

PACK Home

Practical Approach to Care Kit

Information and Advice for the Home:

- Coping with coronavirus
- Looking after your health
- Living with a chronic condition

2020



Welcome to PACK Home

PACK Home contains information about coronavirus (COVID-19) and about common chronic conditions. You can read advice on how to care for yourself and your family during this time as well as how to care for yourself if you have a chronic condition.

PACK Home was developed by the Knowledge Translation Unit, University of Cape Town Lung Institute in collaboration with the Western Cape Department of Health. We have built on our package for community health workers, PACK Community, and have worked closely with role-players in the delivery of primary care during the COVID-19 outbreak. We thank those who informed and reviewed the content of PACK Home:

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DISCLAIMER: This information should not be considered as medical advice. It is not a replacement for a visit with a nurse, doctor or other healthcare professional. If you have concerns about your individual medical situation, please see a healthcare professional. This information is provided on an "as is" basis without any warranties regarding accuracy, relevance, usefulness or fitness for purpose. You use this information at your sole risk.

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COVID-19: Guidance for Community Leaders

What to promote in your community?

1. Promote Hope

- Provide clear, accurate information on COVID-19 and risk for vulnerable groups in the local languages.
- Emphasise that the pandemic will come to an end.
- Encourage people who have recovered from COVID 19 to share their stories in the community.

2. Promote Calm

- Ensure you have a plan for your community for dealing with COVID-19 that is clearly communicated.
- Warn your community about the danger of fake news and to only read or listen to trusted sources.

3. Promote a sense of safety

- Ensure that your community has access to food, clean fresh water, soap, and clean ablutions.
- Ensure that community members feel that their physical safety and that of their families as well as their assets are protected.

4. Promote social connectedness with social distance

- Ensure that community members are aware of communication channels for communicating needs and concerns.
- Strengthen the culture of 'ubuntu' (looking out for one another).

5. Promote Self- and Community efficacy

- Ensure that community members have clear and accurate information on how to protect themselves and their families from getting COVID-19.
- Ensure community members collaboration.

What to avoid in your community?

- Avoid one size fits all strategies.
- Do not duplicate what has already been done, draw from these resources.
- Do not use a charity model that treats people in your community as beneficiaries.
- Reduce stigma through avoiding use of stigmatising language and "labelling" of persons with COVID-19.
- Do not assume that everyone in your community will be affected in the same way, or that people who appear resilient need no support.
- Do not create or share media images that sensationalise peoples suffering or reinforce trauma.



Steps to Consider:

1. Develop a communication strategy for your community that utilises existing government approved materials. Communication channels could include: community radio, community newspaper; mobile messaging, social media and whatsapp groups where community members can share concerns and address common problems.

Ensure your communication strategy includes provision of clear information on:

- How to protect yourself and family in the home.
 - What to do if someone has the symptoms (where to go, who to speak to).
 - What will happen when the fieldworker come to test for COVID-19.
 - What will happen if someone tests positive for COVID-19.
 - Quarantine arrangements and procedures if off-site quarantine plans are adopted.
 - How peoples' homes will be protected from invasion, if they are moved to off-site facilities.
 - Care of children, if parents test positive for COVID-19 and need to be isolated off-site.
2. Ensure all public health messaging in your community avoids use of any geographical/ ethnicity labels or use of 'victim', 'suspect', 'infecting', 'spreading to others'. Instead use 'person being COVID-19'.
 3. Assign a point of contact person to maximise communication between you and your local health authorities.
 4. Assess what resources are available for addressing
 - Basic needs such as housing, water, food, sanitary products
 - Security including for interpersonal violence
 - Peoples' mental and spiritual well-being
 5. If these resources are insufficient - link with the necessary government authorities and NGOs to access these services.
 6. Ensure that the information on how to access these resources are part of the community communication strategy.
 7. If ablutions are shared, capacitate and equip janitors to ensure sanitary conditions.
 8. Co-develop local strategies for taking care of one another especially vulnerable groups as well as reducing movement for example:
 - Ensure the vulnerable households who might require extra attention are taken care of by neighbours.
 - Reduce the number of people who go out to the market e.g. low risk people buying groceries for those at high risk (elderly people).
 - Reducing the number of people who fetch water or dispose of waste or use public transport.



Coronavirus Disease 2019 - COVID-19

- COVID-19 is similar to flu, causing cough, fever, sore throat, fatigue and aching muscles.
- When severe it causes pneumonia with difficulty breathing.
- Most people who get it have a mild illness and recover without treatment.
- Those over 60 years or with a chronic condition like HIV, TB, heart or lung disease are more at risk of severe COVID-19.



Coronavirus spreads easily

When a person with COVID-19 coughs or sneezes, they leave the virus on surfaces and in the air. You can catch COVID-19 if:

- You touch these surfaces and then touch your face, eyes, nose or mouth or
- You have close contact (1,5 metres) with a person who has coronavirus.



COVID-19 is not associated more with a specific group of people, we are all equally able to catch and transmit the disease.



- COVID-19 is a new disease, there is much that we still do not know about it.
- Avoid fake news about COVID-19 – only share information from official sources.
- People often fear what is new or unknown. This fear makes it easy to blame others.
- Support those who have or may have COVID-19 to seek healthcare and cope with everyday life while unwell or in isolation.

