

## Caring for someone with COVID-19 PART 1



### LIMIT CONTACT

1. The caregiver, when possible, should not be someone who is at higher risk for severe illness.
2. If possible, have the sick person use a separate bathroom and stay in their own room or space
3. If you have to share space, open windows to improve ventilation.
4. Avoid having visitors..

### EAT IN SEPARATE ROOMS



1. The person who is sick should eat in their room and away from others, if possible.
2. Use disposable plates, utensils, cups/glasses if possible. Otherwise use gloves to handle any dishes, cups/glasses, or silverware used by the sick person. Wash them with soap and hot water or in a dishwasher.
3. Wash hands for at least 20 seconds after taking off gloves or handling used items.



### AVOID SHARING PERSONAL ITEMS

1. **DO NOT SHARE.** Do not share dishes, cups/glasses, silverware, towels, bedding, tv remote or electronics like cell phones, iPads, laptops/computers with the person who is sick.

### WHEN TO WEAR FACE MASKS AND GLOVES



#### SICK PERSON:

1. The person who is sick should wear a face mask when they are around other people. Cloth face coverings should not be placed on young children under age 2, anyone who has trouble breathing, or is not able to remove the covering without help.

#### CAREGIVER:

1. The caregiver should wear gloves when they touch or have contact with the sick person's blood, saliva, mucus, vomit or other body fluids.
2. The caregiver should ask the sick person to put on a mask before entering the room.
3. The caregiver may also wear a face mask when caring for a person who is sick.

## Caring for someone with COVID-19 PART 2

### CLEAN YOUR HANDS OFTEN



1. Wash your hands often with soap and water for at least 20 seconds. Everyone in the home should do the same especially after being near the person who is sick.
2. If soap and water are not available, use hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
3. Avoid touching your eyes, nose and mouth with unwashed hands.



### CLEAN AND THEN DISINFECT

1. Clean and disinfect "high touch" surface items every day. This includes: tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and electronics.
2. Clean the area with soap and water if it is dirty and then use a household disinfectant. Follow instructions on the label to ensure effective use of products. To clean electronics, follow manufacturer's instructions. If those are not available use alcohol-based wipes.

### BED AND BATHROOM

1. If the sick person is using a dedicated 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 their own cleaning supplies.
2. If you are sharing the bathroom, the person who is sick should clean and then disinfect after each use. If this is not possible, wear a face covering 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 while handling dirty laundry.  
Wash items in warmest water setting you can.  
Dry laundry on hot if possible in the clothes dryer.  
Clean and disinfect clothes hamper.  
Wash hands afterwards.

#### Lined Trash Can

Place contaminated items in a lined trash can. Use disposable gloves when removing garbage bags.



#### Track Your Own Health

Caregivers should stay home and monitor their health for COVID-19 symptoms. Check with a medical professional on how to know when it's safe to leave your home.

