



COVID-19 üzrə tibbi məlumat (digest)

Yüngül simptomlu COVID-19 xəstələrinin evdə müalicəsi

Лечение легких больных с COVID-19 в домашних условиях

Treatment mild illness patients with COVID-19 at home

N.10 (July 2020)

1. Департамент здравоохранения Москвы разрешил больным коронавирусной инфекцией в легкой форме лечиться на дому. В ведомстве установили соответствующий алгоритм лечения, а также рассказали о лекарствах, которые могут помочь в борьбе с COVID-19. Рассказываем, кому можно остаться дома в случае заражения новым вирусом, а также как правильно лечиться на дому.

https://www.m24.ru/articles/obshchestvo/25032020/156554?fbclid=IwAR1mrXe8I7N_IgBn2gdpPe67xVyxQS2Pdp39ebyTXtWBgbg8H8sYkusGoHo

2. Лечение коронавируса дома. Лечиться дома и соблюдать режим самоизоляции должны пациенты с легкой формой коронавируса и симптомами острых респираторных заболеваний. Эти меры введены [указом](#) Мэра Москвы.

<https://www.mos.ru/city/projects/covid-19/treatment/?fbclid=IwAR13J90QGe-zZIBvBPvZY0YsshXTQWN5-4FysSZeXqBFxFotSL9YPP2p8wg>

3. Рекомендации больным коронавирусом, которые лечатся дома

В начале эпидемии в больницы отвозили всех с подозрением на COVID-19. Сейчас пациентов, если они болеют не тяжело, оставляют под амбулаторным наблюдением. Как лечиться дома, когда обязательно звать доктора и в каких случаях можно обойтись своими силами?

https://rg.ru/2020/04/28/infekcionista-dal-rekomendacii-bolnym-koronavirusom-kotorye-lechatsia-doma.html?fbclid=IwAR1DD5YFmMeOcnVZxv3QEhrQs5xDnnjxbf8zOJtkdQwPouU7R_Tah08ES5U

4. Лица с легкой формой COVID-19 подлежат медицинскому наблюдению в домашних условиях/карантинных объектах по согласованию с ПМСП с соблюдением противоэпидемического режима.

https://forbes.kz//process/medicine/lechat_li_bessimptomnyih_kazahstan_prinyal_novyiy_protokol_lecheniya_koronavirusa?fbclid=IwAR1WIW-Koi0LXhvWW5mFkcDCN-7ABU4z7NS9Zop0to4qK28KEkEgUpakYJs

5. Как лечить COVID-19 дома. что следует делать, если вы находитесь дома и заболели или можете быть больны COVID-19.

<https://www.mskcc.org/ru/cancer-care/patient-education/managing-covid-19-home>

6. If you're concerned about your symptoms and need medical advice, use the [NHS 111 online coronavirus service](#).

<https://www.nhs.uk/conditions/coronavirus-covid-19/self-isolation-and-treatment/how-to-treat-symptoms-at-home/?fbclid=IwAR05pxJ7FiiOcmZydduXULSosgHtYZV14OncXAbGADHamC-gXecu4IV9Vk>

7. Most people who become ill with COVID-19 will be able to recover at home. No specific treatments for COVID-19 exist right now. But some of the same things you do to feel better if you have the flu — getting enough rest, staying well hydrated, and taking medications to relieve fever and aches and pains — also help with COVID-19.

https://www.health.harvard.edu/diseases-and-conditions/treatments-for-covid-19?fbclid=IwAR2byC_pvHaFhoP7uzjtu-aksz8xC_JAwbQKJVDctwafGsfad6uKn4GckaE

8. If you are caring for someone with COVID-19 at home or in a non-healthcare setting, follow this advice to protect yourself and others. Learn what to do when someone has symptoms of COVID-19, or when someone has been diagnosed with the virus. This information also should be followed when caring for people who have tested positive but are not showing symptoms.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

9. This topic will address the management of adult patients with COVID-19 (presumed and confirmed) in the outpatient setting, including self-care advice, telehealth, outpatient clinic management, and emergency department (ED) referral. It is important to note that there are limited data informing outpatient management strategies, and the approach described here is based upon our clinical experience; clinicians should take into the account the individual patient's clinical and social circumstances as well as the available resources.