**Be kind to each other
- to your family, friends, colleagues, neighbours -
we are all in this together.**

Protect yourself and your household from coronavirus

Follow the 5 Golden Rules of Good Hygiene to stop the spread of coronavirus:

1

Wash your hands often for at least 20 seconds with soap and water.



2

Do not touch your face with unwashed hands



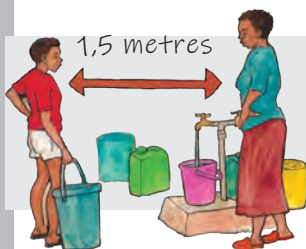
3

Cough or sneeze into a tissue or your elbow. Safely throw away the tissue.



4

Keep 1,5 metres apart from others.



5

Stay home if unwell.
Contact a hotline or your health worker.



Wash your hands

Wash your hands as often as you can, but especially:

- After using the toilet or changing nappies.
- Before preparing or eating food.
- After caring for the sick.
- After touching frequently touched public surfaces like door handles, ATM keypads and taxi seats.

How to wash your hands

- Use these steps to wash your hands for at least 20 seconds.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand.

20
seconds



1
Rub palms
together



2
Rub tips
of nails
against palm.
Swap hands.



3
Rub fingers
between
each other.



4
Place one hand over
back of other, rub
between fingers.
Swap hands.



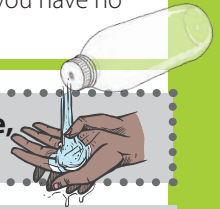
5
Grip fingers
and rub
together.



6
Rub each thumb
with opposite
palm. Swap
hands.

- Rinse your hands with clean water and dry on paper towel or allow to dry on their own.
- If you have hand sanitiser use it if your hands are not dirty and only if you have no soap and water.

If you don't have running water in your home, make a hand washing container



1
Make a hole in the lid of an empty plastic bottle.

2
Fill the bottle with water.

3
Screw on the lid.

4
Wet hands with a little bit of water.

5
Wash your hands following the steps above.

6
Rinse your hands and the bottle.

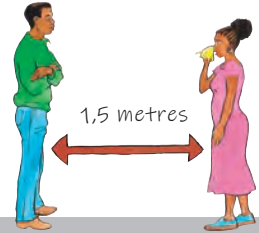


Don't touch your face with unwashed hands.

Keep apart from others

Social Distancing Why and how do we keep apart from each other?

- When a person with coronavirus coughs or sneezes, they leave the virus on surfaces and in the air.
- You may catch coronavirus if:
 - You touch these surfaces and then touch your face or
 - You have close contact (1,5 metres) with a person who has coronavirus.

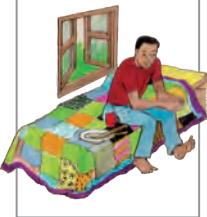


Keep apart from others to allow less chance for coronavirus to spread.

- This will help protect those at risk of severe coronavirus, like those over 60 years or those with HIV, TB, heart or lung problems.
- It will also mean less stress on our clinics and hospitals so that those who need healthcare can still get it.

How do we keep apart from each other?

Stay home.



Keep at least 1,5 metres apart from people.



Only go shopping if you have to for food or medications.



Avoid public spaces and public transport if possible.

Cancel your social plans: no parties, sports events, meetings or group religious activities



Do not shake hands, hug or kiss anyone outside those in your home.



Show care for your community while practising social distancing.

Wear a mask in public

Use a cloth mask when you come into contact with people

- Using public transport
- Shopping
- Attending essential services



If you are sick with coronavirus or caring for someone who has it, speak to your health worker or hotline about what masks and protection to use.

Use a cloth mask safely:

- Cloth masks do not replace the **5 Golden Rules of Good Hygiene**.
- Well made cloth masks used correctly may offer some extra protection.

1



When putting on the mask:

- Wash your hands first.
- Place the inside of a clean mask against your face.
- Cover your nose and mouth.
- Make sure it fits well, don't touch the cloth part.

2



While wearing the mask:

- Do **not touch your face** or fiddle with the mask.
- Remove the mask if wet.

3



When taking off the mask:

- Touch only the straps.
- Keep it in a container until you wash it.
- Wash your hands after taking it off.

4



Caring for your masks:

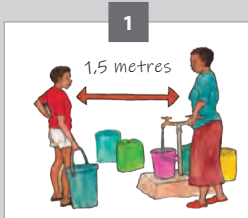
- Have 2 masks to have a clean one ready.
- Do not share masks with other people.
- Wash the mask with soap and hot water.
- Dry in the sun and iron to disinfect it.

A good cloth mask:

- Has at least 3 layers:
 - Outer two layers are made from thick weave cotton like denim, calico, upholstery fabric or shweshwe. Inner layer is made from soft cotton.
 - Use fabrics that can be washed in hot water and ironed. Avoid T-shirt fabric.
- Is square with 3 pleats to fit well.
- Covers from above the nose to below the chin and up to the ears.
- Has straps that tie behind the head.

Using shared toilets and taps

If you use shared toilets and taps in an informal settlement, follow these rules to avoid getting coronavirus:



If there is a queue, avoid close contact with others – stand at least 1,5 metres apart.



Avoid touching surfaces with bare hands. Use your elbow, foot or paper to touch surfaces like door handles, toilet seat, flusher or tap. Discard paper used to touch surfaces safely in a dustbin.



Do not touch your face, eyes, nose or mouth until you have washed your hands.

Wash your hands well before and after using the shared toilet.

