

**13 Clean and disinfect frequently touched surfaces** such as bedside tables, bedframes, 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.*

**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 linn 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 can be accessed through the MMC website <https://www.makatimed.net.ph/online-laboratory>

*Ang mga taong nakararanas ng sintomas ay dapat na manatili sa bahay hanggang sa ito ay malutas. Ang resulta ng COVID-19 testing ay maaring malaman sa MMC website <https://www.makatimed.net.ph/online-laboratory>.*

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

*Bantayan ang kalusugan 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 Persons (including health care workers) who may have been exposed** to individuals with suspected or confirmed 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.

*Ang lahat ay pinapayuhan na bantayan ang kanilang kalusugan sa loob ng labing-apat (14) na araw mula nang magkaroon ng kaugnayan sa mga taong may posibilidad o kumpirmadong COVID-19 infection, at kumuha ng atensiyong 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:  
Kung may alalahanin, tumawag sa:**

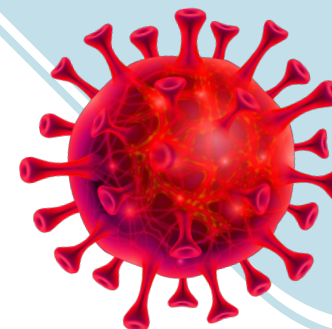
**Makati Medical Center Emergency Department at 8888-8999 local 1092 or 1093 or Makati Medical Center Laboratory at 8888-8999 local 3012.**

  
**MAKATI MEDICAL CENTER**  
2 Amorsolo Street, Legaspi Village  
Makati City, Philippines 1229

  
MAKATI MEDICAL CENTER

# HOME QUARANTINE AND ISOLATION INSTRUCTIONS

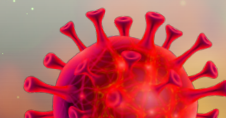
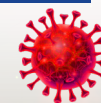
GABAY SA QUARANTINE at ISOLATION SA BAHAY



**For COVID-19 Confirmed Patients & their Contacts**

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

SCAN ME



# ISOLATION:

Individuals with COVID-19 symptoms or have been confirmed to have COVID-19 should immediately isolate to prevent transmission of the virus to others by staying home preferably in a single room with a bathroom. They should stay away from others including household members during the whole duration of isolation.

The duration of isolation is at least 10 days for those who are asymptomatic or with mild to moderate symptoms and 21 days for those with severe or critical illness. Isolation can be discontinued after required isolation days has been completed provided that the individual has no more symptoms such as cough and fever for the last three days of the isolation period.

Ang sinoman na may sintomas ng COVID-19 o kumpirmado na positibo sa COVID-19 ay dapat na bumukod at ilayo ang sarili sa ibang tao para maiwasan na makahawa. Ito ay sa pamamagitan ng pananatili sa bahay, at mas mabuti kung nag-iisa sa kwarto na may sariling banyo. Sila ay hindi dapat makipag-ugnayan kahit kanino, kasama ang sambahayan sa buong panahon ng pagbubukod o pagkahiyalay.

Kailangan na bumukod sa hindi kukulangin ng sampung (10) araw para sa mga walang sintomas o may banayad hanggang katamtaman (mild to moderate) na sintomas, at dalawampu't isang (21) araw para sa may matindi (severe) o mapanganib (critical) na karamdaman. Ang pagbubukod ay maaari lang itigil kung natapos na ang bilang ng araw AT ang may sakit ay wala nang sintomas tulad ng ubo at lagnat na hindi kukulangin ng tatlong (3) araw sa pagtatapos ng pagbubukod.

# QUARANTINE:

Individuals who have been exposed to COVID-19 should quarantine by staying at home and away from others including household members while observing for development of symptoms.

The recommended duration of quarantine is 14 days. Quarantine becomes isolation if the person later tests positive for COVID-19 or develops symptoms.

Ang bawa't isa na may "exposure" o nakipag-ugnayan sa nag-positibo sa COVID-19 ay dapat ihiwalay ang sarili at manatili sa bahay na malayo sa mga kapamilya habang nagmamasid kung magkakaroon ng sintomas ng COVID-19.

Ang rekomendasyon na haba ng pagbubokod ay labing apat (14) na araw. Ang paghihiwalay sa sarili (quarantine) ay magiging pagbubukod (isolation) kung mag-positibo sa COVID-19 o magkaroon ng sintomas.

**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.**  
Manatili sa isang silid na may tamang daloy ng hangin.

**2 Limit the number of caregivers of the patient,** ideally, assign one person who is in 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 kodsiyong medikal.

**3 NO VISITORS.**  
Huwag tumanggap ng bisita.

**4 Household members should stay in a different room.**  
Gumamit ng hiwalay na silid ang ibang miyembro ng pamilya.

**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.

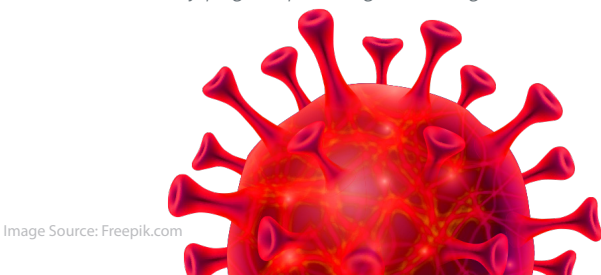


Image Source: Freepik.com

**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 madikitan o matalisikan 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 hiraan 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.

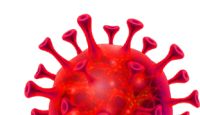


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