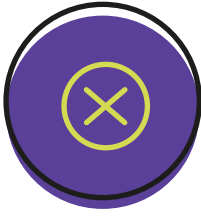
The End of the isolation period for those who have had symptoms

is conditional to the disappearance of symptoms (high temperature, coughing, and shortness of breath) **for 3 days**

Retaking COVID19 test is not needed to confirm recovery



Your personal care:



Do not share your
personal items
with others



Wash your clothes
(at °60 - °90) and dry
them well



Allocate one toilet
for you use only



Use disposable
paper plates, bowls,
napkins and cups



Clean and disinfect
your room daily



Use a trash can
with a tight lid





Possible Cases of Infection



Who's the person that is considered to have been in contact with the infected individual?

Anyone who **lives** with them **in the same house**

Anyone who communicated directly with him, by **shaking hands and touching**

Anyone who communicated with an infected individual **with less than 2 meters apart for more than 15 minutes**

You have been in contact with a confirmed case?

Register in Tetamman App

When does the contact period begin?

From 2 days before the symptoms start appearing on the infected individual and **until 14 days..**

Click Here
To download the App



No need to get tested

Because the virus incubation period lasts for 14 days, which means that it may not be apparent when taking the test



You completed 14 days without symptoms?



Have you been in contact with a confirmed case?

Isolate yourself at home for 14 days

even if the laboratory test results were negative Because the virus incubation period lasts for 14 days, which means that it may not be apparent when taking the test.

Who's the person

that is considered to have been in contact with the infected individual?



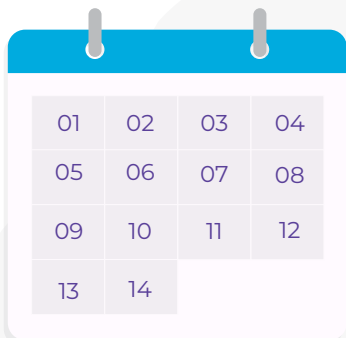
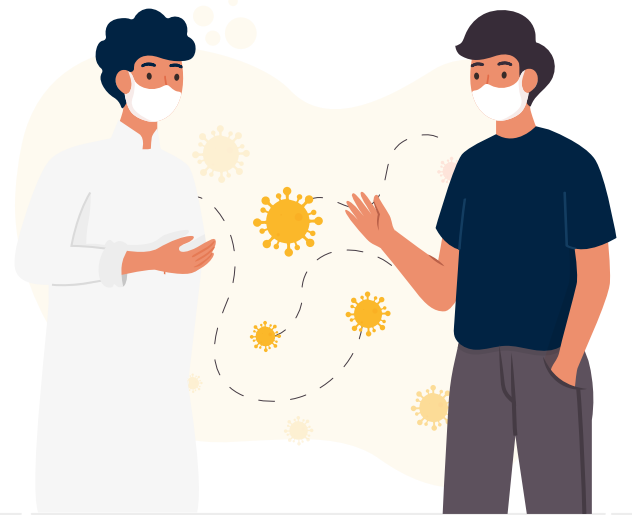
Anyone who lives with them in the same house



Anyone who communicated directly with them, by shaking hands and touching



Anyone who communicated with an infected individual with less than 2 meters apart for more than 15 minutes

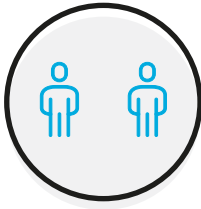


The Contact period begins:

From 2 days before the symptoms start appearing on the infected individual and **until** 14 days.

If there were no symptoms, it should be counted since taking the test.

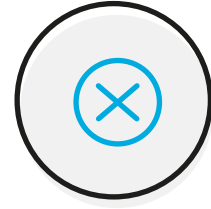
What should the people who live in the same household do?



Stay 2 meters away from the infected individual and avoid unnecessary physical contact.



Wear a mask and gloves when dealing with the infected individual or their personal items or utensils such as their dishes



Do not share the infected individual's items personal items, such as their food plates, glasses, towels, bedding, or electronics e.g. mobile.