How to wash your hands

- Use these steps to wash your hands for at least 20 seconds.
- Roll up your sleeves, rinse hands in clean water and apply soap to palm of hand.
- If no soap and water available, use hand sanitiser instead.



Rub palms together



Rub tips of nails against palm. Swap hands.



Rub fingers between each other.



Place one hand over back of other, rub between fingers. Swap hands.



Grip fingers and rub together.



Rub each thumb with opposite palm. Swap hands.

20
seconds

- Rinse hands with clean water and dry on paper towel or allow to dry on their own.

My COVID-19 test is positive

Don't panic. Most with COVID-19 have mild symptoms that last about 1 week.

Prevent spread to others

- Stay at home. Everyone in your household must stay home as they might have coronavirus too.
- Separate yourself from others at home in another room.
- Make sure there is someone to care for you and you can get healthcare easily if you need it.

If you cannot do these things, then you may need to go to a facility where you can stay safely to ensure you get well and avoid spreading coronavirus.



If you can stay separate at home make sure everyone follows these rules:



Follow the **5 Golden Rules of Good Hygiene** on page 4.

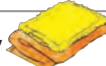
When together, both wear a fresh mask, open doors and windows. See page 7.



Clean frequently touched objects and surfaces. See page 11.



Use separate dishes, towels and bedding for the ill person. Wash them well. Iron fabric when dry.



'Double-bag' rubbish. Store for 5 days before collection.



Look after your mental health

- Rest, drink plenty of fluids, and use paracetamol for fever or pain.
- Look after your mental health. See page 14.



Recognise when to seek health care



- Twice a day write down your symptoms. Common symptoms are fever, aching muscles, fatigue and cough, sore throat and diarrhoea.
- If you still have symptoms after 7 days, or those in your household develop symptoms, contact your health worker or phone the hotline.

Visit your health facility urgently if you have these problems:

- Difficulty breathing
- Confusion
- Chest pain or pressure that does not go away
- Unable to wake up

Call ahead. Avoid public transport. If needed, use an ambulance.

**Even if you feel well, you can still spread coronavirus to others.
Stop separation only 14 days after symptoms began.**

I had contact with COVID-19

- Coronavirus spreads easily. If you had close contact (face-to-face 1 metre or less apart) or live with someone with COVID-19 then you may have caught it.
- It can take up to 14 days before you become ill with COVID-19.
- If you have coronavirus, you may pass it on to others even before becoming ill.

Prevent spread to others

Stay at home. Separate yourself from others in another room. If you cannot stay in a separate room, then you may need to go to a facility where you can stay to check on your health and to prevent spreading coronavirus to others.

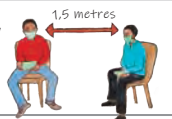


If you can stay separate at home make sure everyone follows these rules:



Follow the **5 Golden Rules of Good Hygiene** on page 4.

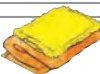
If you make contact with others, both wear a fresh mask, open doors and windows. See page 7.



Clean frequently touched objects and surfaces. See page 11.



Use separate dishes, towels and bedding for the ill person. Wash them well. Iron fabric when dry.



'Double-bag' rubbish. Store for 5 days before collection.



Look after yourself

- Look after your mental health. See page 14.
- If you have a chronic condition adhere to your treatment. See page 16.

Recognise when to seek health care

- Check for COVID symptoms twice a day. Most people with COVID-19 have fever, aching muscles, fatigue and cough, perhaps a sore throat and some diarrhoea.
- If you develop symptoms, contact your health worker or phone the hotline.

Visit your health facility urgently if you have these problems:

- Difficulty breathing
- Chest pain or pressure that does not go away
- Confusion
- Unable to wake up

Call ahead. Avoid public transport. If needed, use an ambulance.

**Even if you feel well, you can still spread coronavirus to others.
Stop separation only 14 days after symptoms began.**

Keep your home clean of coronavirus

- When a person with coronavirus coughs or sneezes, they leave the virus on surfaces. The virus spreads when you touch these surfaces and then touch your face.
- Cleaning and disinfecting surfaces will help reduce the spread of COVID-19, especially frequently touched public surfaces like door handles, ATM keypads and taxi seats, or surfaces in your home when someone is unwell with coronavirus.
- Cleaning will remove the dirt, disinfecting will remove germs including coronavirus.

How to clean and disinfect surfaces:

- Try to wear gloves when cleaning and disinfecting. If gloves are not disposable, reuse them only for cleaning and disinfecting.
- If surfaces are dirty, first clean these surfaces with a detergent or soap and water. Remove the detergent or soap before disinfecting.
- To disinfect, mix 6 teaspoons of bleach with 1 litre (4 cups) of water.
- Apply the mixture to the surface, leave for 2 minutes, then wipe off with water.



Bleach is poisonous

- Do not drink bleach.
- Do not mix bleach with other cleaning products.
- Keep bleach away from children.
- Open windows and doors to let fumes escape.



