

Recommendations for patient (at home observation / treatment)

According to the approved Clinical protocols of the Ministry of Health of the Republic of Kazakhstan (dated 15.06.2020, No. 98), **asymptomatic and mild forms of disease with a positive PCR result are subject to symptomatic treatment and observation under conditions of home quarantine.**

1. If you have symptoms of ARVI and / or receive a **positive PCR result for COVID-19**, you **must stay at home.**

2. You need **to call** the clinic registry at the place of your registration or 103, where they will advise you and, if necessary, provide a contact center number for your region.

3. You will be **remotely consulted** with a doctor (medical worker) by phone.

4. If you are registered at the medical center of Mediker network, you must call the single Call-center at the phone numbers:

+ 7 800 080 76 76

+ 7 7172 79 76 76

You will be provided with information and registered for a remote consultation.

5. Medical observation of a patient is provided by a medical specialist of the clinic at the place of registration remotely by telephone (daily) or by video at least once in 3 days.

6. You need to do the following:

- **strictly!** all requirements for self-isolation and home quarantine!

- **2 times a day (morning and evening) measure and record in the diary the following indicators of observation:**

- body temperature;
- Respiratory rate (at rest, put your hand on your chest and count the number of respiratory movements in 1 minute);
- Heart rate - (place your fingers on your wrist, neck or temple and count the number of strokes in 1 minute);
- Arterial pressure (in the presence of a tonometer – a device for measuring blood pressure);

This information must be reported to a doctor during a remote consultation.

6. You **can feel** during a course of disease (symptoms of disease): weakness, pain in the muscles and joints, body aches, lack of taste and smell, tickle or sore throat, dry cough, sometimes liquid frequent stool, fever that can last up to 2 weeks.

7. No specific treatment for asymptomatic and mild COVID-19!

Symptomatic therapy is recommended:

- Limitation of physical activity;
 - Diet: fractional nutrition, easily digestible food with a restriction of carbohydrates, balanced by protein, vitamins containing potassium, zinc;
 - Increased fluids in the form of tea, fruit and vegetable juices, fruit drinks, juice, drinking water, etc.
 - In the presence of severe cardiovascular or renal diseases, coordinate the volume of fluid with your doctor during a remote consultation. It is necessary to control the volume of daily urine output (volume of urine excreted per day).
 - If the temperature rises above 38C, you can take antipyretic drugs (in the absence of allergies): paracetamol, 500 mg tablets every 4-6 hours if necessary. The daily dose should not exceed 2-3;
 - rubbing to reduce the temperature with vodka (dilution with water in a ratio of 1: 1) or with an alcohol solution (diluted with water in a ratio of 1: 2)
 - Vitamin C 500 mg every 6 hours, vitamins with zinc, potassium.
 - To facilitate breathing and improve lung ventilation, it is recommended to take a **prone-position** periodically (take a supine position)
 - Breathing exercises, light vibration massage, slap on the back.
7. If you have any chronic (previously known) diseases, be sure to take the recommended medications. If necessary, treatment can be adjusted during a remote consultation with a doctor;
- 8. In the case of an increase in the clinical symptoms of the disease:**
- stable not reduced (or poorly reduced) temperature over 38C for 1 week;
 - increase in dyspnea (NPV> 22-24 in 1 min) at rest or after a step test;
 - heartbeat (heart rate > 90 - 120 beats in minutes),
 - reduction in SpO2 saturation <95% (if pulsoksimetry is possible).

You must contact your doctor and call 103!