

COVID-19 HEALTH ADVISORY

How should we respond if our Family, Church Members, Colleagues or Friends are Covid-19 Positive?

The Covid-19 Pandemic has entered a critical phase in Malaysia. With the high number of new cases every day and our Health Services/Workers stretched to their limit, we as Malaysian citizens need to play our part in helping to contain this infection. If everyone follows the SOPs diligently, we should see a flattening of the curve in our country.

Currently we have a much better understanding of the Covid-19 infection where the vast majority of cases tend to be asymptomatic or mild in presentation with fairly spontaneous recovery without the need for any active medical intervention. With most of our Public Hospitals stretched to breaking point and able to admit only serious Covid 19 infections, we need to acquaint ourselves on how to respond if someone in our immediate circle is found to be Covid-19 POSITIVE.

This Health Advisory is to familiarise ourselves with the proper steps and procedures to follow if this situation should ever arise. Hopefully with these guidelines, you will be able to approach and handle the “Covid-19 Positive” news calmly, rationally, and not give way to panic and fear.

A. KNOW WHERE YOU ARE IN THE COVID-19 CHAIN.

Please Refer to CHART A.

B. WHEN SOMEONE’S COVID-19 PCR / ANTIGEN TEST IS POSITIVE.

1. The Clinic or Centre that tested you should be informing the Ministry of Health (MOH) of the positive test result. **Request for the emergency contact number so that you can call them if you need medical help.**
2. While waiting for MOH to contact you, you should ...
 - I. Immediately self-isolate in a room, preferably with an attached bathroom, and separated from the rest of the family members. If at all possible, toilet facilities should not be shared with others.
 - II. Do not go outside the room or use any common areas in the house.
 - III. Put on a face mask all the time.
 - IV. All meals – food and water are to be placed on a table outside your room door for you to collect. All utensils used are to be sterilised with hot water after use.
 - V. Your clothes are to be washed separately, if possible, with hot water.
 - VI. All who are staying in the same house should be tested for Covid-19.

3. You should inform your company and where possible, those you had been in close contact with in the past 4 to 5 days so that they can take the necessary steps of action (as shown in CHART A).
4. The MOH may not contact you immediately as they are already over-stretched. The MOH may even issue a directive whereby Covid Positive cases who have no symptoms or mild symptoms are to only self-isolate at home.
5. On your part, while maintaining strict home isolation, ensure that you
 - I. Get adequate rest
 - II. Have a healthy balanced diet with plenty of fluids (at least 2L/day)
 - III. Take high dosages of Vitamin C including fresh fruits
 - IV. Contact your family/company doctor for advice regarding any supplementary medications that may be helpful.

C. WHAT TO MONITOR WHILE UNDERGOING HOME ISOLATION

Please refer to CHART B

D. SPIRITUAL HEALTH ADVISORY while under ISOLATION or QUARANTINE.

1. Fear and anxiety are not helpful and may even be harmful at this time. Stay calm and composed, committing yourself into our Lord's mighty hands.
2. Take time to worship, read the Word and pray.
3. Take time to catch up on your reading.
4. Keep in contact with family members and friends through the various social media platforms.
5. With time on your hand, if you are physically up to it, participate in online events and gatherings which will encourage you and lift up your spirit.
6. If you are up to it – set aside time to exercise and keep yourself fit.

E. ROLE OF a local church at such a time.

1. If you are aware of any church member who has been tested Covid positive or was in close contact with a Covid positive case, please inform your care group/church leaders or Pastor so that we can uphold them in our prayers.
2. If any church member OR even entire family needs to undergo ISOLATION or QUARANTINE and needs any assistance esp. regarding marketing/meals etc, please inform your care group/church leaders or Pastor.
3. If anyone needs prayer or a visit during this MCO period, for whatever reason, please also inform your care group/church leaders or Pastor.

