



**Western Cape
Government**

Health

Office of the Head: Health

Reference: 16/4

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**TO: THE CHIEF OF OPERATIONS
CHIEF DIRECTORS: METRO/RURAL/HEALTH PROGRAMMES
DIRECTORS: DISTRICT HEALTH SERVICES
NURSING SERVICES
FACILITY BASED SERVICES PROGRAMMES
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HEADS: ALL HOSPITALS
HEADS: ALL COMMUNITY HEALTH CENTRES & CLINICS
EXECUTIVE DIRECTOR HEALTH: CITY OF CAPE TOWN
PRIVATE PROVIDERS
MILITARY & CORRECTIONAL SERVICES**

CIRCULAR H9 OF 2021: PACK HOME VOLUME 3: CHRONIC CONDITIONS AT HOME

PACK HOME VOLUME 3: Chronic conditions at home

The Practical Approach to Care Kit – PACK – has been developed for use by nurses, doctors and community health workers in their everyday work to care for patients at the clinic and in the community – PACK Adult, PACK Adolescent, PACK Child and PACK Community.

PACK Home is designed for people seeking more information about how to care for their own health and the health of those in their household, at home. It can also be used by nurses and doctors at all levels of care as well as community health workers to provide easy-to-read, policy-aligned and standardised information to their patients. PACK Home is structured in volumes that can be used separately or as a collection.



(Small examples of this information are included in this circular and are not suitable for printing)

Volume 3: Chronic conditions at home contains information about how to care for your health and take your medication when living with a chronic condition, how to protect yourself from severe COVID-19, as well as specific information about hypertension, diabetes, HIV, TB, COPD/emphysema, asthma, depression and anxiety, cancer, epilepsy and arthritis.

To access PACK Home:

The volumes can be accessed by following this link:

<https://coronavirus.westerncape.gov.za/resources>

Click here to access [PACK Home](#)

<p>Handwashing</p> <ul style="list-style-type: none"> English Afrikaans isiXhosa 	<p>PACK Home - Be coronavirus safe</p> <p>Preventing COVID-19</p> <ul style="list-style-type: none"> English Afrikaans isiXhosa <p>Managing COVID-19 at home</p> <ul style="list-style-type: none"> English Afrikaans isiXhosa <p>Managing a chronic condition during COVID-19</p> <p>Be COVID-19 safe at school</p>	<p>In hospital</p> <ul style="list-style-type: none"> Your loved one is in hospital with COVID-19 What will happen to a loved one who is seriously ill
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PACK Home will be made available in English, Afrikaans and isiXhosa. It is being produced in hard copy as well as electronic format for distribution via social media platforms. This information is also available on a dedicated website called **CoronaWise**: <https://www.coronawise.org.za>, and can be accessed via a data-free link coronawise.datafree.co

PACK Home was developed by the Knowledge Translation Unit, University of Cape Town Lung Institute in partnership with the Western Cape Department of Health. Its content has drawn on the input of many people working in health care. We thank all those who informed and reviewed the content of PACK Home. See the list of their names on the Knowledge Translation Unit website: www.knowledgetranslation.co.za

Yours sincerely

A handwritten signature in black ink, appearing to read 'K. Cloete', written in a cursive style.

Dr Keith Cloete

Head: Western Cape Department of Health

Date: 28 January 2021