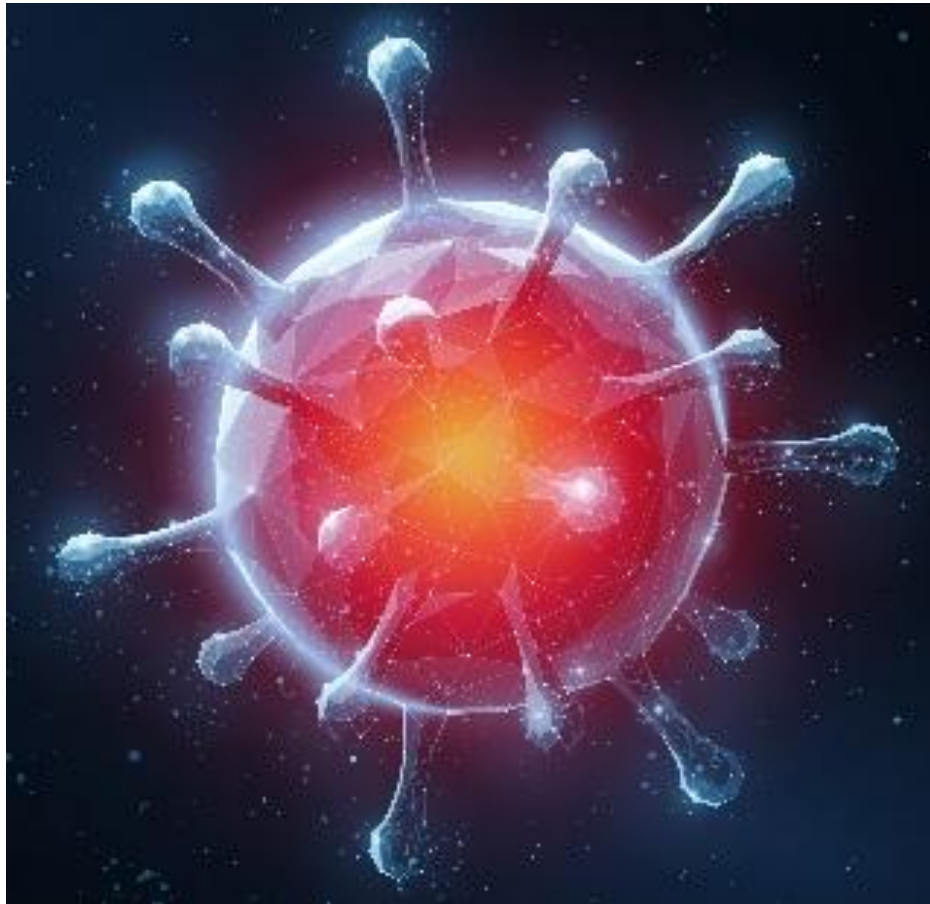
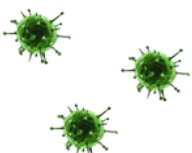




ACE GUIDE TO MANAGING COVID-19



Positive Attitude, Negative Status



THE MOST COMMON COVID SYMPTOMS REPORTED TO DATE

1. Fever
2. Sore throat
3. Continuous dry cough
4. Shortness of breath
5. Loss of taste/smell
6. Diarrhea
7. Fatigue

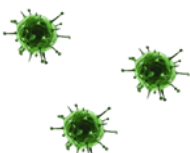
COVID THREE STAGES:

1. **Covid only in the nose** – recovery time is half a day (Steam inhaling), vitamin C. Usually no fever. Asymptomatic.
2. **Covid in the throat** – sore throat, recovery time 1 day (hot water gargle, warm water to drink, if temperature then paracetamol. Vitamin C, B complex. If severe then antibiotics.
3. **Covid in lungs** – coughing and breathlessness 4 to 5 days. Vitamin C, B complex, hot water gargle, oximeter, paracetamol, cylinder if severe, lot of liquid required, deep breathing exercise.

Stage when to approach hospital: Monitor the oxygen level. If O₂ level drops near 45 (normal range between 98-100), you will require an oxygen cylinder. If available at home, no hospital admission required.

COVID HOME MEDICAL KIT

1. Paracetamol
2. Betadine for mouthwash and gargling
3. Vitamins B complex, C and D3
4. Vitamin C
5. Vitamin D
6. Vapour + capsules or vapor rub for steaming
7. Pulse Oximeter
8. Oxygen cylinder (medical oxygen for emergency only)
9. Breathing Exercises



IF YOU HAVE BEEN TESTED POSITIVE, OR HAVE SYMPTOMS OF COVID-19

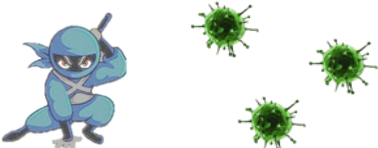
1. Stay calm & Self-quarantine at home for 14 days
2. Do **NOT** go to work
3. Do **NOT** use public transport
4. Do **NOT** go to public places
5. Do **NOT** go shopping
6. Do **NOT** visit anyone (family included)
7. Do **NOT** attend religious gatherings
8. Do **NOT** have visitors in your home
9. Do **NOT** leave unless you require medical care

ACE Suggestion

Concentrate on your health and recovery. Follow the necessary steps and feed your body the nutrients it needs in the battle against the virus.