<https://www.uptodate.com/contents/coronavirus-disease-2019-covid-19-outpatient-management-in-adults>

10. For most Queenslanders, having the virus will cause only a mild illness, and it will be more of an inconvenience than a serious health issue. Some people may not have any symptoms at all, while others might have mild symptoms including: fever cough sore throat fatigue shortness of breath. If your symptoms are manageable without medical supervision, your doctor will instruct you to look after yourself at home in self-isolation. This means you need to stay in a room by yourself while you get better, so you don't give the virus to anyone else. You can read more about how to self-isolate safely in this factsheet.

<https://www.health.qld.gov.au/news-events/news/what-happens-diagnosed-novel-coronavirus-covid-19-queensland-confirmed-case-treatment-medication-isolation-quarantine-at-home-hospital>

11. What Experts Say You Can Do to Treat Yourself at Home If You Have a Mild Case of COVID-19. Experts say there are a number of supplies you can buy now to prepare to take care of yourself at home if you have mild symptoms from COVID-19.

<https://www.healthline.com/health-news/how-to-treat-yourself-at-home-if-you-have-a-mild-case-of-coronavirus?fbclid=IwAR3W9ItwjdVgiZRgKY4gOKFRYckLjSfimV20V5j51-GR7qOAZTyUeOIWpyI#Heres-a-shopping-list>

12.Steps to help prevent the spread of COVID-19 if you are sick . [If you are sick with COVID-19 or think you might have COVID-19](#), follow the steps below to care for yourself and to help protect other people in your home and community. Stay home except to get medical care

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html?fbclid=IwAR2dX1uwPeOGw249vjcyQBEzQPOO8krYGdZXdJXjJtDHc-j7O7ufxK2Wp2g>

13.Treating COVID-19 at home: Care tips for you and others

Providing care at home for a person sick with COVID-19? Or caring for yourself at home? Understand when emergency care is needed and what you can do to prevent the spread of infection.

<https://www.mayoclinic.org/diseases-conditions/coronavirus/in-depth/treating-covid-19-at-home/art-20483273?fbclid=IwAR0p1sTIR6VUJ09Pzpa-OLwyV7uEeK6LWCNIH61IT8HMQuvbT-2vI4DpzqA>

14.How to treat coronavirus symptoms at home. The majority of people who are infected with coronavirus experience a mild or asymptomatic disease which can be treated at home. So if you're experiencing the tell-tale signs of the virus, what should you do to feel better?

https://patient.info/news-and-features/covid-19-how-to-treat-coronavirus-at-home?fbclid=IwAR3ixggGeOkJIFjpNYPNqc8evANx_euJpCUr6aOVUVbY15RW5FzYngiiOrw

15.Caring for Someone Sick at Home or other non-healthcare settings

If you are caring for someone with COVID-19 at home or in a non-healthcare setting, follow this advice to protect yourself and others. Learn what to do when someone has [symptoms](#) of COVID-19, or when someone has been diagnosed with the virus. This information also should be followed when caring for people who have tested positive but are not showing symptoms.

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html?fbclid=IwAR0Ob6kYnLrhfL9KiCMYn1MehYXAV7aeMg8TZ06FhEQNWEO5F6YGL8EMo0s>

16.The provision of home isolation however includes certain conditions such as having requisite facilities for self-isolation and also calls for the quarantining of family contacts, availability of a care giver 24x7 and a communication link between the caregiver and hospital for the entire duration of home isolation.Also, the care giver and all close contacts of such cases will have to take the anti-malaria drug hydroxychloroquine (recommended for preventing the infection) as per protocol. The patient will have to download the contact tracing app Arogya Setu on their mobiles and it should

remain active at all times.

<https://www.newindianexpress.com/lifestyle/health/2020/apr/28/home-isolation-of-mild-covid-19-patients-allowed-experts-welcome-move-2136486.html>

17.This home care advice is for adults with mild COVID-19 symptoms. If you're pregnant or have any other conditions, please talk with your doctor for additional instructions.