Clean frequently touched surfaces such as light switches and door handles.



Wash hands before and after touching the infected individual, their items, or food for a period of not less than 40 seconds.



Wash your clothes and bed linens separately with warm water and detergent and dry them well.



Educate children about preventive and protection measures against transmission.

If any symptoms start showing, immediately go to the nearest (Tetamman) clinic around you.

To Download:





Who is taking care of the individual in Home-Isolation?

To avoid spread of the infection to other members in the same household; the following measures must be adhered to:



Assign one individual

to provide care and help when needed.



Aware the individual of the preventive precautions,

including the method of washing hands and wearing masks, as well as gloves.



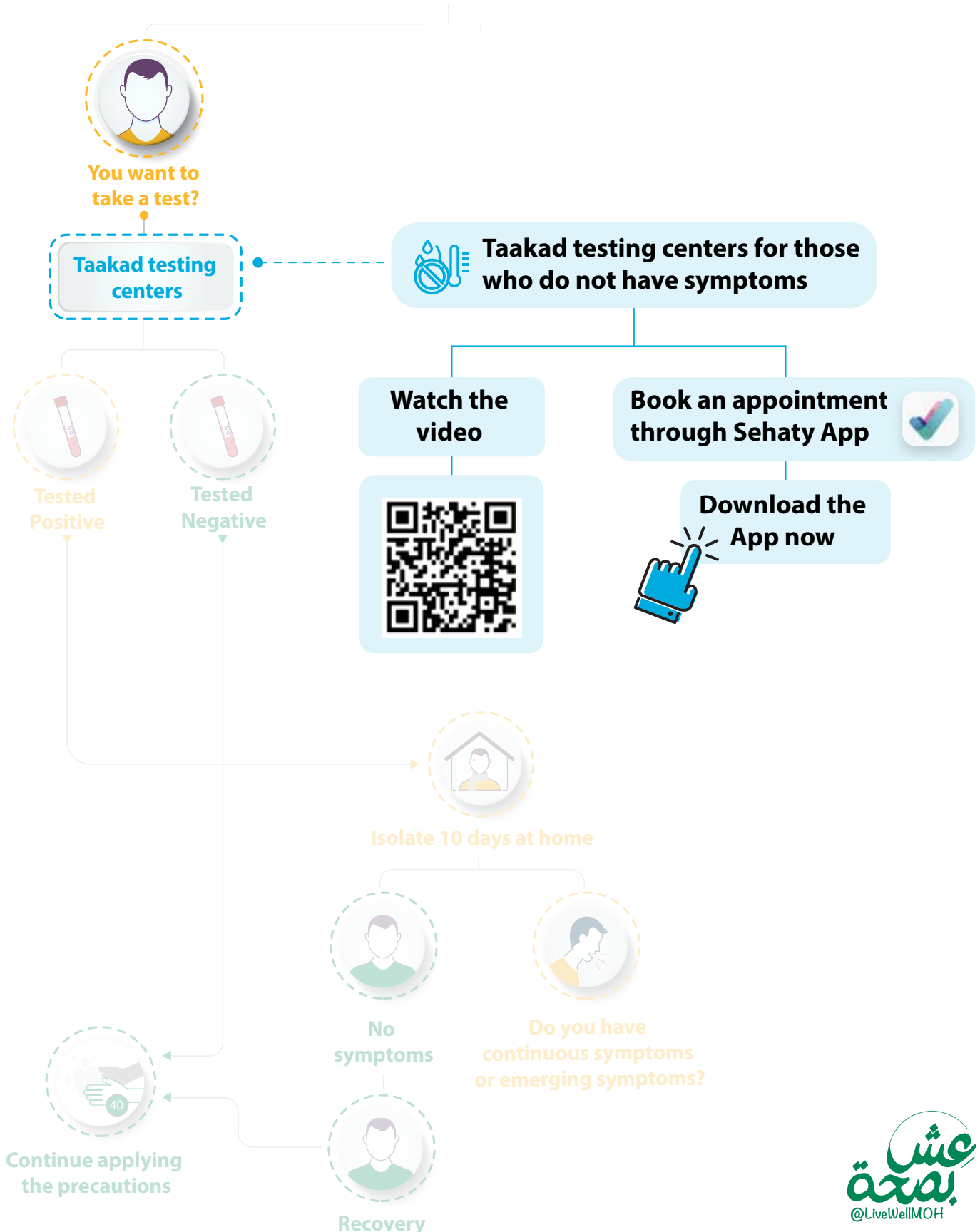
Requiring them to wear the protective equipment

