



Part 1:
**CLEANING
&
DISINFECTING**

CLEANING AND DISINFECTING



1

ROUTINE HAND HYGIENE.
HAND HYGIENE TIME

2

HOW TO CHOOSE, PUT ON
AND TAKE OFF A MASK.
WASHING INSTRUCTIONS
FOR REUSABLE TYPE

3

HOW TO MAKE
DISINFECTANT SOLUTION

4

SURFACE DISINFECTION.
VENTILATION AT HOME.

5

SAFE LIVING AT HOME





WASH YOUR HANDS OFTEN UNDER
RUNNING WATER OR WITH AN
ANTISEPTIC SOLUTION FOR **30**
SECONDS



1.1 ROUTINE HAND HYGIENE



Pump 3-5ml
into
the palm

6 STEPS TO WASH YOUR HANDS



Rub 2 palms together



Rub one palm on the
back of the other and
vice versa



Rub your palms together,
squeezing your fingers
into the fingers



Rub the thumb of one
hand on the palm of the
other and vice versa



Rub the tips of one finger
into the palm of the other
and vice versa



Rub the outside of the
fingers of one hand into
the palm of the other

STEPS 2,3,4,5 REPEAT AT LEAST 5 TIMES

! NOTED

Use disposable paper towels to dry. If using a towel to dry, do not share and must be washed regularly



Ministry of Health of the
SOCIALIST REPUBLIC OF VIETNAM

1.2 HAND HYGIENE TIMES



AFTER
RETURNING
FROM A
PUBLIC PLACE



BEFORE AND
AFTER MEAL



AFTER
GOING TO
THE TOILET



BEFORE AND
AFTER
COOKING



AFTER
COUGHING,
SNEEZING



AFTER
TOUCHING
GADGETS,
SURFACES



HAND WASHING IS
THE BEST WAY TO
REDUCE INFECTION



2.1 CHOOSE THE RIGHT MEDICAL MASK

SHOULD



COVER YOUR NOSE AND MOUTH



COVERS BOTH SIDES OF THE FACE AND HAS NO GAPS



THERE IS A FRAME AT THE NOSE TO FOLD CLOSE TO NOSE BRIDGE

SHOULD NOT



COMBINE 2 DISPOSABLE MASKS



USING A REUSABLE MASK

SHOULD



BREATHABLE CLOTH MASK



GAS WOVEN CLOTH MASK



MASK WITH 2-3 LAYERS



MASK HAS A FILTER COMPARTMENT INSIDE

SHOULD NOT



FABRIC THAT MAKES IT DIFFICULT TO BREATHE



N95 MASKS GIVE PRIORITY TO MEDICAL STAFF



THERE ARE VENTS FOR VIRUS PARTICLES TO ESCAPE

2.2 HOW TO WEAR A MASK PROPERLY ✓



WASH
HANDS
PROPERLY



IDENTIFY THE
TOP & BOTTOM
OF THE MASK



IDENTIFY THE
INSIDE &
OUTSIDE OF
THE MASK



WEAR AND
ADJUST
THE MASK

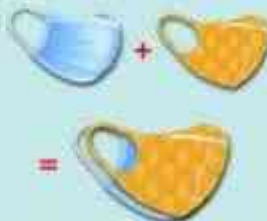
HOW NOT TO WEAR A MASK



WEAR A MEDICAL MASK
UNDERNEATH A CLOTH MASK
FOR ADDED PROTECTION

DO YOU KNOW? >>>

Source: CDC, Ministry of Health



2.3 HOW TO REMOVE A MASK PROPERLY



ONLY HOLD THE
STRINGS, DO NOT
TOUCH THE FRONT
OF THE MASK

DISPOSE OF THE
MASK IN A CLOSED
TRASK BIN

WASH HANDS
PROPERLY

2.4 HOW TO STORE AND CLEAN RESUABLE MASKS

KEEP CLOTH MASK IN A SEALED
PLASTIC BAG IF IT IS WET OR DIRTY



KEEP THE MASK NEATLY IN PAPER BAG
WHEN TAKING OFF TO EAT OR DRINK



WASH THE MASK DAILY OR WHENEVER
IT GETS DIRTY WITH REGULAR LAUNDRY
DETEGENT AND WARMEST WATER



HANG YOUR MASK IN DIRECT
SUNLIGHT TO DRY COMPLETELY



3.1 MAKE CLEANING – DISINFECTING SOLUTION

CLEAN REGULARLY IF THERE IS NO CASE



CHLORAMIN B 25%



JAVEL 5%

SANITIZE ONCE A DAY


½ TSP
POWER

+


1L WATER

Following the package instructions



DISINFECT ONCE A WEEK


1 TSP
POWER

+


1L WATER

Mix **twice** the amount of javel as directed on the bottle label in the same amount of water

