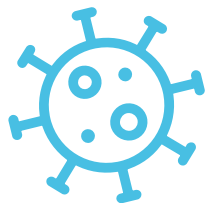
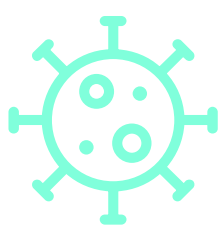
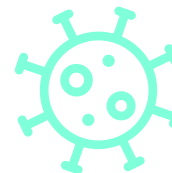
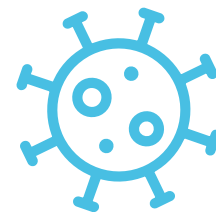


Cuidados durante o Isolamento Domiciliar da COVID-19

Déborá Limberger e Suelen Dill
Acadêmicas de Enfermagem da UFSM/Palmeira das Missões
Bolsistas do PET Enfermagem-UFSM/PM



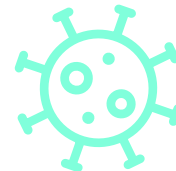
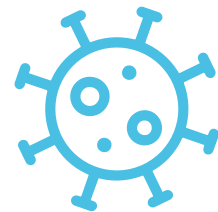
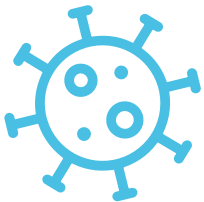
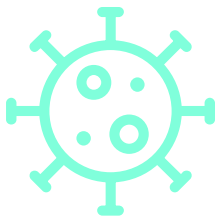
**Usar máscara em
ambientes
compartilhados.**

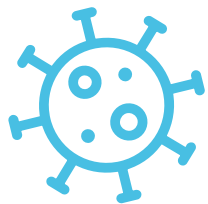
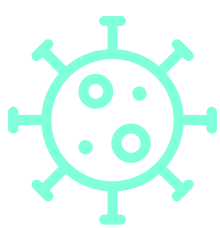


**Mantenha pelo menos
2 metros de distância
da pessoa contaminada.**

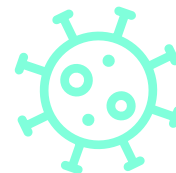
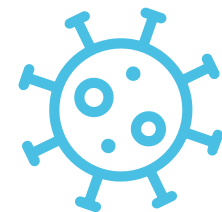


Se for possível, destinar um quarto e um banheiro para uso exclusivo da pessoa infectada ou com suspeita de infecção.




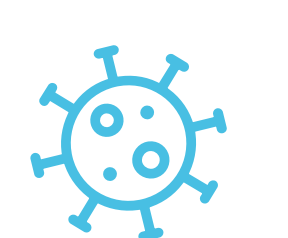
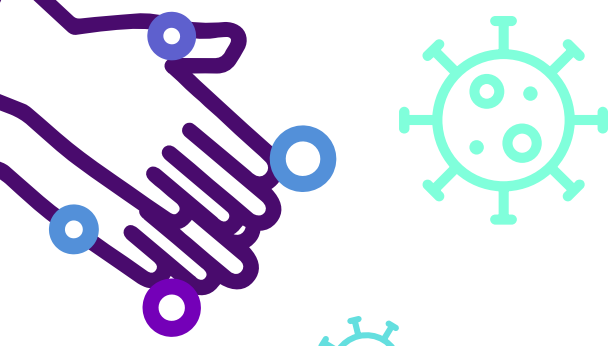


**Não compartilhar sofá, cadeira
ou colchão.**



Em caso de banheiro compartilhado, após o uso, o paciente infectado ou suspeito deve desinfetar todas as superfícies.

