

AKHBAR : THE STAR

MUKA SURAT : 5

RUANGAN : NATION

MOH guidelines on homecare

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PETALING JAYA: The Health director-general's office has issued a circular on the management of Covid-19 cases and close contacts during the pandemic for 2021.

The circular is aimed to inform Malaysians on the procedures in handling both asymptomatic and symptomatic Covid-19 cases that occur at home or place of residence.

The National Security Council and Health Ministry disaster management executive committee had, during a special meeting,

agreed that positive Covid-19 patients for Category 1 (asymptomatic) and Category 2 (showing mild symptoms) be isolated at home, place of residence, hotels or low-risk quarantine and treatment centres (PKRC) depending on the patients' situation.

For states with sufficient capacity to manage Covid-19 cases, they can do so according to the Covid-19 Management Guideline in Malaysia No. 5 that can be found at <http://www.moh.gov.my/garis-panduan/garis-panduan-kkm>.

For more information on the management guidelines, visit www.moh.gov.my.

Management of positive Covid-19 cases at home or place of dwelling

- > District health office (PKD) to get notification of positive cases from medical officer or MySejahtera list.
- > List to be compiled daily by the PKD so that it could reach out to patients and evaluate their health condition and suitability for self-isolation.
- > A Covid-19 Assessment Centre (CAC) is needed to conduct patient evaluation. It includes clinical checks, family support and suitability of home quarantine.
- > State Health Department to identify a location for the CAC; it could be at a prime health facility such as a health clinic, district clinic or community clinic.
- > Evaluation can be done via physical or virtual consultation based on the assessment checklist (see infographic). The first evaluation is recommended to be done physically.

Management of positive Covid-19 cases for industry workers at hostel

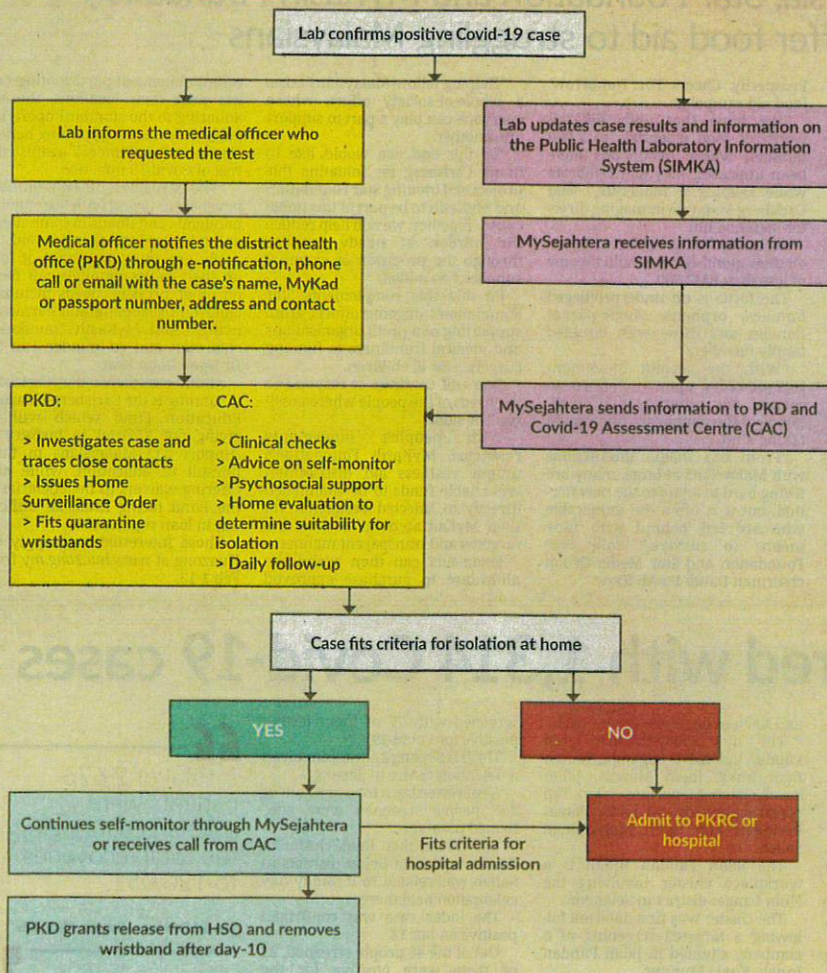
- > Category 1 and Category 2 patients are to be isolated at the hostel based on the suitability of the premises. Otherwise, the employer must arrange for another place, such as a hotel.
- > When officers direct employers to get their foreign workers screened for Covid-19, these employers need to bear the screening costs at government health facilities or laboratories.



Management of Covid-19 cluster and close contacts

- > All identified close contacts must undergo home surveillance. Screening will only be done on those who show symptoms.
- > Sampling will depend on the cohort size — the total number of those in the cluster who have been exposed. For a cluster with fewer than 50 people, 20 samples are sufficient; for those with over 50 people, 30 samples.
- > All close contacts with negative Covid-19 results must undergo cohort quarantine at a place of dwelling such as jail cell, a hostel or a suitable house depending on the exposure risk evaluation and the condition of the premises.
- > The 10-day quarantine is from the last date of exposure to the positive case. For those with symptoms, the patient will be isolated and tested. The quarantine for this cohort will continue for another 10 days from the date the patient tested positive.

Flowchart for the management of Category 1 and 2 Covid-19 cases at place of dwelling



Home assessment tool: Daily checklist on symptoms of adult and child Covid-19 patients under home quarantine

Adult	Children (to be checked by parents or guardian)
Sore throat or flu	Fever
Cough	Sore throat or flu
*Fever	Cough
*Shortness of breath	Nausea or vomiting
Loss of sense of taste	State of activeness
Loss of sense of smell	*Symptom lasting more than 7 days
Diarrhoea	*Tiredness
Nausea or vomiting	*Loss of appetite
Lethargy	*Complaint of chest pain or stomachache
Myalgia	*Cold hands and feet
Ability to do daily activities	*Less urination than normal in 24 hours
*Chest pain	*Emotional state
*Unable to eat or drink	*Seizure
*Fatigue e.g. inability to rise from bed	Children showing symptoms labelled with * need to be referred to the clinic or hospital.
*Unable to get up without help	
*Worsening symptoms such as cough, nausea, vomiting or diarrhoea	
*Reduced level of consciousness	
*Reduced frequency in urination in 24 hours	
Adults showing symptoms labelled with * need to be referred to the clinic or hospital.	

