



COVID-19

Taking Care of
Yourself and Others



RECOVERING
FROM COVID-19



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TIPS TO MANAGE DRY COUGH

A dry cough is likely to put greater strain on your throat.

Here's how to manage a DRY COUGH:

- Stay hydrated with plenty of water (preferably lukewarm).
- Take small sips of fluids to facilitate swallowing.
- Warm drinks like honey and lemon are soothing to the irritated throat.
- Steam inhalation to aid a dry cough.
- Salt water or Betadine gargle can be effective for treating a sore throat.
- If you feel the need to cough but don't have a soothing drink or water at hand, swallow repeatedly.

TIPS TO MANAGE PRODUCTIVE COUGH

A phlegmatic or productive cough can become difficult to manage since you have to spit out the phlegm-filled sputum regularly. Proper disposal of sputum (into a disposable handkerchief) is very important.

- Stay hydrated.
- Inhale steam at least three times a day to loosen the phlegm

congested in the lungs.

- Lie on either the left or right side, instead of on your back. This may assist in draining the phlegm faster.
- Walk around your room, as movement increases the functioning of the lungs, and can also move the phlegm to facilitate expulsion.



TIPS TO MANAGE FATIGUE

Chronic fatigue is classified as fatigue lasting more than six weeks. The impact of fatigue is more than just lower productivity.

Here's how to manage your fatigue:

- Plan for demanding (physically, mentally) and repetitive tasks.
- Stagger regular breaks throughout the day to allow for both physical and mental restoration, as well as social distancing.
- Plan your daily schedule to allow you a better plan for completing your work, as well as sleep between work periods.



TAKE CARE OF YOUR EMOTIONAL WELLBEING

The disease may impact your emotional wellbeing too. Some psychological impacts of infection are:

- Fear and worry about your health and the health of your loved ones, your financial situation or job, or the loss of support services you rely on.
- Fear of social stigma.

- Irritability, anger, confusion.
- Frustration, loneliness.
- Denial, anxiety, depression, insomnia, despair.

Here are some things which you can do to cope:

- Take a break from constantly watching the news.
- Stay connected with loved ones.
- Engage in your hobbies.
- Take adequate rest.
- Maintain a healthy diet.
- Do light exercises if your condition permits.
- Do not hide your illness.
- Read positive stories of those who have recovered.

HOME TREATMENT INSTRUCTIONS FOR CAREGIVERS

Mask:

- Wear a triple-layer medical mask appropriately when in the same room with an infected individual.
- Do not touch or handle the front portion of your mask during use.
- Change your mask immediately if it gets wet or dirty with secretions.
- Discard mask after use; perform hand hygiene after disposal.



Hand Hygiene:

- Use soap and water to wash your hands. Alcohol-based hand rub can be used, if hands are not visibly soiled.
- After washing, use disposable paper towels to dry your hands. If not available, use dedicated clean cloth towels.



Exposure to Patient:

- Avoid direct contact with the body fluids of the patient, particularly oral or respiratory secretions.
- Use disposable gloves while handling the patient. Perform hand hygiene before and after removing gloves.
- Avoid exposure to potentially contaminated items in the patient's immediate environment (e.g. avoid sharing cigarettes, eating utensils, dishes, used towels or bed linen).
- Food must be provided to the patient in



their room.

- Utensils and dishes used by the patient should be cleaned with soap/detergent and water, whilst wearing gloves.
- The utensils may be reused.

What can you do to support family members who test positive for COVID-19?

- Give messages of hope.
- Do not stigmatise or discriminate.
- Assist with shopping and other needs that may arise outside their homes.



MAINTAIN A HEALTHY DIET



Good nutrition is very important before, during and after an infection. While no foods or dietary supplements can prevent COVID-19 infection, maintaining a healthy diet is an important part of supporting a strong immune system.