(gloves and mask) every time they communicate with the individual in home-isolation.



Narrated Abu Sa'id Al-Khudri and Abu Huraira: The Prophet said, "**No fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that.**"

Possible Cases of Infection



تطمّن

Rest Assured

Rest Assured (Tetamman) is one of MOH's apps, designed to provide protection and health care for citizens and residents referred to domestic isolation or quarantine; to ensure their safety and enhance their recovery procedures.





Continue applying the precautions



Wash your hands



Wear a cloth mask



Keep safe distance



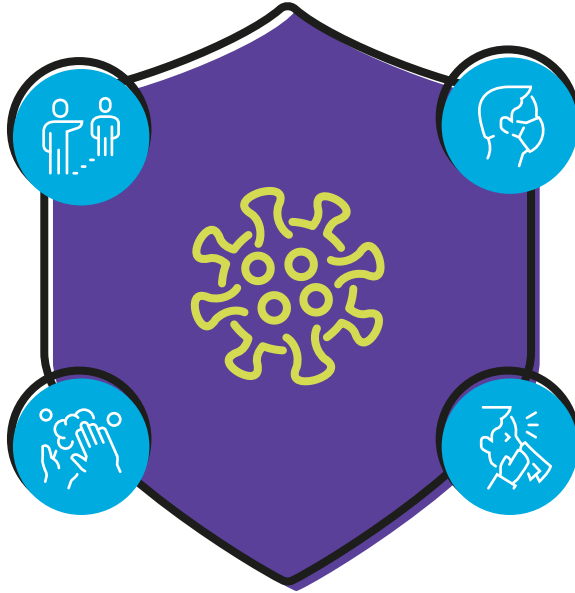
Don't shake hands



Sneeze into a tissue

The main precautions you should take:

Leave a distance of 2 meters when you need to communicate with those around you.



You and the individual providing you care and help should **wear medical masks**

Wash or sanitize your hands frequently

Cover your mouth and nose when coughing and sneezing



Aban bin Uthman said: "I heard Uthman bin Affan [may Allah be pleased with him] saying: 'The Messenger of Allah said: "There is no worshipper who says, in the morning of every day, and the evening of every night: 'In the Name of Allah, who with His Name, nothing in the earth or the heavens can cause harm, and He is the Hearing, the Knowing – three times, (except that) nothing shall harm him.'" Narrated by Abu Dawood

Thank you for being wise in your actions...