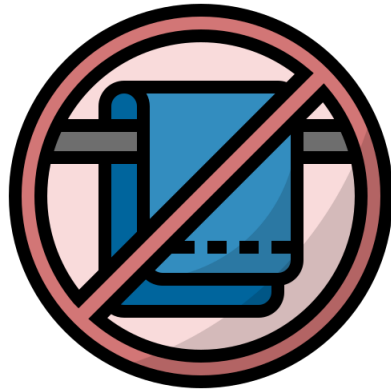


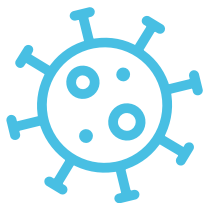
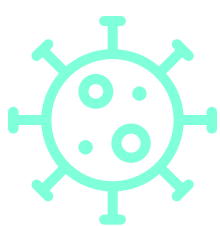


**Tire a escova de dente da
pessoa infectada ou suspeita
do mesmo recipiente das
demais.**

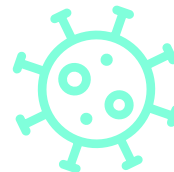
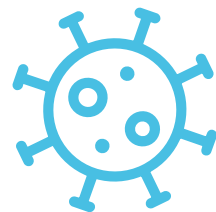



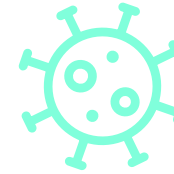

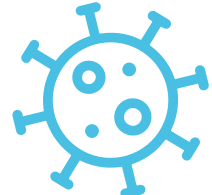

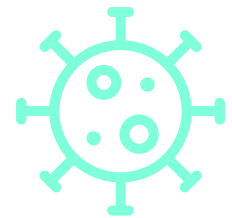
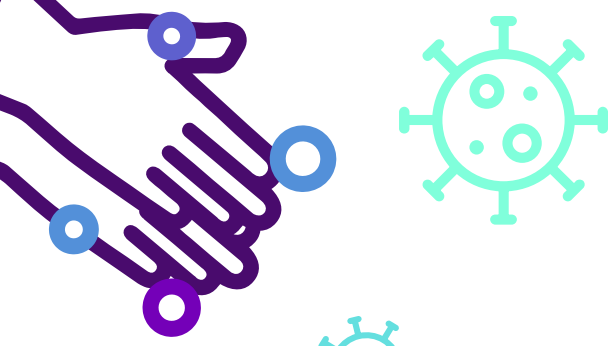
**Não compartilhe objetos como
toalhas de rosto e corpo.**





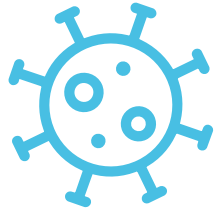
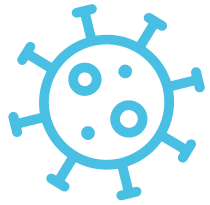
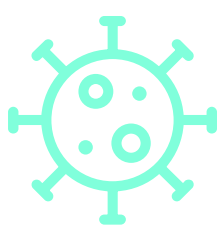
**Use preferencialmente
sabonete líquido, na lavagem
das mãos.**

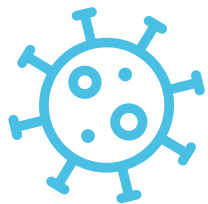
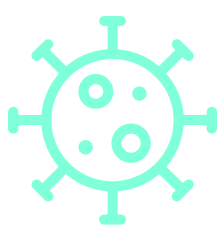




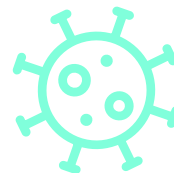
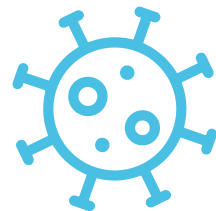
**A pessoa contaminada deve
trocar a própria roupa de
cama.**

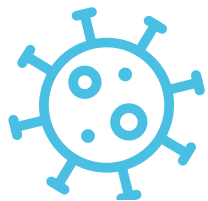
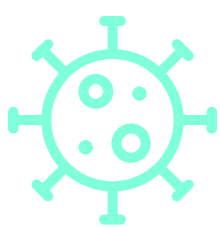
**Se contaminado, cozinhe sempre
de máscara.**



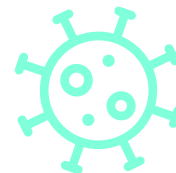
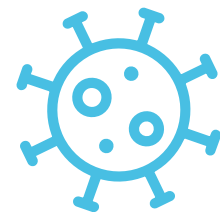