If someone at home has coronavirus, try prevent its spread:

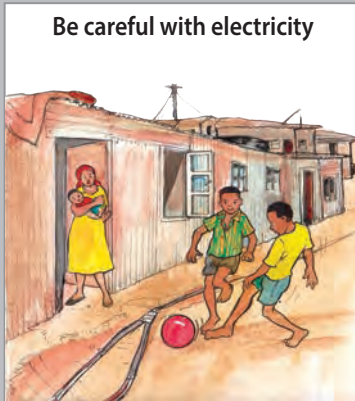
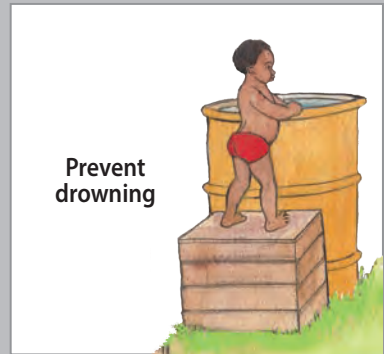
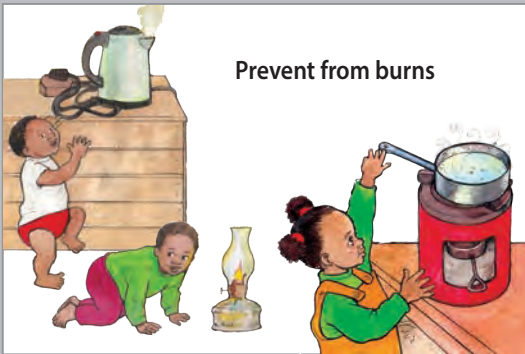


- Clean and disinfect high touch surfaces daily (tables, chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).
- Once you have finished disinfecting, dispose cloths, paper towels or disposable gloves immediately in a plastic bag to prevent coronavirus from spreading.
- Avoid touching your face during or after cleaning.

When finished, wash your hands well with soap and water for 20 seconds.

Protect children at home

- Take care to prevent accidents while at home.
- Make sure your children are cared for by a responsible person.



Keep dangerous substances out of reach

- Store medications, cleaning chemicals, bleach, paraffin, hand sanitiser in a safe place.
- Leave chemicals and detergents in original containers. Do not transfer them to cool-drink bottles.



- If your child drinks a dangerous substance, immediately phone the **Poison Information Centre** for advice.
- If they become too drowsy, short of breath or confused, **urgently visit your nearest health facility.**

Poison Information Centre: 0861 555 777 (24 hours)

When to visit the clinic?

- During this time hospitals and clinics will be busy with patients with COVID-19.
- Visit a clinic only if necessary. Avoid unnecessary visits, especially if you are over 60 years, or have HIV, TB, diabetes, hypertension, chronic lung or heart disease.

Visit the clinic or hospital urgently if you have

- Difficulty breathing
- Chest pain
- Severe diarrhoea and vomiting
- Become confused
- A severe headache with vomiting
- A child too unwell to drink.

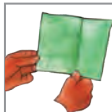
But make sure you do visit your clinic for these reasons:



If you are **pregnant** to check your and your baby's health - keep the appointments on your maternity card.



For **well baby and child checks** to give immunisations and monitor growth - keep the appointments on your Road to Health Card.



If you have a **chronic condition** keep your appointments. Restart your treatment if you stopped it. Find out from your clinic or health worker if you can get extra supplies of treatment.



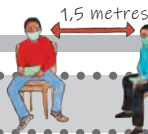
For **family planning**

- keep the appointments on your clinic card.



If you are **unwell**:

- If you are unwell with coronavirus symptoms (a new cough, fever, sore throat) contact your health facility or the coronavirus hotline and follow their advice.
- If you have a chronic condition, visit the clinic to check for complications of your condition or medication.
- If you live with someone who has TB or has a cough, go to the clinic for TB tests if you are coughing, losing weight, having fevers or sweats.
- If your symptoms are getting worse or do not get better, visit your clinic or health worker.



If you do visit a clinic, remember to:

- Wash your hands before and after your visit.
- Avoid touching your face. Touch surfaces as little as possible.
- Wear a mask, especially if you are coughing or sneezing.
- Keep 1,5 metres apart from others.
- Tell the clinic staff if you have symptoms of coronavirus.



Look after your mental health

- The threat of COVID-19 on our health and livelihood can feel scary and make us stressed.
- Make sure you take care of the mental health of yourself and your family.

Know the facts.

- We are often afraid of the unknown.
- Ignore gossip and fake news - listen to advice from trusted sources.



Have a routine for your day

- Structure your day by setting times for sleeping, meals, exercise, work, chores.



Stay connected

- Use social media to check in with family and friends.
- Spend time with the supportive people in your home.
- Find ways to have fun!



Do some exercise every day



Get enough sleep

Take time to relax

- Find a creative or fun activity to do.
- Do a relaxing breathing exercise each day.



Seek help if you need it

- If you are feeling stressed and need someone to talk to, talk to someone you trust or call a helpline to page 28.
- If you need help to get food, contact a leader in your community for help.



Living with a chronic condition

What is a chronic condition?

- A chronic condition is a health issue that is long-term or lifelong.
- If untreated, it can cause complications that can make you unwell and unable to cope with everyday life.
- The goal of treating a chronic condition is to control it and prevent complications.

What can help you reach your goal for your chronic condition

Take action!

Understand your chronic condition.

- Ask your health worker for help if you have any questions.



Have a healthy lifestyle.

- Get active!
- Eat a healthy diet.



Attend your check-ups on time.

- Keep all your appointments at the clinic.
- Make sure your contact details are up to date.



Look after your mental health.

- Spend time with supportive friends or family.
- Find a creative or fun activity to do.
- Do a relaxing breathing exercise each day.



Take your medication reliably.

- Adhere to your treatment to help control your condition, prevent complications and keep you well.
- Read more about treatment adherence on page 16.



Seek help when you need it.

