



In-Home Precautions While Awaiting Ambulance pickup

Standard Operating Procedure

All persons with possible Ebola Virus Disease (EVD) must be admitted to an isolation healthcare facility. This is critical to maximize the chances of the person's survival, protect their family and loved ones, and interrupt transmission and avoid secondary cases.

While waiting for the ambulance to pick up the person with possible EVD, it is important to maintain safety of others.

It's important to remember that:

1. Ebola virus is spread from person to person by physical contact with infected persons or their fluids (such as sweat, blood, vomit, stool, urine, and other body fluids).
2. It is important for household contacts to limit all direct physical contact with infected patients or the patient's body fluids to prevent infection.
3. Contact with materials such as clothing and beddings that have been contaminated by body fluids of a patient can cause family members to get Ebola.
4. Hospital referral of suspected ebola is recommended because the patient has a better chance of survival when treated in an isolation ward with good clinical practices. In addition isolation of symptomatic contacts reduces potential infection of relatives and their home care givers.

Taking care of the patient at home is NOT recommended. The information below helps reduce disease transmission to other members of the household or the community while awaiting transport to an isolation ward. While not preventing it entirely, the information below can help to reduce the risk of household members becoming infected.

To reduce risk of infection, the following **general recommendations** should be followed:

1. The patient should be asked to restrict movement to one room or area in the household and should avoid leaving it, if possible. If possible, rope off the area.
2. The patient should be asked to use one toilet that other household members do not use.
3. Avoid any direct contact with other family members if possible.
4. If care must be given to the patient, only one family member should be designated to provide the care.
5. Waterproof gloves without holes, such as household heavy-duty rubber gloves should be worn before entering the room and before touching any surfaces or the patient.
6. Hands should be washed very well before and after entering the patient's room.
7. Persons should avoid stepping in any fluids (vomit, blood, diarrhea).
8. Caregivers can avoid contact with body fluids by staying behind or to the side of the patient while giving care.

9. It is important to avoid any direct contact with the patient's clothes, bedding and other household items the patient has touched including bowls, cups, plates, etc.
10. A mask or a dry towel wrapped around the face can be used to protect the nose and mouth when entering the patient's room.

Care and cleaning:

1. Ideally, it is best to select one person to look after the patient.
2. Caregivers should avoid cleaning any areas that have been soiled.
3. If areas must be cleaned, caregivers may carefully use diluted bleach solution (1 part concentrated bleach with 5 parts water). Hands must be washed very well immediately afterwards.
4. Caregivers should wear household rubber gloves or use towels soaked in bleach to avoid direct contact with the patient or patient's body fluids: blood, vomit, stool, or urine.
5. The bleach solution loses its effectiveness after 24 hours, so fresh solutions must be prepared every morning.
6. For cleaning any fluids from the patient, such as blood stains, vomit, stool, or urine:
 - Carefully pour the bleach solution on soiled area so it's covered
 - Wait at least 5 minutes
 - Soak a large towel in the clean bleach solution.
 - Use that soaked towel to clean off the blood.
 - Place the soiled towel in a bucket and cover with bleach solution.
 - Place rubber gloves in the bucket.
 - Soiled towels and gloves must be soaked in a bucket filled with bleach solution for at least one hour. After one hour, the towels may be washed with soap and reused once they are dry.
7. Never put bleach or bleach solution in the patient's mouth or eyes.
8. Used and soiled bleach must be emptied into the latrine/toilet used by the patient.
9. When visiting the patients, always stay behind or to the side of the patient; if possible, never face the patient.
10. Use bleach-soaked towels for carrying or moving the patient.
11. Any waste should be placed in 2 large plastic bags and kept aside for pick-up.

In the event of the patient's death:

12. DO NOT TOUCH THE BODY. It is highly infectious.
13. Notify health authorities to immediately retrieve it.

The RRT should train the family caregivers.

Register all contacts of symptomatic primary contacts