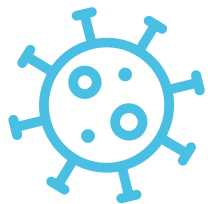
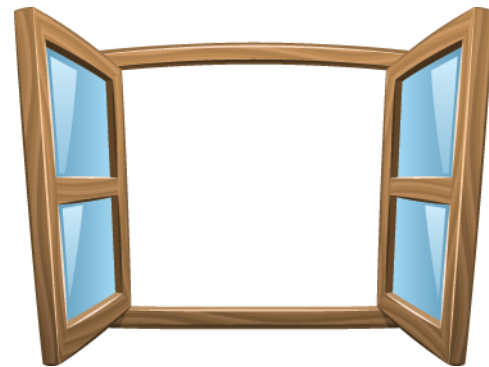
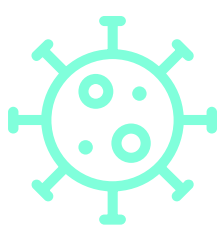
**Não compartilhe copos,
talheres e pratos.**



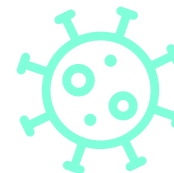
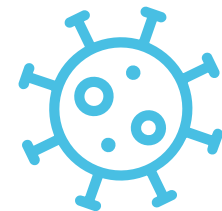


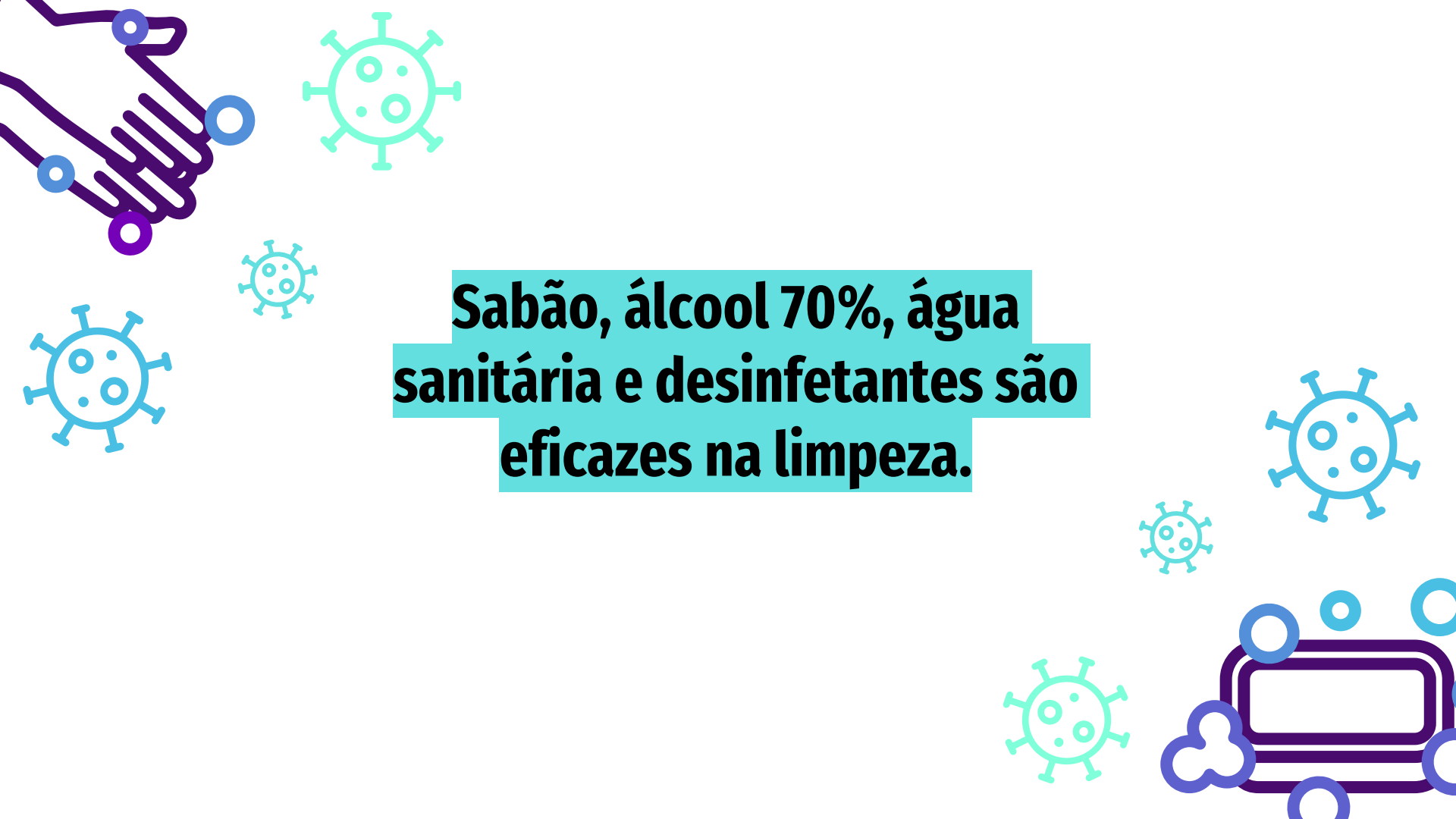
**Mantenha a porta fechada.
Limpe as maçanetas.**