- Consider joining a support group.
- Chat to a relative or friend.
- Find out if you qualify for a disability grant if your condition makes it difficult for you to work.



Look after your sexual health.

- Have safe sex - only one partner at a time and use a condom.
- Avoid unwanted pregnancies - if needed, use reliable contraception.

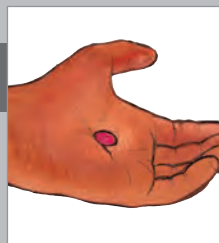


Don't smoke or abuse alcohol or drugs.

- Ask for help to stop if you need it.



Treatment adherence



What is treatment adherence?

- Treatment adherence means taking the right dose of each medication at the right time every day.
- Treatment adherence means attending health facility appointments on time.
- Adhere to your treatment to help control your condition, prevent complications and keep you well.

What can help for treatment adherence?

Take action!

What makes it difficult for you to adhere?

Don't understand

Read about your condition and how medication will help.



Can't read the instructions

Get help to read the instructions.



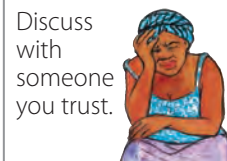
Alcohol or drug abuse

Discuss with your health worker.



Too stressed to remember or care

Discuss with someone you trust.



Difficulty collecting medication

Get help to collect it.



Medication has side effects

Check side effects in medication list page 25.



Take medication as instructed

- Make sure you know what your medication is for, and how to take it. If unsure, check with your health worker.
- When you attend appointments, take all your medication with you.
- If you run out or stop your medication, visit your health facility to start it again.
- Get someone you trust to help you adhere to your medication.
- If you have a pillbox, place in it each day's medication.
- Do not share your medication with others.
- Try to fit taking medication into your daily routine.

Read about your medication in the list on page 25

How will you fit this into your day?



Hypertension



What is hypertension?

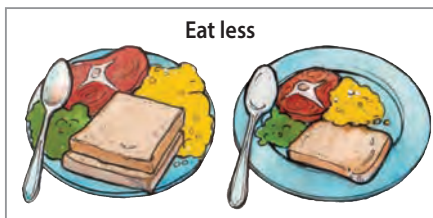
- Hypertension is high blood pressure (BP) that puts strain on the heart, blood vessels and kidneys.
- Hypertension does not usually cause you to feel sick, stressed or have a headache.
- Hypertension increases the risk of heart attack, stroke (brain attack) and kidney failure.
- The goal of hypertension treatment is a BP under 140/90 or if you are 65 years or older, a BP under 160/90.

What can help you reach your goal for hypertension?

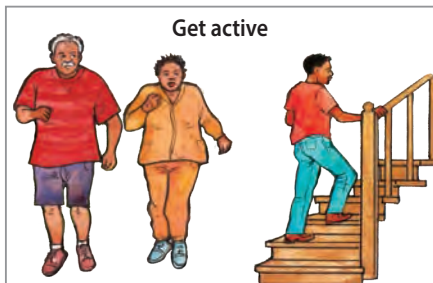
Take action!

Choose 1 at a time:

Eat less



Get active



Stop smoking



Cut out or cut down alcohol



Take medication as instructed

Take hypertension treatment lifelong to prevent heart attack, stroke and kidney failure.

- Most people need more than 1 medication to control their BP.
- Take pills as instructed every day even if you feel well. They should never run out.

Read about your medication in the list on page 25

Unsure how to take your medication?
Ask your health worker for help.

If you have any of:

- Chest pain - may be a heart attack
- Difficulty breathing
- If you take enalapril and have swelling of tongue, lips, face or difficulty breathing
- Sudden weakness of arm, leg, side of face - may be a stroke
- Sudden loss of speech or vision - may be a stroke

Visit the health facility urgently today.

Diabetes



What is diabetes?

- Diabetes is a lifelong condition affecting how the body gets energy from food.
- Diabetes causes too much sugar in the blood, but not enough for the muscles and brain.
- High blood sugar leads to hypertension, stroke, heart attack and damage to kidneys, eyes and feet.
- The goal of diabetes treatment is an HbA_{1c} below 8% (ideally below 7%). HbA_{1c} reflects how sugary the blood has been for the past 3 months.

What can help you reach your goal for diabetes?

Take action!

Choose 1 at a time:

Eat less



Get active



Stop smoking



Look after feet to prevent ulcers and amputation:

- Inspect your feet and shoes daily.
- Keep feet clean and dry between toes.
- Don't walk bare-foot. Wear shoes that fit.
- Don't cut your corns/calluses yourself.
- Don't burn your feet with water or heaters.



Take medication as instructed

Treat diabetes for life to prevent heart attack, stroke and damage to kidneys, eyes and feet.

- Be sure you know how to take your medication. Take medication with meals.
- If you feel irritable, sweaty, shaky or confused, drink sugar-water or eat a sweet/sandwich.
- Avoid skipping meals.

Read about your medication in the list on page 25

Unsure how to take your medication?
Ask your health worker for help.

If you have any of:

- Chest pain - may be a heart attack
- If you take enalapril and have swelling of tongue, lips, face or difficulty breathing
- Sudden weakness of arm, leg, side of face - may be a stroke
- Sudden loss of speech or vision - may be a stroke
- Shaking, sweating or confusion that does not improve with sugar-water

Visit the health facility urgently today.

HIV

What is HIV?

