

How to Care for Someone with COVID-19 at Home

Take these precautionary steps to provide care for your loved ones while keeping yourself and others safe.



Limit Contact

- Have the sick person use a separate bedroom and bathroom as much as possible.
- The caregiver should not be someone at high risk from serious illness from COVID-19.
- Make sure the sick person's room has good air flow (e.g. open window, use fans).
- Do not allow visitors.



Prevent the Spread of Germs

- **Food:** The sick person should eat in their separate room or away from others and with their own dishes and silverware.
- **Masks and Gloves:** The sick person should wear a cloth face cover whenever around other people. The caregiver should wear a cloth face cover when caring for the sick person. The caregiver should also use gloves when handling any other personal items (e.g. laundry, dishes, trash, etc.).
- **Clean and disinfect** frequently touched surfaces and everyday items (e.g. toilets, faucets, door handles).
- **Wash hands often using soap and water for at least 20 seconds.** Wash hands after removing gloves and handling personal items of the sick person.



Watch for Warning Signs

- Contact the person's healthcare provider if symptoms get worse.
- Call 911 for medical emergencies (inform dispatch personnel that the person has COVID-19).
- Warning signs: trouble breathing, persistent pain or pressure in chest, newly developed confusion, inability to stay awake, bluish lips or face.



Track Your Own Health

- The caregiver must stay home and monitor their health for COVID-19 symptoms (e.g. fever, cough, shortness of breath).
- Caregivers without symptoms must stay home while the person with COVID-19 is in home isolation and for 10 days after.