<https://mydoctor.kaiserpermanente.org/covid-19/recovering-at-home>

Faydalı keçidlər

Koronavirus haqqında tibbi portallar

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019> WHO

<https://www.un.org/ru/coronavirus> UN

<https://www.ecdc.europa.eu/en/covid-19-pandemic> Europe CDC

<https://www.unicef.org/azerbaijan/coronavirus/covid-19>

<https://www.uptodate.com/home/covid-19-access> Uptodate data

<https://www.gavi.org/covid19>

<https://covid-19.ebscomedical.com/> Dynamed database

<https://www.elsevier.com/clinical-solutions/covid-19-toolkit> Elsevier data

<https://www.nejm.org/coronavirus> New England Journal

<http://www.centerforhealthsecurity.org/resources/COVID-19/index.html> John Hopkins

<https://www.cdc.gov/coronavirus/2019-nCoV/index.html> CDC

<https://faq.coronavirus.gov/> <https://www.coronavirus.gov/> US Government

<https://www.nih.gov/health-information/coronavirus> National Institut Health PubMed

<https://jamanetwork.com/journals/jama/pages/coronavirus-alert> JAMA

<https://www.bmj.com/coronavirus> BMJ

<https://new-learning.bmj.com/> BMJ

<https://bestpractice.bmj.com/info/> BMJ

https://www.thelancet.com/coronavirus?dgcid=kr_pop-up_tlcoronavirus20

<https://www.ecdc.europa.eu/en/novel-coronavirus-china/sources-updated> National resources

<https://ec.europa.eu>

<https://www.health.harvard.edu/diseases-and-conditions/coronavirus-resource-center> Harvard Medical School

<https://www.medscape.com/resource/coronavirus>

<https://globalbiodefense.com/novel-coronavirus-covid-19-portal/>

<https://www.healthliteracysolutions.org/>

<https://sph.unc.edu/global-health/2019-coronavirus-info-portal/>

<https://hr.un.org/page/coronavirus-disease-covid-19>

<https://www.google.az/search?q=coronavirus+prevention&gl=az>

https://en.wikipedia.org/wiki/2019%E2%80%932020_coronavirus_pandemic

<https://openwho.org/courses?fbclid=IwAR2mqYdx66EKg2nM3B8aBxXSFQdbpLoW7N6ezy7nbhoUBz-pz8r-jyO-pDk>

<https://patient.info/>

Azərbaycan dilində

<https://koronavirusinfo.az/az>

<https://isim.az/az/pages/55-Koronavirus>

<https://its.gov.az/page/olkede-umumi-veziyyet>

www.cabmin.gov.az

www.health.gov.az

Xəbərlər (İngilis dilində)

<https://www.bloomberg.com/europe>

<https://www.bbc.com/news>

<https://theconversation.com/au/covid-19>

<https://www.theguardian.com/>

<https://edition.cnn.com/>

<https://www.healthline.com/>

Rus dillində

https://www.rosпотреbnadzor.ru/about/info/news_time/news_details.php?ELEMENT_ID=13566

<https://covid19.rosminzdrav.ru/#r3>

<https://niioz.ru/covid-19/>

<https://news.un.org/ru/events/vse-o-koronaviruse>

[www.стопкоронавирус.рф](https://xn--80aesfpebagmfb1c0a.xn--p1ai/)

www.rmj.ru

<https://medvestnik.ru/>

<https://vrachirf.ru/main>

https://vrachirf.ru/concilium/71513.html?from_page=MostInterest

<https://ria.ru>

<https://www.gazeta.ru/subjects/virus.shtml>

<https://www.msn.com/ru-ru/news/coronavirus>

<https://yandex.ru/search/?text=%D0%BA%D0%BE%D1%80%D0%BE%D0%BD%D0%B0%D0%B2%D0%B8%D1%80%D1%83%D1%81&from=yanews&lr=10253>

www.pcr.news

<http://sam.lrv.lt/lt/koronavirusas/informacija-visuomenei/rekomendacijos> Litva recommendation

<https://www.vn.gov.lv/ru/>