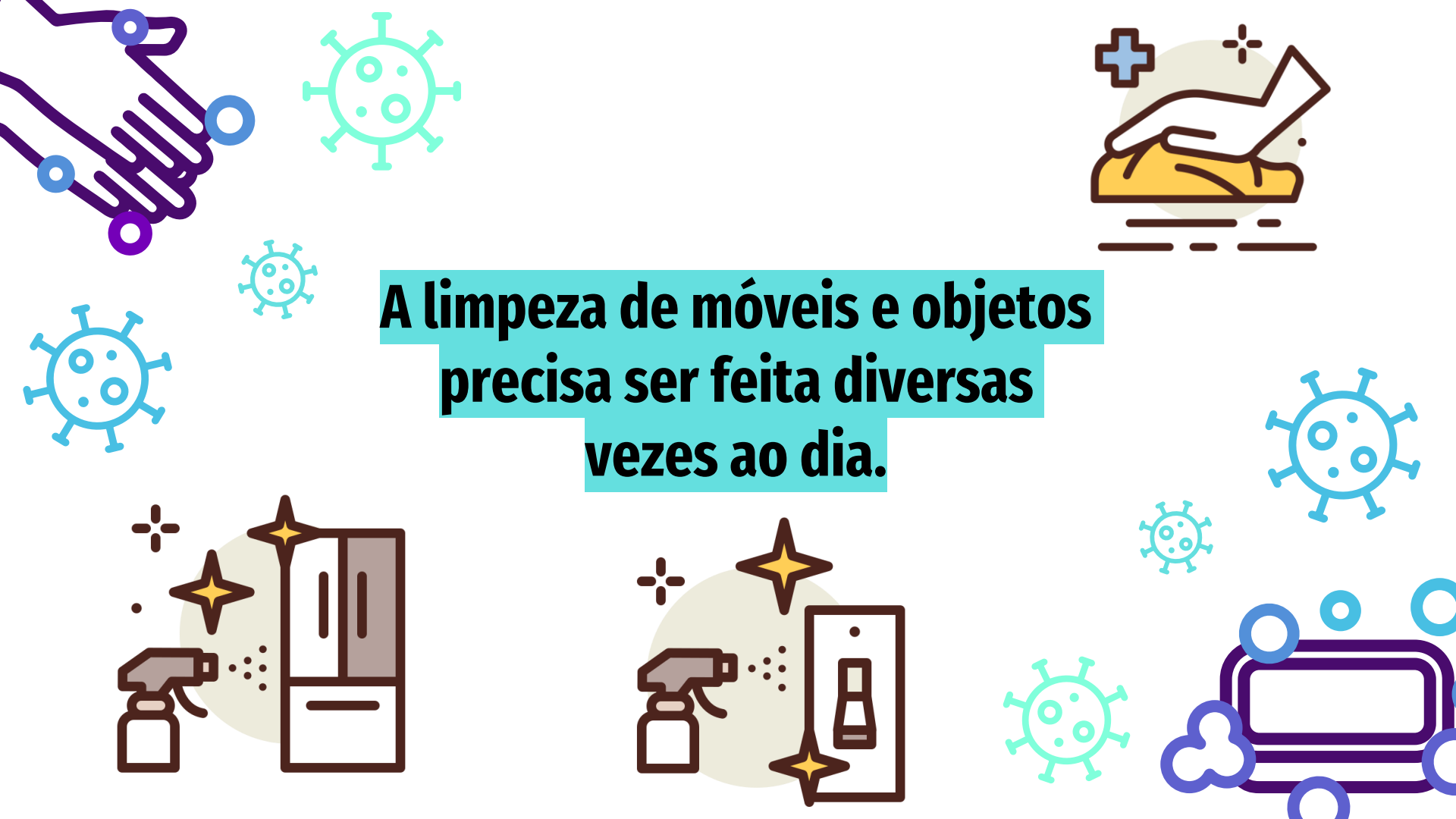


**Mantenha janelas abertas
para a circulação de ar e
entrada de luz solar.**




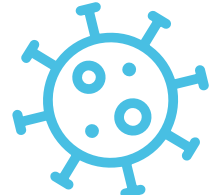