WHEN THERE IS A CASE



Chloramin B 25%



5 TSP POWER



1L WATER



Javel 5%



Mix **ten times** the amount of javel as directed on the bottle label in the same amount of water

3.2 MIX BLEACH TO DISINFECT

MIX BLEACH WITH WATER IN A RATIO OF 1 PART BLEACH: 10 PARTS WATER



5 SPOONS

OR



$\frac{1}{3}$ CUP



250ML

BLEACH

WATER

NOTES

- ✓ Solution effective for 24 hours
- ✓ Do not expose to direct sunlight
- ✓ Must cover the prepared solution
- ✓ Use room temperature water if water is required, (unless otherwise indicated on the bottle label).
- ✓ Do not mix chemicals and solutions





4.1 SURFACE DISINFECTION

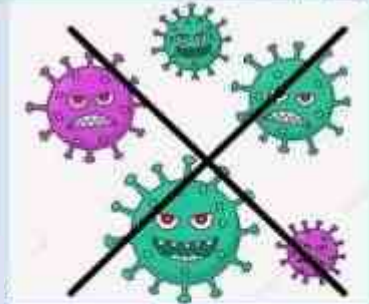


CLEANING SURFACES WITH
DETERGENT OR SANITIZE CHEMICAL

STEP 1: CLEANING BY DETERGENT
DRY NATURAL

STEP 2: DISINFECTION

NOTE: ENVIRONMENT REQUIRED GOOD VENTILATION
(OPEN WINDOW)



AT LEAST **1 TIME/DAY**
FLOORS, WALLS,
FURNITURE, OBJECTS
POTENTIALLY EXPOSED
SURFACES,
RESTROOMS

AT LEAST **2 TIMES/DAY** AT HOME
AT LEAST **4 TIMES/DAY** IN PUBLIC PLACES

REGULAR CONTACT
POSITIONS



NOTE: TURN OFF ELECTRICAL EQUIPMENT BEFORE DISINFECTION



4.2 VENTILATION AT HOME

✗ POOR VENTILATION
Close the door, do not use fan



✓ GOOD VENTILATION
Open the door, use fan, avoid using air-conditioner



VENTILATION IS THE WAY TO MAINTAIN A HEALTHY ENVIRONMENT AND PREVENT COVID-19



VENTILATION IN COMMON INDOOR SPACES

USE FAN, AIR PURIFIER

MINIMUM USE OF AIR-CONDITIONER

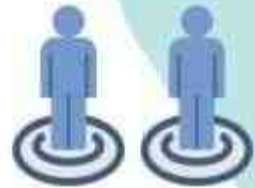


5. SAFE LIVING AT HOME

RESERVE BEDROOM AND TOILET FOR SUSPECTED INFECTED PEOPLE



KEEP MINIMUM DISTANCE OF 1-2M FOR HIGH RISK MEMBERS



SUSPECTED INFECTED PEOPLE NEED TO LIMITATIONS OF MOVEMENT IN THE COMMON SPACES IN THE HOUSE (LIVING ROOM, KITCHEN,.....)



NOT ACCEPTING GUESTS

DO NOT SHARE PERSONAL UTENSILS



CLEANING UTENSILS

- ✓ WEAR GLOVES WHEN HANDLING FOOD AND UTENSILS FOR SUSPECTED INFECTED PEOPLE
- ✓ WASH DISHES AND UTENSILS WITH SOAP AND HOT WATER
- ✓ TAKE OFF YOUR GLOVES, WASH HANDS WHEN FINISHED



WASH CLOTHES



- ✓ WEAR GLOVES AND A MASK WHEN HANDLING LAUNDRY OF SUSPECTED INFECTED PEOPLE
- ✓ CLEANING CLOTHES TRAYS AND BASKETS
- ✓ WASH IN THE WARMEST POSSIBLE TEMPERATURE AND DRY COMPLETELY
- ✓ IT IS POSSIBLE TO WASH THE CLOTHES OF A SUSPECTED INFECTED PEOPLE WITH OTHER PEOPLE'S CLOTHES
- ✓ WASH YOUR HANDS AFTER HANDLING CLOTHES OF SUSPECTED INFECTED PEOPLE