Long-lasting fresh fruits and vegetables



WHO recommends consuming a minimum of 400g (i.e. 5 portions) of fruits and vegetables per day. Citrus fruits like oranges, clementines and grapefruit are good options, as well as bananas and apples, which can also be cut into smaller pieces and frozen for later consumption or to add to smoothies. Root vegetables such as carrots, turnips and beets, as well as vegetables like cabbage, broccoli and cauliflower are relatively nonperishable. Garlic, ginger and onions are also great options to keep at home, as they can be used to add flavour to a variety of meals.

Frozen fruits and vegetables



All frozen fruits such as berries, pineapple and mango are great options, as they still contain high levels of fibre and vitamins and are often less expensive than the fresh versions. These frozen fruits can be added to juices, smoothies or porridge, or eaten with low-fat plain yogurt after defrosting.

Frozen vegetables are nutritious, quick to prepare, and consuming them can help reach the recommendations, even when fresh foods are scarce.

Dried and canned pulses



Beans, chickpeas, lentils and other pulses are great sources of vegetable protein, fibre, vitamins and minerals. These are also rather versatile and can be used for stews, soups, spreads and salads.

Whole grains and starchy roots



Wholegrain rice and pasta, oats, buckwheat, quinoa and other unrefined whole grains are excellent foods as their shelf life is long, they can easily be prepared, and they contribute to fibre intake. Unsalted crackers and wholegrain bread are also good options. Bread can conveniently be frozen for later use, ideally in slices for easier defrosting, to extend its freshness.

Starchy roots such as potatoes, sweet potatoes and cassava are also long-lasting and good sources of carbohydrates. These should ideally be baked, boiled or steamed. Leave the skins on for extra fibre and flavour.

Dried fruits, nuts and seeds



Particularly unsalted and unsweetened, these may serve as healthy snacks or be added to porridge, salads and other meals. Nut butters or spreads are also good options, as long as you choose 100% butter that does not have added sugar, salt, or partially hydrogenated or palm oils.

Eggs



Eggs are a good source of protein and nutrients, and are incredibly versatile. Opt for boiling or poaching rather than frying.

Canned fish



Canned tuna, sardines and other fish are good sources of protein and healthy fats. These can make a healthy addition to salads, pasta or wholegrain bread. If possible, choose fish canned in water rather than oil or brine.

Reduced-fat, shelf-stable milk



Dairy products provide an inexpensive source of protein and other nutrients. Choosing reduced-fat dairy is one way to reduce saturated fat consumption, while also getting all the benefits of dairy.

Tips to remember:

- Divide your daily calorie intake into 5-6 small meals.
- Eat fibre, like whole grain cereals, grams and pulses, oats etc.
- Consume at least 4-5 servings of fresh fruits and vegetables daily.
- Water intake should be at least 2 litres a day.
- Eat home-cooked food.



REGAINING YOUR STRENGTH

Due to damage caused by the virus to the lungs and other organs, the body takes time to recover and get back to its former state. Reach out to a therapist for help in adjusting to your new energy levels and limitations.



Some things that could help:

- Get support from your family members and friends.
- Take gradual steps towards regaining strength.
- Reorganise some things in your life so they require less energy while you recover.
- Keep frequently used items in easily accessible places. Store items at a convenient height to avoid excessive stretching.
- Prioritise activities - do only those which are absolutely necessary.
- Take plenty of rest in between activities.
- Breathe easily and properly during the activities.
- Don't do strenuous activities which cause a lot of physical exertion.
- Do breathing exercises regularly.

COVID-19 VACCINES



Adults, babies and children in Namibia and all over the world have been receiving vaccines for many years. A vaccine provides a degree of immunity against COVID-19. This means that it will help your body recognise the virus and also teach your body how to fight it. There is no active COVID-19 virus inside the vaccine so it cannot give you the disease.

The first mass vaccination programme against COVID-19 started in early December 2020 and the number of vaccination doses administered is updated daily. At least 13 different vaccines (across 4 platforms) have been administered. Campaigns have started in 206 economies.

