



# Home management of persons with flu like symptoms





# 1. Signs and symptoms.



**Fever**



**Dry Cough**



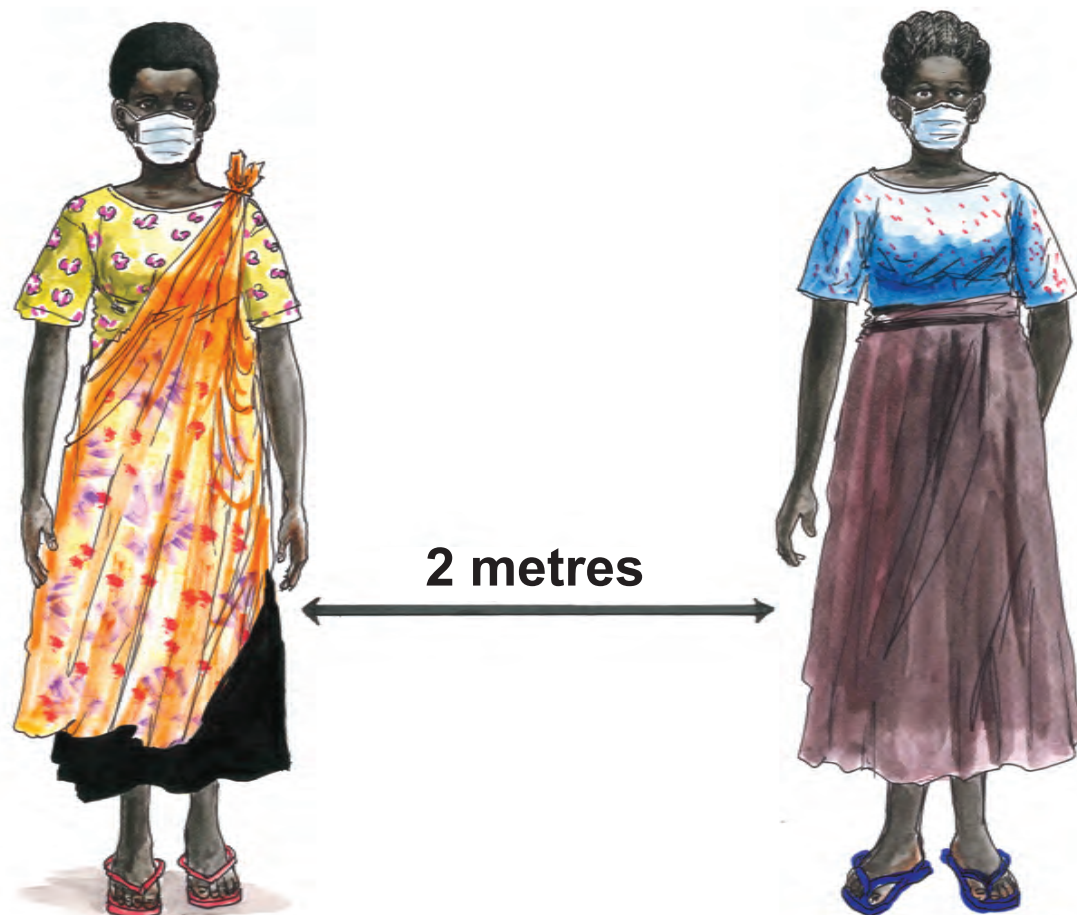
**Difficulty in Breathing**

## **Explain the signs and symptoms.**

- a) Fever
- b) Dry cough
- c) Difficulty in breathing



## 2. Why is physical distancing important?



# **Why it is important to keep physical distancing?**

The best way to prevent the spread of the flu like viruses such as the Coronavirus is to keep physical distance from one another and wearing face masks when in public places.