**You greet others without
shaking hands**



You shop safely



**You keep 2 meter distance
between yourself and others**



**You avoid sharing
your personal items**



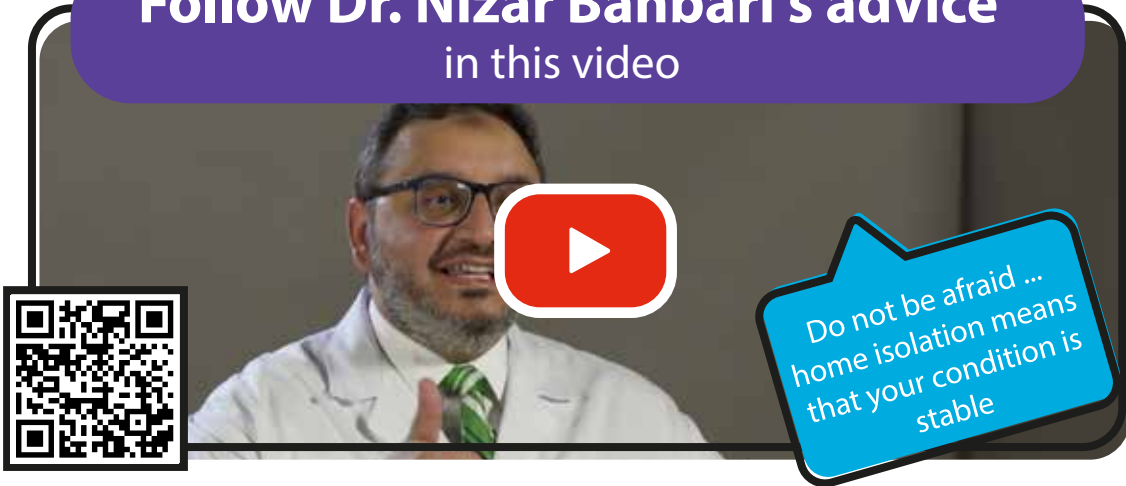
**You pay attention to your
mask and sanitizer**



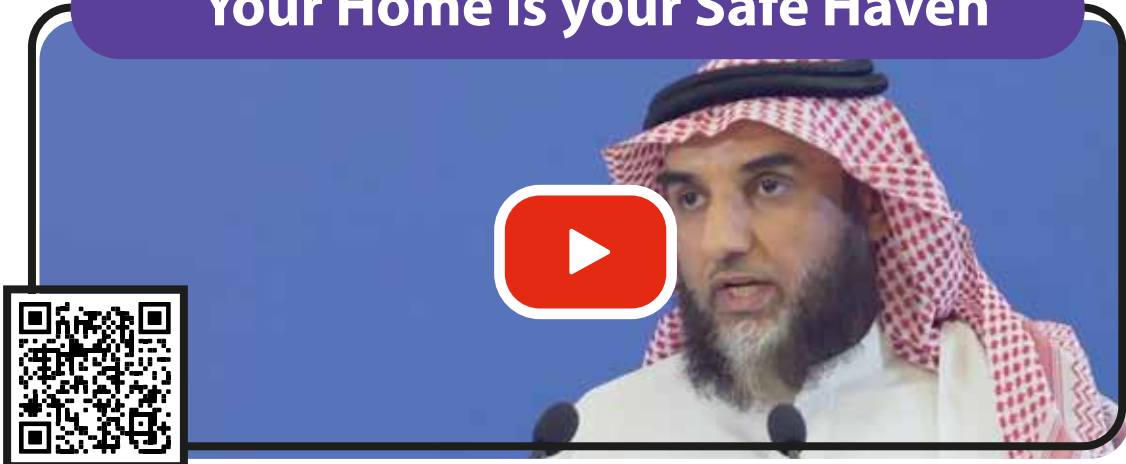
When should you Isolate yourself at Home?



