



## COVID 19: PREVENTIVE MEASURES FOR PATIENTS WITH CLINICALLY ADVANCED LIVER DISEASE

Face the novel corona challenge with tranquility and caution. Take the following precautions:

### 1. Stay at home.

- Avoid crowded places, visitors, parties, shopping malls and bazaars.
- Delay and reschedule your clinic visit if not urgent.
- Avoid elective hospital visits.

### 2. While at home

- Ventilate your room - open windows and doors at least twice a day.
- Eat a balanced diet - take vitamin supplements if the appetite is poor.
- Prefer soft foods to reduce the risk of bleeding from dilated veins in your food pipe.
- Do light exercise daily inside the house.
- Monitor blood pressure, heart rate, and urine volume, if you are on some drugs to reduce your extra body water or to prevent blood vomiting.
- Take medications on time, including any drugs for hepatitis, blood pressure or diabetes etc.

### 3. If you must go out

- Wear gloves, cap, and a facemask.
- Use the mask properly to adequately cover and seal your mouth and nostrils.

### 4. When returning home

- Do not touch anything
- Take off your shoes and outer coat outside in the balcony
- Throw away your facemask and gloves carefully, taking care not to touch the outside surface.
- Thoroughly wash your hands, face and exposed areas. Wash your hands for 20 seconds after contact with fomites and before eating or touching your face.
- Wash outer case of your cellphone, glasses, and surfaces of everything you took outside with soap or alcohol.

### 5. If you are not feeling well

- Please contact your doctor on WhatsApp, by email or contact the helpline of your hospital.