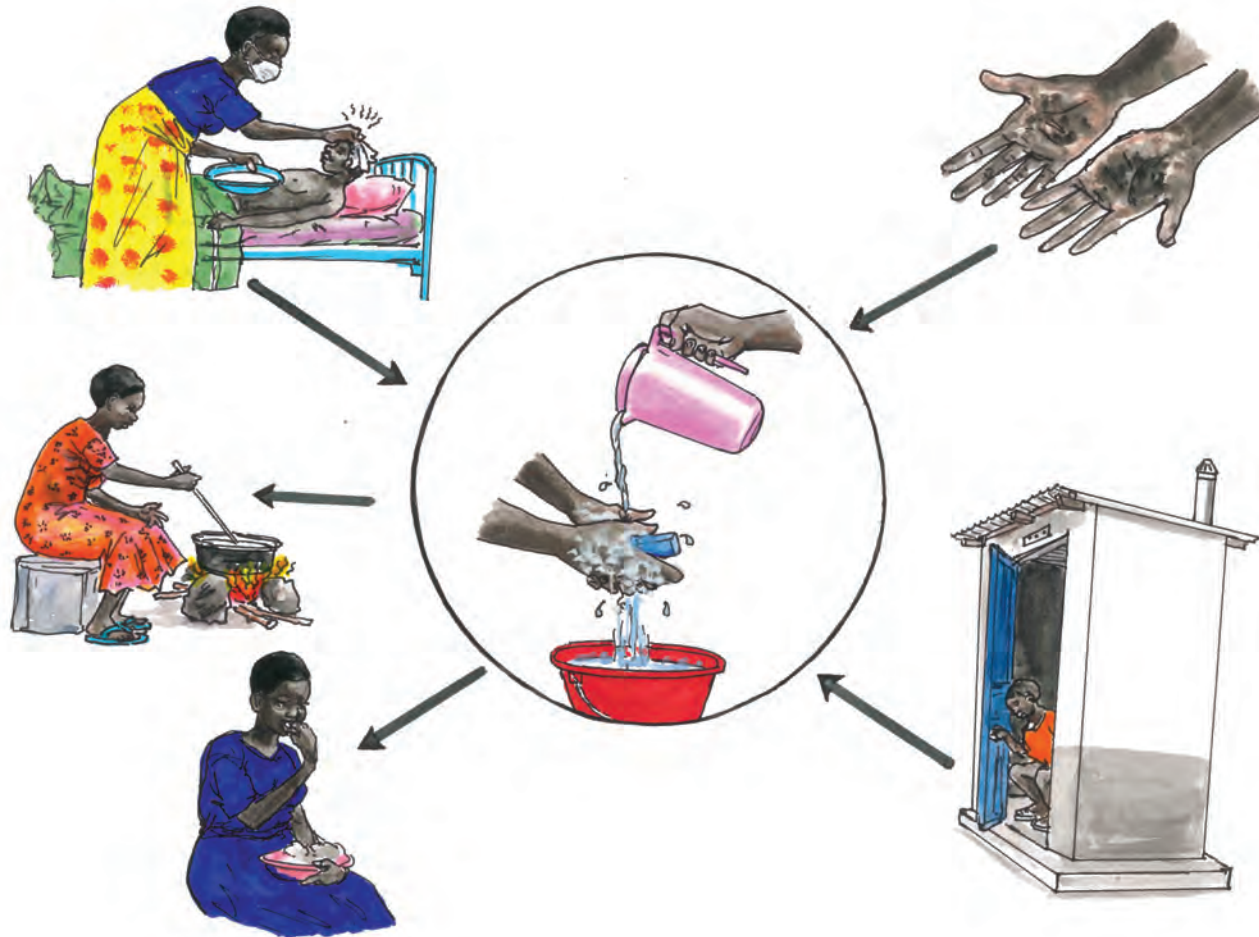
Notes :

- Emphasise on the need for social and physical distancing.
- These messages are for caregivers and people with flu like symptoms being managed at home.





### 3. Hygiene practices at home.



# **Hygiene Practices.**

- Wash hands regularly with soap and water.
- Key hand washing moments at home include:
  - Before preparing food.
  - Before eating food.
  - After using the latrine and washrooms.
  - When hands are dirty and soiled.
  - Before and after taking care of a sick person.



