

## Caring for Someone at Home with COVID-19



Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill. Here are some tips from the National Center for Immunization and Respiratory Diseases (NCIRD), Division of Viral Diseases if you are caring for someone at home:

Most people who get sick with COVID-19 will have only mild illness and should recover at home. COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets produced when an infected person coughs or sneezes.

### PREVENT THE SPREAD OF GERMS.

- Have the person stay in one room, away from other people, including yourself, as much as possible. You can:
  - Have them use a separate bathroom.
  - Avoid sharing personal household items (dishes, towels, bedding).
  - Have them wear a facemask when they are around people, including you, if available.
  - If the sick person can't wear a facemask, you should wear one while in the same room with them, if available.
  - If the sick person needs to be around others (within the home, vehicle or doctor's office), they should wear a facemask.
- Wash your hands often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth.
- Clean all surfaces every day with cleaning sprays/wipes that are touched often (counters, tabletops, doorknobs).
- Wash laundry thoroughly. If soiled, wear disposable gloves, keep soiled items away from your body and wash hands after removing gloves.
- Avoid having any unnecessary visitors.

### Monitor the person for worsening symptoms & know the emergency warning signs.

If you develop emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs can include\*:

- Trouble breathing.
- Persistent pain or pressure in the chest.
- New confusion or inability to arouse.
- Bluish lips or face.

*\*This list is not all inclusive. Consult your medical provider for any other symptoms that are severe or concerning.*

### PROVIDE SYMPTOM TREATMENT.

- Over-the-counter medicines may help with symptoms.
- For most people, symptoms last a few days and get better after a week.



### WHEN TO END HOME ISOLATION (STAYING HOME)

- People with COVID-19 who have stayed home (are home isolated) can stop home isolation under the direction of their physician. Their doctor will follow CDC Guidelines.



Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are at higher risk for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.

**IF YOU HAVE ANY QUESTIONS OR CONCERNS ABOUT YOURSELF OR A LOVED ONE, CONTACT OUR OFFICE TODAY!**

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