- The **H**uman **I**mmunodeficiency **V**irus slowly attacks the immune system so that the body cannot protect itself from infections and some cancers. When the body becomes sick this is called AIDS.
- HIV spreads through sex without a condom, blood, pregnancy and breastfeeding.
- The goal of HIV treatment is an 'undetectable viral load' - the virus level is so low that the immune system can work normally.



What can help you reach your goal for HIV?

Take action!

Use a condom



Have 1 partner at a time



Cut out or cut down alcohol



Test partner and children



Take medication as instructed

There is no cure for HIV, but lifelong daily antiretroviral medication can prevent AIDS.

- Take antiretroviral medication at the right time every day even when feeling healthy so that the virus stays at very low levels.
- If doses are missed, virus levels rise and resistance to antiretroviral medication can occur.

Read about your medication in the list on page 25

Unsure how to take your medication?
Ask your health worker for help.

If you:

- Are breathing too fast to speak properly
- Are vomiting everything
- Have a headache and are vomiting
- Have yellow skin and eyes
- Are unable to swallow

Visit the health facility urgently today.

Tuberculosis (TB)



What is Tuberculosis (TB)?

- TB is a lung disease caught by breathing in a germ that spreads in the air with coughing, sneezing, spitting.
- Without treatment, a person with TB disease will spread TB germs to 10 to 15 people every year.
- Drug resistant TB (DR-TB) is TB that does not improve with medication because the TB germ is stronger than standard TB medication. DR TB can be cured, but it needs more medication and a longer time on treatment.
- The goal of treatment is to finish the full course as instructed so that all TB germs are killed.

What can help you reach your goal for TB?

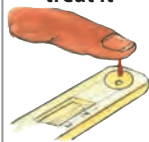
Take action!

Prevent TB spread



Wash hands,
Cough into elbow, Open windows

Test for HIV and treat it



Check for TB in your family, friends and workmates



Cut out or cut down alcohol



Stop smoking



How will you fit
this into your day?

Take medication as instructed

TB can be cured if you take your medication correctly. TB will become worse and maybe drug resistant if you forget or stop medication.

You need to take TB medication 7 days a week until the course is complete (at least six months).

Unsure how to take your medication? Ask your health worker for help.

Check with a nurse, doctor or pharmacist before using treatment from a shop or traditional healer - it may interfere with TB medication.

Read about your
medication in the list
on page 25

If you:

- Are breathing too fast to speak properly
- Are coughing lots of blood
- Have a skin rash also in mouth
- Have yellow skin and eyes

Visit the health facility urgently today.

COPD/Emphysema



What is COPD?

- **Chronic** (long-term) **O**bstuctive (blocked) **P**ulmonary **D**isease is also known as emphysema or chronic bronchitis. There is damage to the lungs usually caused by smoking and/or TB.
- COPD is not the same as asthma, but sometimes they occur together.
- People with COPD cough up sputum and become breathless easily.
- The goal of COPD treatment is to have as few COPD symptoms as possible and to prevent attacks.

What can help you reach your goal for COPD?

Take action!

Choose 1 at a time:

Stop smoking



Get active



How will you fit this into your day?

Take medication as instructed

COPD is difficult to treat and cannot be cured, but medication should help relieve symptoms.

Be sure you know what your medication is for and how much and how often to take it.

Inhalers work only if used correctly. A spacer helps deliver medication to the lungs and prevent a sore mouth. Make sure you can use inhaler (and spacer if needed) properly:

Read about your medication in the list on page 25



Shake



Seal your lips



Press and breathe in



Take 4 breaths keeping spacer in mouth.

Unsure how to take your medication?

Ask your health worker for help.

If you are breathing too fast to speak properly

Visit the health facility urgently today.

Asthma



What is asthma?

- Asthma is a lifelong lung disease.
- It causes attacks of wheezing, difficulty breathing, tight chest and coughing.
- Asthma attacks occur when something (a trigger) bothers the lungs.
- The goal of asthma treatment is to have as few symptoms as possible and to prevent attacks.

What can help you reach your goal for asthma?

Take action!

Choose 1 at a time:

Stop smoking



Get active



Manage your triggers



How will you fit this into your day?

Take medication as instructed

Prevent asthma attacks with regular medication and treat an attack as soon as it starts.

Be sure you know what your medication is for and how much and how often to take it.

If you use salbutamol this relieves symptoms but does not control asthma. Budesonide or fluticasone prevents but does not relieve symptoms and is the mainstay of treatment.

Inhalers work only if used correctly. A spacer helps deliver medication to the lungs and prevent a sore mouth. Make sure you can use inhaler (and spacer if needed) correctly:

Read about your medication in the list on page 25



Shake



Seal
your lips



Press and
breathe in



Take 4 breaths
keeping spacer
in mouth.

**Unsure how to take your medication?
Ask your health worker for help.**

If you are breathing too fast to speak properly

Visit the health facility urgently today.

Depression and anxiety



What are depression and anxiety?

- Depression and anxiety are illnesses that affect your mood and feelings so that it becomes difficult to cope with everyday life.
- A person with depression and anxiety cannot control their symptoms, they are not lazy or weak.
- The goal of treatment is to lift the mood and feelings so you are able to cope with everyday life.
- Thoughts of hopelessness, self-harm, being dead and suicide are common.

What can help you reach your goal for depression and anxiety?

Take action!

Get enough sleep



Spend time with supportive friends and family



Do a relaxing breathing exercise each day.



Get regular exercise



Avoid alcohol and drugs.