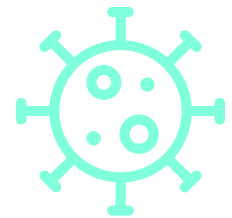
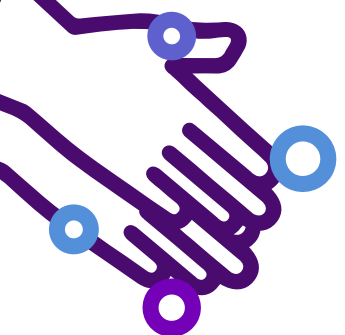




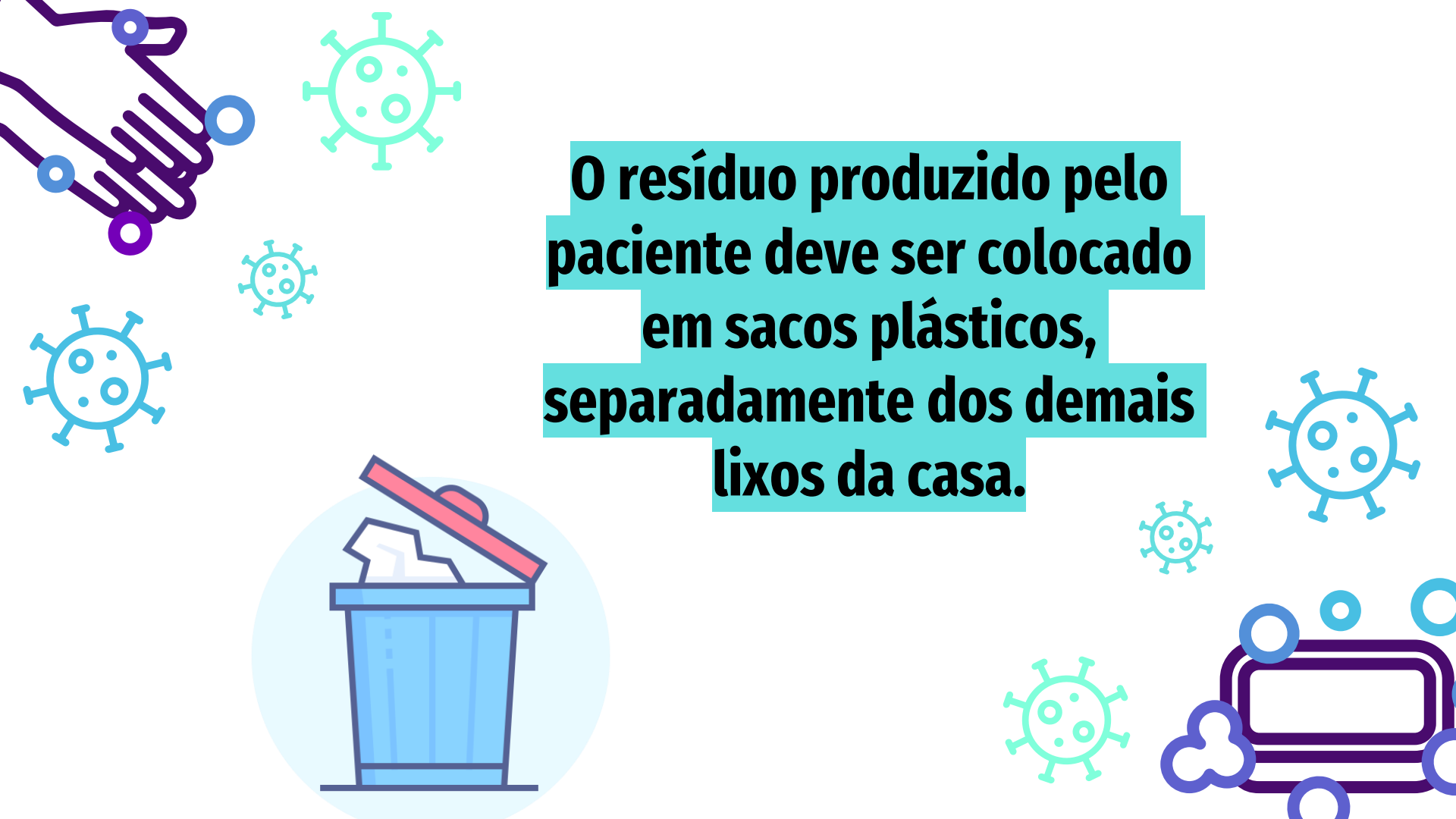
Sabão, álcool 70%, água sanitária e desinfetantes são eficazes na limpeza.