WASTE MANAGEMENT

- ✓ SEPARATION OF WASTE AT SOURCE
- ✓ DAILY GARBAGE COLLECTION AND TREATMENT
- ✓ ENOUGH TRASH CANS WITH TIGHT LIDS, IN A CONVENIENT LOCATION
- ✓ SEPARATE TRASH CANS WITH LINER FOR SUSPECTED INFECTED PEOPLE
- ✓ USE GLOVES WHEN HANDLING GARBAGE
- ✓ WASH YOUR HANDS AFTER THROWING TRASH IN THE BIN





REGULAR CLEANING HELP LIMIT
THE SPREAD OF THE VIRUS

DO YOU
KNOW?

SUITABLE TEMPERATURE FOR
COVID-19 DEVELOPS
FROM 4 TO 20°C

DURATION OF COVID-19
ON SOME SURFACES

WOOD: 4-5 DAYS
PAPER : 3-5 DAYS
ALUMINUM: 2-8 HOURS
GLOVES: IN 8 HOURS
COAT: 1-2 HOURS

FIGHTERS COVID

IN COMMUNITY



Part 2:
**RESPIRATION
&
EXERCISE**

BREATHING EXERCISES

THESE BREATHING EXERCISES HELP IMPROVE THE MOOD OF BREATHING DIFFICULTY. THIS TYPE OF BREATHING SUBMERSION ALLOWS FOR EXHALATION, GAPING, AND CHEST BREATHING IN CONJUNCTION WITH THE HAND TO INCREASE LUNG CAPACITY.

1 TYPE OF BREATHING DOWN THE LIPS

LIP PIGMENTATION AND INHALATION USING FOR 2 BEATS, HOLDING 2-5 SECONDS IF IT NOT DIFFICULT TO BREATHE AFTER INHALATION.

PUFFING OUT THE LIPS IN A FLUTE, AND BREATHING OUT SLOWLY THROUGH THE MOUTH IN 4 BEATS.

2 TYPE OF BREATHING ABDOMINAL

- ONE HAND ON THE CHEST, ONE HAND ON THE BELLY (TO FEEL THE MOVEMENT OF THE CHEST AND ABDOMEN.
- INHALE THROUGH THE NOSE (PLUSH THE LIPS), BELLY BULGES OUT (HAND ON BELLY UP).
- BREATH SLOWLY THROUGH THE MOUTH, LIPS DRAWN TOGETHER LIKE A FLUTE, BELLY DOWN (HAND ON BELLY GO DOWN)
- INHALATION 1-2 BEATS, EXHALATION 1-2-3-4 BEATS (DOUBLE EXHALATION TIMES).



3 TYPE OF BREATHING HANDS-ON CHEST

STEP 1: THE PATIENTS EXTENDS HIS OR HER BREASTS AND INHALATES. KEEP THE BREATH 3-5S UNLESS NEED CAUSES TROUBLE BREATHING.

STEP 2: HOLLD YOUR HAND DOWN AND EXHALE WITH A METHOD OF BENDING YOUR LIPS.



! NOTES

- DON'T NEED EXTREMELY EXERCISE WHEN INHALE AND EXHALE.
- COMBINATION WITH BREATHING ABDOMINAL METHOD AND BREATHING HANDS-ON CHEST COMBINED WITH HANDS INTO AN INHALATION SHOULD BE PRACTICED REGULARLY (AT LEAST 3 TIMES PER DAY, EVERY 5-10 MINUTES).
- THESE TWO MOVEMENTS CAN BE PRACTISED EITHER SITTING DOWN OR LYING (WHEN LYING PUT A PILLOW UNDER HEAD AND LEGS ARE SLIGHTLY SHRINKING.



A DYING ATTITUDE FOR COVID 19 PATIENTS

THE PATIENT TURN THEIR HEAD IN THE SIDE TO BREATHE. NOTE THAT TURNING THE HEAD ON BOTH SIDES TO AVOID SHORT CONTRACTION AND PAIN IN THE SHOUDERS OF THE NECK.



SOFTEN A TOWEL OR PILLOW ON THE TOP OF THE NECK TO HELP PATIENT COMFORT.

PUT A PILLOW UNDER THE HIP TO PREVENT BACK PAIN.