How will you fit this into your day?

Do a creative or fun activity



Talk to someone you trust.



Take medication as instructed:

Anti-depressants can treat depression and anxiety.

- They usually take 4-6 weeks to start working. You may have some side effects during this time.
- Keep taking the medication even if you are feeling well.
- Antidepressants are not addictive.
- Most people take antidepressants for about a year. Only stop or change the medication in discussion with your healthworker.

Read about your medication in the list on page 25

Unsure how to take your medication?

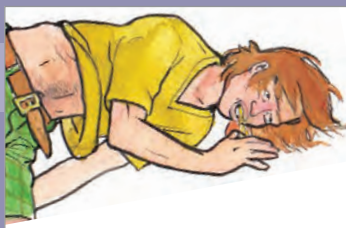
Ask your health worker for help.

If you:

- Have thoughts of self harm or suicide, tell a trusted person.
- Have run out of medication

Visit the health facility today.

Epilepsy



What is epilepsy?

- A fit is caused by abnormal chemical activity in the brain.
- A doctor diagnoses epilepsy after a person has had 2 or more fits and no treatable cause is found.
- Epilepsy is not a mental illness nor is it infectious. It is usually lifelong.
- Epilepsy can affect anybody, no matter how intelligent or rich they are.
- The goal of epilepsy treatment is to not have any fits.

What can help you reach your goal for epilepsy?

Take action!



Manage your triggers

Identify triggers like flashing lights, video games and alcohol/drugs, and avoid them.



Look after yourself

Get enough sleep, manage stress, avoid dehydration.



Be safe

Avoid swimming alone, walking or cycling on busy roads, heights, operating heavy machinery, drive a car only after fit-free for 1 year.



Take medication as instructed

Prevent fits with regular medication to avoid injury and brain damage.

- Keep taking your medication even if you have no fits.
- Tell the doctor, nurse or pharmacist about your epilepsy treatment if you get medication to be sure that they can be taken safely together.

Read about your medication in the list on page 25

Unsure how to take your medication? Ask your health worker for help

What to do if someone is fitting:

- Place them in a safe place.
- Do not put anything in their mouth.
- When the fit stops, lie on their side and make sure they can breathe properly. They may be confused or sleep for about 20 minutes.
- Get help if the fit continues for more than 3 minutes, if they do not wake up between fits or if they injure themselves during the fit.

Medication List

The medications in this list are arranged in alphabetical order.

- 1 Look for your medication in the medication list.
- 2 Check on the packet/bottle for when and how often to take it.
- 3 Read in the list how the medication works and what side effects it might cause.
- 4 If you have a problem that is listed as a side effect discuss it at your next appointment or if **written in red, seek help urgently**.

Medication	Condition	How it works	Side effects
Amlodipine	Hypertension	Relaxes blood vessels, decreases BP, placing less strain on heart.	Swelling of feet, tiredness, dizziness, stomach pain
Amitryptilline	Depression		Dry mouth, difficulty urinating, blurred vision, sedation
Amoxicillin	COPD	Treats lung infections.	Nausea, diarrhoea, skin rash
Aspirin	Hypertension, diabetes	Thins the blood to prevent a stroke or heart attack.	Stomach pain or bleeding, avoid in asthma
Atenolol	Hypertension	Slows down the heart rate which puts less strain on the heart and decreases the BP.	Dizziness, impotence, depression, tiredness, problems sleeping
Budesonide nasal spray	Asthma	Prevents hayfever - itchy, runny nose.	Uncommon
Budesonide inhaler (preventer)	Asthma	Helps prevent a tight chest. Use even if chest is not tight.	Sore mouth - rinse mouth after use to avoid it.
Carbamazepine	Epilepsy	Prevents fits.	Nausea, dizziness, drowsiness, unsteady on feet, blurred/double vision
Citalopram	Depression/ anxiety	Treats depression and/or anxiety	Drowsiness, headache, nausea, sweating, altered appetite, dry mouth
Co-trimoxazole	HIV	Helps protect from some infections when the immune system is weak.	Nausea, skin rash, yellow skin and eyes
Dolutegravir	HIV	Lowers HIV level. May have harmful effect on foetus.	Headache, nausea, diarrhoea, difficulty sleeping (take in morning)
Doxycycline	COPD	Treats lung infections.	Take with lots of water to avoid heartburn.

Medication	Condition	How it works	Side effects
Enalapril	Hypertension, diabetes	Prevents tightening of blood vessels, which decreases the BP and protects the kidneys.	Swelling of tongue, lips or face, difficulty breathing, dizziness on standing up, dry cough
Fluconazole	HIV	Kills and protects from germs that occur in AIDS.	Nausea, yellow skin and eyes
Fluoxetine	Depression/ anxiety	Treats depression and/or anxiety	Changes in appetite and weight, headache, restlessness, difficulty sleeping, nausea, diarrhoea, sexual problems
Glimepiride (Take with breakfast)	Diabetes	Lowers the sugar in the blood.	Irritable, tired, sweaty, shaky or confused - eat sugary food/drink, if no better, seek help.
Hydrochlorothiazide (HCTZ)	Hypertension	Helps the kidneys get rid of excess water, thus decreasing the BP.	Headache, nausea, swollen painful joint/s
Insulin	Diabetes	Lowers the sugar in the blood.	Irritable, tired, sweaty, shaky or confused - eat sugary food/drink, if no better, seek help.
Isoniazid (INH)	HIV	Helps prevent TB.	Pain/numbness of feet, yellow skin and eyes, skin rash
Metformin	Diabetes	Lowers the sugar in the blood.	Nausea, diarrhoea, stomach pain
Phenytoin	Epilepsy	Prevents fits.	Drowsiness, large gums, skin rash, unsteady on feet, blurred/double vision
Prednisone	Asthma, COPD	Helps to open the chest.	Problems sleeping, mood changes
Pyridoxine - vitamin B6	TB	Protects from nerve damage in the legs caused by isoniazid.	Uncommon
Rifampin® (rifampicin, isoniazid, pyrazinamide, ethambutol)	TB	Combination of 4 medications that work in different ways to kill TB germs (includes isoniazid).	Orange urine, nausea, pain/ numbness of feet, joint pain, skin rash, yellow skin and eyes

