Caring for Someone with COVID-19

How to safely care for a friend or family member recovering at home.

Prevent the Spread of Germs at Home:

• Whenever possible, persons recovering from COVID-19 at home should self-isolate to a separate area of the home, such as a specific bedroom or the basement.
• If possible, have them use a separate bathroom from the rest of the household.
• Wash their clothing and bedding frequently.
• Avoid sharing household items like dishes, towels, or electronic devices.
• Disinfect the living space often and wash hands with soap & water for 20 seconds.
• Avoid unnecessary visitors.
• Limit interactions. Caregiver and sick individual should both cover their mouth and nose when interactions do need to take place.

Offer Comfort and Monitor Symptoms:

• Most people who get sick with COVID-19 will experience mild symptoms, and should recover at home while self-isolating.
• Offer over the counter medications, like a cough suppressant or fever reducer, as needed. Symptoms typically linger for a few days to about one week.
• Notify a health care provider immediately if mild symptoms progress:
  ○ Trouble breathing
  ○ Persistent chest pain or pressure
  ○ Confusion
  ○ Bluish lips or face

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Call if you need assistance finding food, paying bills or accessing other essential services.

When Can a Sick Individual Stop Isolation?

• Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:
  ○ At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications;
  ○ AND improvement in respiratory symptoms (e.g., cough, shortness of breath);
  ○ AND at least 7 days have passed since symptoms first appeared.

• For Household Contacts of Persons with COVID-19:
  ○ Because exposure is considered to be ongoing within the house, household contacts of persons with COVID-19 must be quarantined for 14 days after the case has been released from isolation. This means that household contacts will need to remain at home longer than the initial case.
  ○ Notify your health care provider immediately if you, as a caregiver, start to experience symptoms.

Stay Calm & Stay Home

Order groceries online or ask a friend to drop them off.

Social distance is really about keeping physical distance, not social isolation. Enjoy regularly scheduled e-mails, calls, FaceTime/Skype with friends and family. Safe interaction with others is important!