4. If any church member requires financial assistance due to the MCO, please contact your care group/church leaders or Pastor. Each request will be reviewed on its merit.

PLEASE NOTE:

All information shared will be treated with the utmost respect, and confidentiality will be maintained as much as possible.

This is just a brief Covid-19 Health Advisory for church members to help us navigate through these ever-changing and challenging times. Let us do our part to help the Government flatten the curve so that life can return to some sort of normality though it can never be the same again.

Through it all, let us keep our eyes on our Lord who is the Author and Finisher of our faith. Let us continue to be our brother's/sister's keeper; let us encourage and spur one another to continue in love and good works, and all the more doing so in the midst of the pandemic so that we will all emerge better, stronger and more united in faith, hope and love for our Lord.

To Him Be All Glory, Honour and Praise.

CHART A			
INFECTION GENERATION / CATEGORY	RELATIONSHIP LEVEL FOR EACH CATEGORY	PROCEDURES YOU NEED TO DO	CHANGE OF CATEGORIES BASED ON COVID-19 TEST RESULTS
LAYER 1 CATEGORY A	Patients who have been tested positive COVID-19	If you are SYMPTOMATIC** or HIGH RISK** – Admit to hospital for treatment If ASYMPTOMATIC or MILD SYMPTOMS – STRICT HOME ISOLATION	YOU ARE A POSITIVE CASE. You should INFORM YOUR DISTRICT HEALTH OFFICE. The Clinic/Lab should also inform the Health Authorities.
LAYER 2 CATEGORY B	Individuals who had CLOSE CONTACT* with individuals from Category A	COVID-19 PCR / ANTIGEN test needs to be done.	STRICT HOME QUARANTINE IMMEDIATELY. District Health Office may issue QO (QUARANTINE ORDER) for 10 days. Adhere to Strict Home Quarantine Protocol. If COVID-19 TEST +VE: MOVE TO CATEGORY A If COVID-19 TEST -VE: complete 10 days QO; Repeat 2nd swab on Day 8, earlier if symptoms occur.
LAYER 3 CATEGORY C	Individuals who had CLOSE CONTACT* with individuals from CATEGORY B	Home Quarantine. Keep physical distance from close contact (Category B), including not eating or sleeping together for at least 10 days.	If your CLOSE CONTACT (CATEGORY B) IS TESTED COVID-19 +VE: you change from CATEGORY C TO B. If your CLOSE CONTACT (CATEGORY B) TESTED COVID-19 -VE x1: you can go to work but maintain physical distancing with close contact (Category B) for full 10 days.
LAYER 4 CATEGORY D	Individuals who had CLOSE CONTACT* with individuals from CATEGORY C	No specific restrictions. Follow up your close contact status in the next 10 days as it will determine your status. (subject to Movement Control Order)	If your CLOSE CONTACT (CATEGORY C) STATUS CHANGES TO B, your status will change from D to C.
NO RISK / NORMAL CATEGORY E	Not Related To Category A, B, C OR D	There are no specific restrictions. (subject to Movement Control Order)	You are not related to the Covid-19 pandemic chain.
DEFINITIONS :			
CLOSE CONTACT*	<ul style="list-style-type: none"> i. Household family members / colleagues who work at the same confined area/ classmates/ conveyed in the same vehicle with Layer 1 (Category A) ii. Face to face meeting for 15 minutes at less than 1 meter in an enclosed space with Layer 1 (Category A) iii. Not face to face but being together in a closed air-conditioned room for more than 2 hours with Layer 1 (Category A) iv. Ride in the same vehicle within 2-seat distance with Layer 1 (Category A) 		
SYMPTOMATIC**	<ul style="list-style-type: none"> i. Dyspnoea – Difficulty in breathing 		