**A limpeza de móveis e objetos
precisa ser feita diversas
vezes ao dia.**

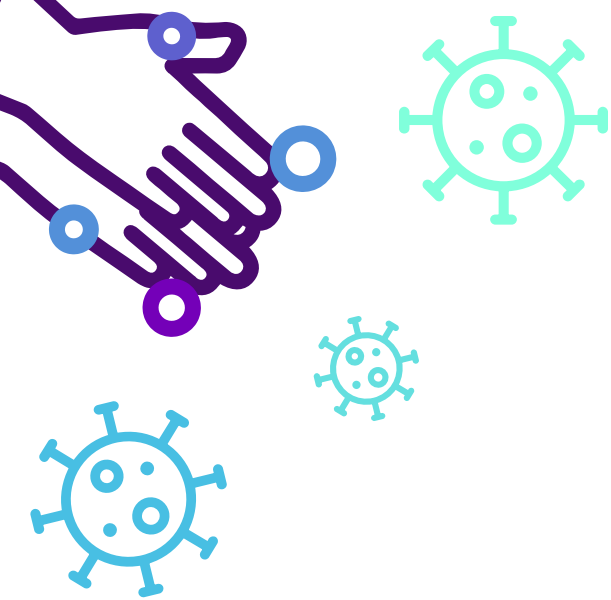


As roupas e objetos de uso pessoal do paciente devem ser lavadas separadamente, e secas em local arejado. Deve-se manuseá-los com luvas, sempre usando máscaras, e nunca sacudi-los.

The background features several stylized virus icons in purple, teal, and blue, scattered around the central text. In the top left, a purple hand holds a device with circular buttons. In the bottom right, there is a purple rectangular frame with rounded corners and a cloud-like shape below it. The central text is set against a teal background with a white border.

**O resíduo produzido pelo
paciente deve ser colocado
em sacos plásticos,
separadamente dos demais
lixos da casa.**





**Manter a etiqueta respiratória:
usar lenço de papel ou papel
higiênico que cubra o nariz e a
boca em caso de tosse e espirro.
Ou tossir e espirrar no antebraço.**

**Lavar os braços e as
mãos imediatamente!**



E fique atento aos sintomas!

Sintomas mais comuns



Tosse



Febre



Fadiga



**Congestão
nasal**



Cansaço



Coriza



**Dor de
garganta**



**Dor de
cabeça**




Diarreia



**Dificuldade
de respirar****



Referências

- 
- **Guia do isolamento domiciliar.** Governo do Estado do Paraná. Disponível em: <<http://www.coronavirus.pr.gov.br/Campanha/Pagina/GUIA-DO-ISOLAMENTO-DOMICILIAR>>. Acesso em: 08/06/2021.
 - **Covid em casa: 4 gráficos que explicam o que fazer se você mora com uma pessoa com coronavírus.** BBC News Brasil. Disponível em: <<https://www.bbc.com/portuguese/geral-56107776>>. Acesso em: 08/06/2021.
- 