Medication	Condition	How it works	Side effects
Rifinah® (rifampicin, isoniazid)	TB	Combination of 2 medications that work in different ways to kill TB germs (includes isoniazid).	Orange urine, nausea, pain/ numbness of feet, skin rash, yellow skin and eyes
Salbutamol inhaler (reliever)	Asthma, COPD	Helps to open the chest. Use when chest is tight.	Tremor, anxiety, headache
Salmeterol/fluticasone inhaler (preventer)	Asthma, COPD	Helps prevent a tight chest. Use even if chest is not tight.	Headache, sore mouth - rinse mouth after use to avoid it.
Simvastatin	Hypertension, diabetes	Lowers cholesterol in the blood to prevent heart attack, stroke.	Stomach pain, constipation, nausea
Sodium valproate	Epilepsy	Prevents fits.	Nausea, vomiting, indigestion, weight gain, yellow skin and eyes
Tenofovir/ emtricitabine/efavirenz	HIV	3 medications in one tablet work together to lower HIV level in the body.	Headache, nausea, dizziness, sleep problems - should pass in 6 weeks. Skin rash, yellow skin and eyes.
Tenofovir/lamivudine/ dolutegravir	HIV	3 medications in one tablet work together to lower HIV level in the body. May have harmful effect on foetus	Headache, nausea, diarrhoea, difficulty sleeping (take in morning)

Helplines/websites

Coronavirus -COVID-19

National Coronavirus (COVID-19) General Public Hotline	Latest information on coronavirus (COVID-19) pandemic	0800 029 999 WhatsApp "Hi" to 0600 123 456
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Chronic conditions

Diabetes South Africa	Information, eating advice and support workshops	086 111 3913 (8am-4pm Monday to Thursday, 8am-2pm Friday)
Epilepsy South Africa	Information, counselling and support groups	0860 37 45 37 (8am-4.30pm Monday to Thursday, 8am-2pm Friday)
Heart and Stroke Foundation	Information and support groups if you have had a stroke or any suffer from any heart condition	(021) 422 1586 (8am-4pm)
National AIDS Helpline	Counselling and information if you have HIV or are thinking of testing	0800 012 322 (24 hours)
People living with Cancer	Cancer related queries and support	0800 033 337

Counselling and crisis support

Lifeline National Counselling Line	Counselling for any life crisis and referral to support services	0861 322 322 (24 hours) 065989 9238 (Whatsapp call counselling)
Childline SA (ages 0-16 years)	For children and young adolescents who are in crises, abuse or at risk of abuse and violence	0800 055 555 (24 hour)
Gender Based Violence Command Centre	Assistance if experiencing domestic violence, sexual assault, abuse	0800 428 428 or *120*7867# from any cell phone
TEARS Foundation	SMS helpline in cases of domestic violence, sexual assault and child sexual abuse	*134*7355# http://www.tears.co.za/
National Human Trafficking Helpline	Reporting human trafficking	0800 222 777
Rape Crisis	Counselling and court support for rape survivors > 13 years	(021) 447 9762 (24 hour) - English (021) 361 9085 -Isixhosa (021) 633 9229 - Afrikaans Whatsapp line: 083 222 5164
MobieG	Live-chat counselling for teens	www.mobieg.co.za (Sun from 18h00, Mon-Thur from 19h00)
Safeline	Abuse counselling and court preparation	0800 035 553 (24 hour)

Mental Health		
Alcoholics Anonymous	Counselling, education and support groups if you require assistance with alcohol abuse	0861 435 722 (9.30am-5pm Monday to Thursday, 9.30am-3pm Friday)
SA National Council on Alcoholism and Drug Dependence	Support and help for people addicted to drugs and alcohol as well as their families	0800 456 789/SMS 31393
Narcotics Anonymous (NA)	Information and support for drug addicts	0861 006 962
National Council Against Smoking Quitline	Information and support to stop smoking	(011) 720 3145 or 082 840 3548
South African Depression and Anxiety Group	Counselling and support if you have depression or anxiety	0800 456 789/ SMS 31393
Suicide Crisis Line	For any suicide related support	0800 567 567 (8am-8pm) or SMS 31393 and a counsellor will call back.
Mental Health Helpline	Counselling and support if you have a mental illness	0800 12 14 (24 hour) or SMS 31393 and a counsellor will call back
Adminstration		
Legal Aid Advice line	Information and guidance on any legal matter	0800 110 110 (7am-7pm Monday to Friday)
Medic Alert	Assistance with application for Medic Alert disc or bracelet	(021) 425 7328 (9am-4pm); (021) 461 0000 (24 hour emergency line)