(advised hospital admission)	ii. Tachypnoeic – Breathing very fast >25 per minute resting iii. Tachycardia – Fast Pulse/Heart rate >100/min resting iv. High Fever - >39 °C v. Pulse Oximeter reading <95%
HIGH RISK***	i. Age > 60 years old ii. Those with underlying heart, lung, and kidney diseases. iii. Those with poorly controlled hypertension and diabetes. iv. Gross Obesity v. Underlying immune compromised status and/or on immune suppressive medication

CHART B			
What to self-monitor		Frequency	CAUSE FOR CONCERN
1.	Temperature	6 hourly	>39 °C persistently
2.	Pulse Rate	6 hourly	>100/min persistently
3.	Respiratory Rate	6 hourly	>25/min persistently
<i>OPTIONAL</i>			
4.	<i>Blood Pressure (Auto)</i>	<i>6 hourly</i>	<i>Downward trend</i>
5.	<i>Pulse Oximeter</i>	<i>6 hourly</i>	<i><95% persistently</i>

CHART C : GLOSSARY		
1.	Covid-19	Severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2)
2.	PCR	Polymerase Chain Reaction. Most accurate test at present for Covid-19 infection
3.	QUARANTINE	Keeps someone who has been TESTED COVID-19 +VE away from others.
4.	ISOLATION	Keeps someone who has been in CLOSE CONTACT with a COVID-19 +ve CASE away from others.
5.	PULSE RATE	Count your own heart rate by feeling for your Radial pulse beat at your wrist. Count the number of beats in 1 minute
6.	RESPIRATORY RATE	Count how many times you breathe (inhale and exhale) in one minute
7.	PULSE OXIMETER	A simple device to clip onto one of your fingers which gives a rough indication of the oxygen level in your blood.
8.	ANTIGEN TEST	Test to determine if you CURRENTLY HAVE the infection
9.	ANTIBODY TEST	Test to determine if you HAD the infection before.

CHART D: SELF-REPORTING VIA MYSEJAHTERA APP

If you are tested Covid-19 positive, but are unable to reach the MOH, you can do the following:

- If you are in a life-threatening situation, e.g. shortness of breath, call 999 immediately for immediate medical attention.
- If you have mild symptoms, you can report yourself to MOH via MySejahtera App by:
 1. Log into your MySejahtera App on your phone, click ‘Close’ at the top right corner to close the ‘Check-in’ page.
 2. At the MySejahtera main page, click on ‘Helpdesk’ on the top right corner.
 3. Then at the ‘Welcome to MySejahtera Helpdesk’ page, click on ‘Start’. You will be directed to the page, ‘How can we help you today?’
 4. Scroll till the end of that page. Click on item G: ‘I am COVID-19 positive and awaiting a call from MOH’.
 5. Update your current details with your full name and email address, and provide all relevant particulars, including a snapshot of your test results. Then click on ‘Submit’.
- While waiting for MOH to contact you on your health status for the next 10 days (10-day self-assessment), comply with Para B and C above.
- If you need to chat and seek consultation while waiting for MOH’s instructions, you can:
 1. Log into your MySejahtera App on your phone and click on ‘Digital Health’ on the left side.
 2. Then at the ‘Digital Healthcare’ page, click on ‘Virtual Health Advisory’.
 3. You will be directed to ‘VHA’ page. Click on ‘Doc2Us’. This is formed by a volunteers team consisting of doctors, pharmacists and other healthcare frontliners. They are ready to provide free consultation and advices to any of your enquiries regarding Covid-19 or any doubt of look-alike Covid-19 symptoms.
 4. In the page ‘Doc2Us’, click on the left bottom blue ‘Ask Doctor’ button to register and start a free virtual live chat and consultation with any online healthcare professionals.

CHART E: List of Government Health Facilities & their contact no.

- MOH Complete List of Government Health Clinics:
https://www.moh.gov.my/index.php/database_stores/store_view/1

*Adapted from the “Covid 19 Health Advisory” prepared by Subang Sunway Methodist Church.
Permission by Rev. Dr. Ng Swee Ming on 29/01/2021.*