RESOURCE TOOLKIT:

COVID @ Home Halton Program

PATIENT EDUCATION INFORMATION

June 1, 2021
COVID @ Home Halton Program

Your healthcare team has referred you to this program to monitor your health and wellness while you recover safely at home.

The program is tailored to your clinical needs. This may include:

- Assessing your symptoms and tracking any changes either in person or via phone/email
- Monitoring your recovery progress and connecting you with your healthcare team if there are concerns

We will help you manage your symptoms so that you feel confident and comfortable in your recovery.

What to expect
Your Primary Care physician will meet with you to review your care plan and set up monitoring for you at home.

You will be given a fingertip pulse oximeter and will need to monitor your oxygen levels, up to six (6) times a day, especially after any physical activity, and record this into your exercise/activity log.

You will be monitored daily (Mon-Fri) to check how you are feeling. You will also have access to the 24/7 Home & Community Care Line.

If your condition worsens
If your symptoms get worse and if you are not feeling well, review your symptoms by using the scale below:

I feel ok...
My oxygen level is consistently greater than 92% (Continue with exercise/activity log)

I feel worse...
Worsening cough, fever returns and/or more short of breath than usual for 24 Hours
OR
My oxygen level is consistently less than 92%  
(Contact the Home & Community Care 24/7 Line at: 905.855.9090)

I feel much worse...
My oxygen level is consistently less than 88% with severe shortness of breath, drowsiness or chest pain. (Call 911)

Contact Us:
Home and Community Care Support Services Mississauga Halton
24/7 Home & Community Care Line
T: 905.855.9090
You must isolate yourself from others if you have COVID-19 symptoms or may have been exposed to COVID-19. If you start to feel worse, contact your health care provider or Telehealth (1-866-797-0000).

**Stay home**
- Do not go to work, school or other public places.
- Stay home unless you need to get tested or require emergency medical care.
- Do not use public transportation, taxis or rideshares.

**Avoid contact with others**
- No visitors unless essential (e.g., care providers)
- Stay away from seniors and people with chronic medical conditions (e.g., diabetes, lung problems, immune deficiency).
- As much as possible, stay in a separate room away from other people in your home and use a separate bathroom if you have one.
- Make sure that shared rooms have good airflow (e.g., open windows).
- If these steps are not possible, keep a distance of at least 2 metres from others at all times.

**Keep your distance**
- If you are in a room with other people, keep a distance of at least 2 metres and wear a mask or face covering that covers your nose and mouth.
- People should wear a mask when they are in the same room as you.

**Wash your hands**
- Wash your hands often with soap and water.
- Dry your hands with a paper towel or with cloth towel that no one else will share.
- Use an alcohol-based hand sanitizer if soap and water are not available.
Cover your coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Cough or sneeze into your upper sleeve or elbow, not your hand.
- Throw used tissues in a lined wastebasket, and wash your hands.
- Lining the wastebasket with a plastic bag makes waste disposal safer.
- Clean your hands after emptying the wastebasket.

Wear a mask over your nose and mouth

- Wear a mask if you must leave your house to see a health care provider or to get tested for COVID-19.
- Wear a mask when you are within 2 metres of other people, or stay in a separate room.
- If you do not have a mask, maintain 2 metres distance from people and cover your cough and sneezes. See physical distancing.

What should I do if I develop symptoms?

- Complete the COVID-19 Self-Assessment.
- Contact Telehealth (1-866-797-0000) or your health care provider if you have questions.
- Anyone with whom you had close physical contact (e.g., in your household) in the two days before your symptoms started or after symptoms started should also self-isolate. If you have questions about this, follow the advice of your local public health unit.
- Your local public health unit or testing provider will tell you how long you need to self-isolate based on your test results and situation.
- When you stop isolating, you should continue with physical distancing measures and wear a mask when unable to maintain 2 metres distance from people outside your household.
- If you are still unwell at the end of your self-isolation period, contact Telehealth or your health care provider.

Learn about the virus

To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health’s website at ontario.ca/coronavirus.

For more information, please contact: ________________________________

The information in this document is current as of October 28, 2020

©Queen’s Printer for Ontario, 2020
What To Expect If You Get COVID-19

Most people with COVID-19 get better with fluids, rest and over-the-counter medications for fever and aches.

Call your family doctor if you test positive for COVID-19 to check if you need an oximeter to track your oxygen levels. Track your symptoms daily, especially on Days 5-10 because that is when you’ll know whether you need further medical attention.

Days 1-3
The first day of symptoms of COVID-19 is Day 1.

- Mark Day 1 on your calendar.
- Read through the guidelines on isolation included in this package.
- Early symptoms of COVID-19 can vary, including:
  - Sore throat, runny nose, cough
  - Headache
  - Fever
  - Muscle pain
  - Shortness of breath
  - Chest pressure
  - Diarrhea, nausea, vomiting
  - Rashes, including blistering or swelling of the toes or fingers.
  - Confusion
- Some people don’t get symptoms at all, and simply test positive for COVID-19. They must still isolate as directed by Public Health.

