



COVID-19

Caring

for Someone Sick

*Advice for caregivers
in non-healthcare settings*



Caring **COVID-19** for Someone Sick

If you are caring for someone with COVID-19 at home, follow this advice to protect yourself and others.



Provide support

- Help cover basic needs.
- Help the person who is sick follow their doctor's instructions for care and medicine.
- For most people, symptoms last a few days, and people usually feel better after a week.
- See if over-the-counter medicines for fever help the person feel better.
- Make sure the person who is sick drinks a lot of fluids and rests.
- Help them with grocery shopping, filling prescriptions, and getting other items they may need.
- Consider having the items delivered through a delivery service, if possible.
- Take care of their pet(s), and limit contact between the person who is sick and their pet(s) when possible.



Watch for warning signs

- Have their doctor's phone number on hand.
- Call their doctor if the person keeps getting sicker.



When to seek emergency medical attention

- Trouble breathing.
- Persistent pain or pressure in the chest.
- New confusion.
- Inability to wake or stay awake.
- Bluish lips or face.

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COVID-19



Protect yourself

Limit contact

- Keep a separate bedroom and bathroom for a person who is sick.

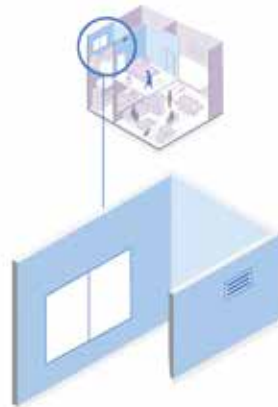


The person who is sick should isolate

- The sick person should separate themselves from others in the home.
- If possible, have the person who is sick use a separate bedroom and bathroom. Try to stay at least 6 feet away from the sick person.
- Shared space: If you have to share space, make sure the room has good air flow.

Open the window to increase air circulation

- Improving ventilation helps remove respiratory droplets from the air.
- Avoid having visitors.



Caregivers should quarantine

- Caregivers, the infected person, his/her partner and all other household members are required to quarantine themselves.

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Stay separated

The person who is sick should eat (or be fed) in their room, if possible.

Wash dishes and utensils using gloves and hot water

- Handle any dishes, cups/glasses, or silverware used by the person who is sick with gloves.
- Clean hands after taking off gloves or handling used items.
- Avoid sharing personal items.

Do not share

- Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone) with the person who is sick.

When to wear a face mask or gloves

The person who is sick

- The person who is sick should wear a face mask when they are around other people at home.
- The face mask helps prevent a person who is sick from spreading the virus to others. It keeps respiratory droplets contained and from reaching other people.
- Face masks should not be placed on young children under age 5, anyone who has trouble breathing, or is not able to remove the covering without help.

Caregiver

- Wear gloves when you touch or have contact with the sick person's blood, stool, or body fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into a lined trash can and wash hands right away.
- The caregiver should ask the sick person to put on a face mask before entering the room.
- The caregiver should also wear a face mask when caring for a person who is sick.



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Caring for Someone Sick

COVID-19

To prevent getting sick, make sure you practice everyday preventive actions

- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Frequently clean and disinfect surfaces.
- Wash hands: Wash your hands often with soap and water for at least 20 seconds.
- Hand sanitizer: If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.

Clean and then disinfect around the house

- Clean and disinfect “high-touch” surfaces and items every day: This includes tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.
- Clean the area or item with soap and water if it is dirty. Then, use a household disinfectant.



- Be sure to follow the instructions on the label to ensure safe and effective use of the product.
- Most household disinfectants should be effective.
- To clean electronics, follow the manufacturer’s instructions for all cleaning and disinfection products. If those directions are not available, use alcohol-based wipes or spray containing at least 70% alcohol.
- Learn more about cleaning and disinfecting your home.



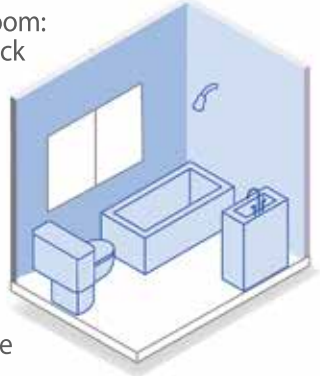
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Bedroom and bathroom

- If you are using a separate bedroom and bathroom: Only clean the area around the person who is sick when needed, such as when the area is soiled.
- If they feel up to it, the person who is sick can clean their own space. Give the person who is sick personal cleaning supplies such as tissues, paper towels, and cleaners.
- If sharing a bathroom: The person who is sick should clean and then disinfect after each use. If this is not possible, wear a mask and wait as long as possible after the sick person has used the bathroom before coming in to clean and use the bathroom.



Wash and dry laundry

- Do not shake dirty laundry.
- Wear gloves and face mask while handling dirty laundry.
- Dirty laundry from a person who is sick can be washed with other people's items.
- Wash items according to the label instructions.
- Remove gloves, and wash hands right away.
- Dry laundry, on hot if possible, completely.
- Wash hands after putting clothes in the dryer.
- Clean and disinfect clothes hampers. Wash hands afterwards.
- Use lined trash can.



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COVID-19



Use gloves when handling trash

- Place used disposable gloves and other contaminated items in a lined trash can.
- Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.
- Place all used disposable gloves, masks, and other contaminated items in a lined trash can.
- If possible, dedicate a lined trash can for the person who is sick.

Track your own health

- Caregivers should stay home and monitor their health for COVID-19 symptoms while caring for the person who is sick.
- Symptoms include soar throat, cough and shortness of breath but other symptoms may be present as well. Trouble breathing is a more serious warning sign that you need medical attention.



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