WHEN TO SEEK MEDICAL HELP

1. If your symptoms are worsening
2. If your symptoms have not improved after 7 days
3. If you become confused or have difficulty concentrating
4. If you develop a new fever or your fever returns
5. If you develop chest pain
6. If your breathing becomes difficult, and the number of breaths you take in one minute exceeds 25.



IF YOU TEST POSITIVE FOR COVID-19

1. Separate yourself from members of the household
2. Use a separate bathroom. If you have to use one bathroom, clean and disinfect thoroughly after each use
3. Remain at least 2m away from others in the house
4. Manage your symptoms and ensure to be considerate when coughing, sneezing and keeping hands clean.

ACE Suggestion

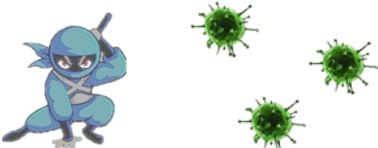
Isolate yourself completely and stay hydrated. Monitor your symptoms and concentrate on recovery.

WHAT SHOULD THE FAMILY DO IF YOU ARE POSITIVE WITH COVID-19

1. All close contacts should quarantine for 10-14 days from the day of your positive test.
2. If any family member develops any symptoms it is not necessary for them to be tested as well. They should be treated as if they are positive and follow the same advice.

ACE Suggestion

No contact until confirmation is received of full recovery. Disinfect your house & hands frequently with ACE's Hydro Alcoholic Range.



YOU ARE AT GREATER RISK AND REQUIRE CAREFUL MONITORING IF

1. You are older than 60 years of age
2. You are overweight and unfit
3. You have medical conditions including:
 - Hypertension
 - Diabetes
 - Cancer
 - HIV or TB

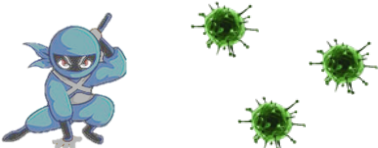
ACE Suggestion

Consider a pulse oximeter. This device measures the oxygen saturation (level) in your blood and helps to identify early on when you are in need of medical attention. The oxygen saturation should always be greater than 92%

STRENGTHEN YOUR IMMUNE SYSTEM

Improve your lifestyle habits as below:

1. Improve diet
2. Stay hydrated
3. Sleep enough and well
4. Stay active
5. Stop smoking
6. Take the following vitamins:
 - ✓ Zinc
 - ✓ Vitamin D
 - ✓ Vitamin C
 - ✓ Vitamin B complex



BREATHING EXERCISES TO CLEAR YOUR LUNGS

The idea is to get the lower part of your lungs to **EXPAND** so that any mucus collecting there can be dislodged and coughed out

Exercise 1: Belly Breathing

1. Lie on your back.
2. Bend your knees.
3. Breathe deeply through your nose, allowing your chest and belly to expand.
4. Breathe out through your mouth at least twice as long as your inhale.
5. Perform for 1 minute.
6. Rest for 30 seconds.

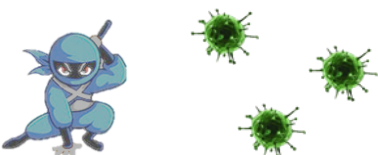
Exercise 2: Breathing Cough

1. Take a **DEEP** breath in through your nose.
2. Hold your breath for 5 seconds.
3. Breathe out through your mouth.
4. Do this 5 times — 5 breaths in total.
5. Next, take a 6th deep breath in, and at the end of it cough strongly — covering your mouth when you do so.
6. The 6 breaths + cough at the end represent 1 cycle.

Repeat this cycle twice.

ACE Suggestion

Perform these exercises at least twice per day.



HAND HYGIENE

Hands are one of the most common ways the virus spreads. Washing your hands is a cheap and easy way to protect yourself.

Proper Washing

1. Wet hands with clean water
2. Apply enough soap to cover both hands
3. Scrub all over hands, including both sides, in-between fingers and nails
4. Rinse thoroughly
5. Dry with clean towel

ACE Suggestion

Wash/sanitize hands as often as possible, for at least 20-30 seconds at a time.

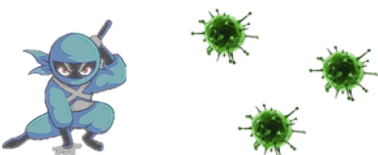
PREVENTING THE SPREAD OF COVID-19

Follow these simple techniques for effective spread containment:

1. Dry with clean towel
2. Proper sneeze & cough etiquette
3. Avoid touching your face
4. Practice social distancing
5. Clean surfaces and hands before use

ACE Suggestion

Be aware of your surroundings in order to practice effective virus-prevention techniques. Wash/sanitize hands before and after meals, using the bathroom, touching ANY public objects/surfaces. Stay home if you can.





CORONAVIRUS

COVID-19



DO'S



Always wash your hand and use hand sanitizer



Social Distancing



Use mask



Cover nose and mouth while coughing and sneezing



Eat more vegetables and fruits

DONT'S



Touching public service surface with your bare hand (lift button, door, gate, etc)



Crowded place / travel



Sharing utensils, tableware, and personal hygiene item



Touching nose, eyes and mouth before washing your hand



Contact with animal



COVID-19 / CORONAVIRUS WARNING



WASH HANDS!
USE SOAP
OR HAND SANITIZER!