VACCINE NAME	WHO EMERGENCY USE LISTING (EUL) DATE
Pfizer/BioNTech	31 December 2020
SII/Covishield and AstraZeneca/AZD1222	16 February 2021
Janssen/Ad26.COV 2.S (Johnson & Johnson)	12 March 2021
Moderna COVID-19 vaccine (mRNA 1273)	30 April 2021
Sinopharm	7 May 2021

The U.S. Food and Drug Administration (FDA) gave the Pfizer/BioNTech COVID-19 vaccine full approval on 23 August 2021.

COVID-19 vaccines aim to:

- Elicit production of protective levels of antibodies against SARS-CoV-2
- Establish immunological memory in the vaccine recipient
- Ultimately stop the transmission of SARS-CoV-2, thereby halting the pandemic and preventing the morbidity and mortality associated with COVID-19





What steps are taken to ensure the COVID-19 vaccine is safe?

COVID-19 vaccines have gone through a proper testing process, including large trials that involved tens of thousands of people. These trials were designed to identify any common side-effects or other safety concerns.

Independent regulators also reviewed the efficacy and safety of the vaccines before they were approved for use. The process was not rushed. Millions of people around the world have already started getting the vaccine.



How is the vaccine given?

You must get vaccinated by a trained healthcare worker at an accredited facility. The vaccine is given through an injection in your arm. Depending on what make of vaccine you receive, you might have to return for a second dose, but your healthcare worker will inform you when to do so.

Remember, the more people get vaccinated, the less the virus can spread in our communities.

Knowing the facts

✘ MYTH

Vaccines are unsafe and rushed.

✔ FACT

No step in the development and testing of the COVID-19 vaccines has been skipped. Millions of people who have already taken the vaccine have NOT become ill or died.

✘ MYTH

The vaccine will change my DNA.

✔ FACT

Some people think that because some of the vaccines are made using RNA technology, it means the RNA will interact with their DNA. The vaccine CANNOT change your DNA.

✘ MYTH

Vaccines contain microchips to track and control people.

✔ FACT

There is NO microchip or any other substance in a vaccine that can be used to track or control people.

✘ MYTH

5G networks cause the coronavirus through radiation emissions.

✔ FACT

Viruses CANNOT travel on radio waves and mobile networks. COVID-19 is spreading in many countries that do not have 5G mobile networks.

✘ MYTH

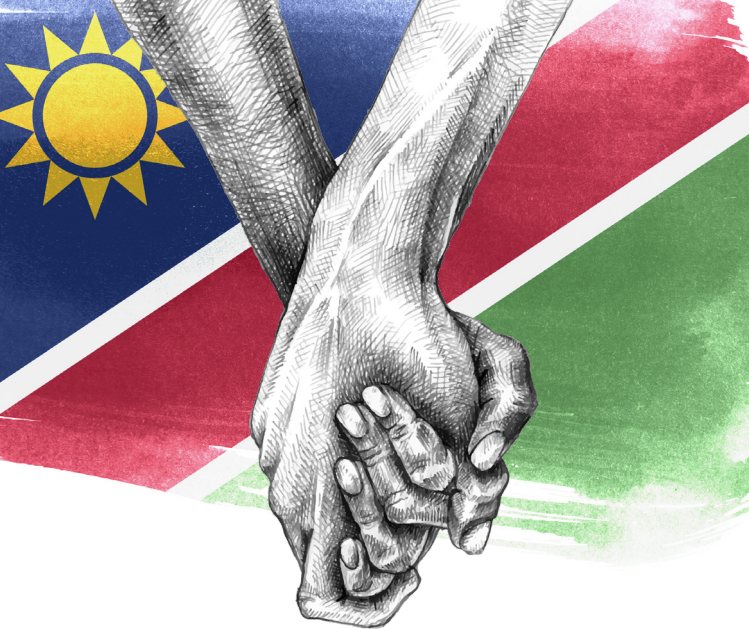
The vaccines have the mark of the Beast - 666.

✔ FACT

Vaccines have no connection with any religious organisations and cannot be infused with spirits, demons, or other abstract ingredients. There is no conspiracy to possess, bewitch or control anybody.

Sources:

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