Follow Dr. Nizar Bahbari's advice in this video

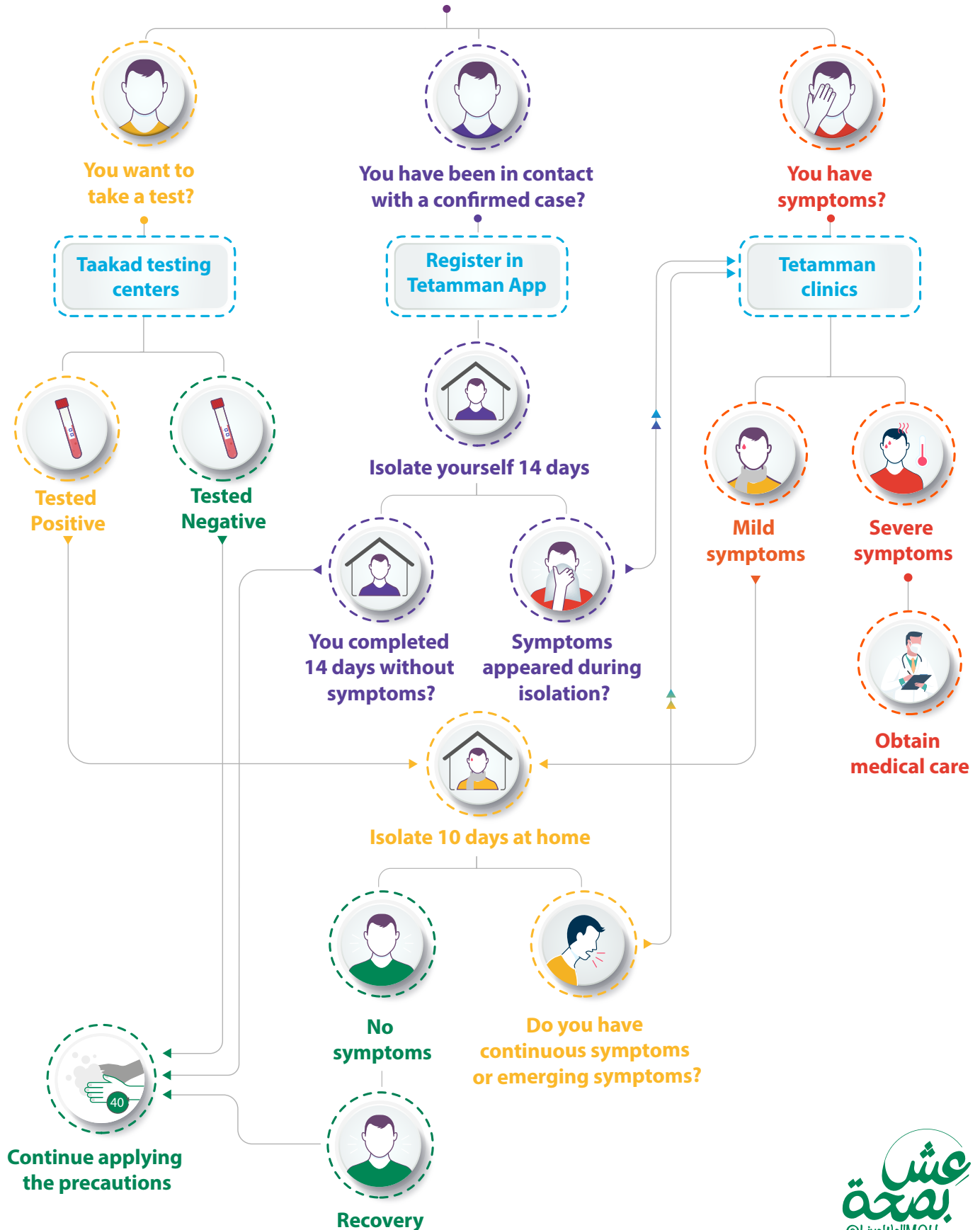


Your Home is your Safe Haven



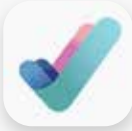


Possible Cases of Infection



Your guide to health services

Apps



Sehaty

To book an appointment at BeSure



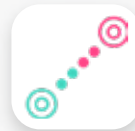
Tetamman

For daily monitoring of the health condition and the appearance of the results



Tawakkalna

Request a permit



Tabaud

Receive a notification for people who have been in contact



Click on the required service

Clinics



Tetamman

Open clinics that accept individuals who are having symptoms without appointment

Centers



Taakkad Centers

Make sure in Taakkad centers which are designated for those who do not show COVID-19 symptoms.

Contact



937

For medical and service consultations



920005937

For medical and service consultations



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Do you have a question?

**Check out the FAQs on
Coronavirus through this link:**

COVID19awareness.sa/faqs



In the End..

**Remember that your mental health
and stability are a major cause that helps
strengthen your physical immunity and
resistance to the virus
Take good care of your health
and get well soon!**



**Rest assured...
We are close by to help you**

Did you appreciate this booklet?
Find more here

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COVID-19

COVID19awareness.sa



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