! NOTES

CHANGE OF POSTURE SO AS TO AVOID ULCERS, NO APPLY IT TO PREGNANT WOMEN, WHO HAVE PROBLEMS WITH SPINE AND CARDIOVASCULAR DISEASES, WHO HAVE JUST HAD ABDOMINAL SURGERY, AFTER FULL MEAL. THERE IS NO ANTI-DESIGNATION EVIDENCE FOR OBESITY PATIENTS.

EXERCISE IN BED

Covid-19 from mild to moderate patients are advised to stay in bed and exercise moderately.
 Workout helps digestion better, improves blood circulation and assisted to relax.

1 Shoulder lift
 (10-20 times)



Raise your arms over your head
 (keep your elbows straight)

2 Bend and extend elbows
 (10-20 times)



Bring your arms close to your
 body, bend your elbows, then
 straighten them

3 Flex, rotate the ankle
 (30 seconds)



Flex, extend the ankle, rotate the
 ankle clockwise and
 counterclockwise

4 Leg stretch
 (10-20 seconds)



Bend the leg and the knee, then
 straighten the leg

5 Stand straddling
 (10-20 times)



Pull the leg out, then pull in

6 Leg lift
 (10-20 times)



Lie on your bed with one leg bent,
 raise the other leg, keep your
 back close to the bed to avoid
 back pain.



STRETCHING EXERCISE

Helping relax muscles, promote blood circulation, increase the flexibility for the body.

① Shoulder stretch (4-10 times)

Step 1: Stand with feet shoulder width apart. Cross your left arm over your chest.

Step 2: You your right hand to hold and pull your left hand at the elbow position. Hold this pose for 15-30 seconds, do the same with the other side.



② Arm stretch (4-10 times)

Step 1: Raise your left arm over your head and bend it at the elbow so that your right hand touches the middle of your back.

Step 2: Place your left arm on your right elbow, and push your right hand down the back highly. Hold this pose for 15-30 seconds. Then repeat the movement with the other sides.

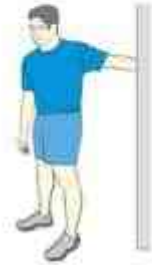


STRETCHING EXERCISE

3 Chest-arms stretch (4-10 times)

Step 1: Stand with your arms straight on the wall, and your arms are parallel to the floor.

Step 2: Turn away from the wall until you feel a slight stretch in the chest and arms, do not move your legs, Hold this pose for 15-30 seconds. Do the same with the other hand.



4 Tight muscle stretch (4-10 times)

Step 1: Stand up straight, Hold one leg behind your butt with your hand. Keep a straight back. Hold this pose for 15-30 seconds.

Step 2: Return to the first position. Do the same with the other side.

This exercise can be practiced in a prone position



PHYSICAL STRENGTH ENDURANCE TRAINING

These workouts have the effect of maintaining and increasing muscle strength, and improving endurance. Concurrently, it helps to promote metabolism and maintain a reasonable weight. Note that, always maintain a regular breathing rate by counting stamens 1-2.

Muscle-Building Chest, Shoulders, and Arms Workout

① Standing push-ups

6 – 20 times

Step 1: Stand with your feet shoulder-width apart. Straighten your arms at shoulder-width apart, and pushup against the wall.

Step 2: Inhale and bend your elbows, and slowly move your body toward the wall.

Step 3: Exhale and push your body slowly back to your starting position.

Keep your body straight throughout the movement.



!Note Don't over-exercise if you have high blood pressure.

② Dumbbell biceps curl

Choosing dumbbells of the suitable weight
(0.5 – 2.0 kg)

6 – 20 times

Don't do resistance exercises for 2 days in a row!

Step 1: Stand with your feet shoulder-width apart. Hold the dumbbells down your body, palms facing forward.

Step 2: Exhale, and bend your elbows to raise the dumbbell to shoulder-height.

Step 3: Lower the dumbbells back to the starting position

Keep your elbows close to your body. As you lower the dumbbells, keep your elbows slightly bent. When lifting the dumbbells, avoid shoulder movement, and keep your shoulders comfortably.



Thigh workout

1 Stand up from the chair 6 – 20 times

Step 1: Sit in a chair and place your hands on your knees to begin the exercise. Keep your feet hip-width apart, and keep your back straight.

Step 2: Stand up, exhale, keep your back straight

Step 3: Slowly sit down. Don't use your hands if you want to increase the level of the workout.



Body workout

1 Press back on the bed 4 – 10 times

Step 1: Bend your knees and place your feet on a flat surface.

Step 2: Squeeze your abs and glutes down into the flat. hold for 5 seconds.



Breathe evenly during the exercise by counting the numbers.