## 4. Hygiene practices.





## **Good hygiene practices.**

- a) Washing your hands regularly removes the virus from your hands and helps stop you from infecting yourself.
- b) Washing hands also stops you from passing it on to others.
- c) Clean surfaces regularly with soap and water.



## 5. Good hygiene practices at home.



## **Good hygiene practices at home.**

- a) Clean the latrine everyday.
- b) Wash beddings, clothes with soap and water.

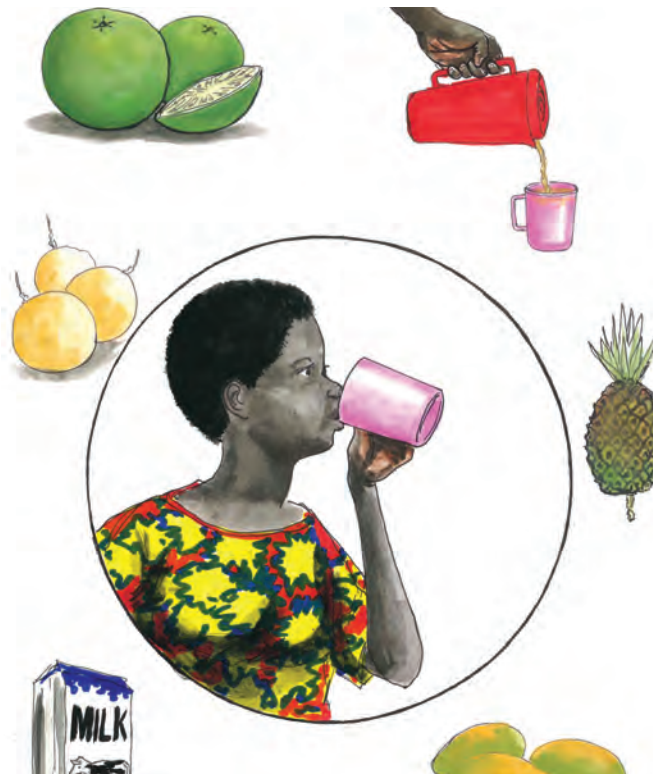
### **Key Message:**

Always maintain good hygiene practices.

Wash hands regularly.



## 6. Home management of flu like symptoms.



# **Home management of flu like symptoms.**

- a) Eat a balanced diet.
- b) Drink plenty of fluids.
- c) Mothers should continue breastfeeding but wear face masks.





## 7. Caring for a person with flu like symptoms.



## **Caring for a person with flu like symptoms:**

- a) Always wear a face mask.
- b) Wash hands before and after caring for the patient.
- c) Place the patient in a well ventilated room – door or window open.
- d) Frequently clean sheets/room the patient was in.
- e) Don't share eating space with the patient. Serve the patient's food/water separately from the rest of the family to avoid transmission.



## 8. Monitoring the person's condition.



## **Management of flu like symptoms.**

- a) Isolate the patient and call **6666** if condition does not improve.



## 9. Continuous use of face masks.





## **Use of face masks.**

- a) Always wear locally made face masks in all places of social gatherings like markets, crowds and when moving around.
- b) Face masks protect you and others from spreading and getting infected by flu like viruses.
- c) Additionally, good hygiene and hand washing practices are good measures for protecting ourselves from flu like viruses.
- d) Avoid close physical contact with anyone.



## 5 WAYS

### TO PROTECT YOURSELF FROM CORONAVIRUS



1



Wash hands regularly  
with soap and water.

2



DO NOT shake hands.

3



Avoid close contact with anyone.

4



Cover your mouth and nose with  
tissue or cough and sneeze into  
your flexed elbow.

5



Stay at home and avoid travel when  
you have flu like symptoms.

## PROTECT YOURSELF, YOUR FAMILY AND COMMUNITY FROM CORONAVIRUS

For more information, Call Ministry Of Health South Sudan

**Through Toll Free Number 6666**