Days 4-6

- Some patients have mild symptoms that improve after a week.
- Other patients feel awful with constant fever, aches and pains, chills and sweats, cough and so on.
  - These patients may feel better if they sleep on their stomach or their sides (see below).
  - Their appetite may be affected especially if they have a loss of smell or taste

Days 7-12

- Patients who are getting better should continue to rest and hydrate.
- Patients who have a more severe illness must monitor their symptoms and oxygen levels and call their family doctor if they have red flag symptoms. Some will need to go to the hospital while others can continue recovering at home with closer monitoring.
  - These patients may feel better if they sleep on their stomach or sides (see below).

Adapted from The COVID-19 Symptom Timeline from the Georgian Bay Family Health Team, North Simcoe Muskoka LHIN, 2021.
• Call your family doctor or call the 24/7 COVID@Home Halton hotline at (905) 855-9090 if you get any of the following red flag symptoms:
  o Worsening shortness of breath when crossing a room, getting dressed, eating
  o Being breathless for something that didn’t make you breathless the day before
  o Chest pain or pressure
  o Lethargy or confusion
  o Inability to keep down food or fluids
  o Oxygen levels consistently less than 92% at rest and with activity

Days 13-14
• Patients with mild or moderate illnesses will have begun to feel better. Patients with severe symptoms, who required additional treatment, will take far longer to recover.
• Some patients will have lingering symptoms of fatigue and other issues. Let your doctor know if this is the case.
• Resume gradual return to regular activity.

How To Use An Oximeter

Oximeters are small devices that clip onto your fingertip to measure your oxygen level and heart rate. They are used commonly in medical offices and hospitals. The one you will use will be battery operated, so check and replace the batteries as needed.

Here’s how to use an oximeter:
1. Sit in a comfortable position.
2. Make sure your hands are clean and warm. Remove any nail polish or artificial nails or any bandages covering the finger you are using to check your oxygen level.
3. Open the oximeter like a clothes pin. It should open easily and will be wide enough to fit your finger inside as far in as it goes. Keep your hand still.
4. Wait for the numbers to stabilize.
5. The top number is your oxygen level. Record this number in the oxygen level column.
6. The bottom number is your heart rate. Record this number in the heart rate column.
7. Remove your finger and the device will turn off automatically.

Normal oximeter readings range from 92% to 100%.

If your readings are consistently below 92% at rest and with activity, you must call your family doctor or the 24/7 COVID@Home Halton hotline at (905) 855-9090.

Like other electronic devices, do not get the oximeter wet. Please return the oximeter once you are recovered and no longer need it.

Adapted from The COVID-19 Symptom Timeline from the Georgian Bay Family Health Team, North Simcoe Muskoka LHIN, 2021.
Sleeping On Your Stomach or Side

Do not lie on your back the whole time you are sick with COVID-19. Lying on your stomach or side will not only make you feel better, it will also circulate air to other parts of your lungs. Here’s how to do timed position changes to maximize your recovery from COVID-19. Cycle through each position, holding them for 30 minutes to 2 hours.

1. Lying on your stomach.
2. Lying on your right side.
3. Sitting up.
4. Lying on your left side.
5. Lying back on your stomach.

Do not hesitate to call your doctor or the COVID@Home Halton hotline at (905) 855-9090 if you feel like your symptoms are quickly worsening!

Adapted from The COVID-19 Symptom Timeline from the Georgian Bay Family Health Team, North Simcoe Muskoka LHIN, 2021.
Links2Care Instructions on Picking up or Returning the Pulse Oximeter

If using Links2Care:

**Pickup**
Please pickup the Pulse Oximeter at one of the locations noted below during regular business hours (Monday – Friday, 0900 – 1600). Please ensure the individual picking up the Pulse Oximeter is symptom free of COVID and is not required to observe a quarantine period.

**Return**
Upon completion of the COVID@Home Monitoring Program, you may chose to return the Pulse Oximeter(s) that you have been utilizing. If opting to return the oximeter, please follow the brief instruction below:

1. Wash your hands with soap and water or hand sanitizer

2. Place the Pulse Oximeter after it has been sanitized with the alcohol wipes into a clear sealable bag (e.g. ziplock bag)

3. Please return the Pulse Oximeter** inside the sealed bag to the locations identified below, again during regular business hours (Monday – Friday, 0900 – 1600). Please ensure the individual dropping off the Pulse Oximeter is symptom free of COVID and is not required to observe a quarantine period.

- **Links2Care Oakville Site**
  2030 Bristol Circle, Suite 202
  Oakville, ON, L6H 0H2
  Fax: 905-844-5656
  Ph: 905-844-0252

- **Links2Care Georgetown Site**
  360 Guelph Street
  Georgetown, ON, L7G 4B5
  Toll Free: 1-866-920-6502
  Fax: 905-873-6195
  Ph: 905-873-6502

Thank you for your cooperation
# Exercise/Activity Log

<table>
<thead>
<tr>
<th>Date</th>
<th>Type of Exercise/Activity</th>
<th>Breathlessness scale <em>keep below 4</em></th>
<th>Oxygen Level after exertion <em>Keep above 92%</em></th>
<th>Heart Rate after exertion <em>keep below 120bpm</em></th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>