

How to Safely Care for a Friend or Family Member Recovering at Home

Prevent the Spread of Germs at Home:

Stay Separated

- Whenever possible, have the person who is sick stay in their own "sick room" or area away from others
- If possible, have them use a separate bathroom
- If you have to share a space, make sure the area has good air flow. Open windows and turn on a fan

Masks

- The sick person should wear a mask around others
- The mask needs to cover their mouth and nose

Cleaning

- Wear disposable gloves when cleaning, disinfecting, and doing laundry
- Clean and THEN disinfect items that are frequently touched everyday
- Use the warmest water setting possible for laundry and washing dishes

Avoid sharing household items like dishes, towels, utensils, or electronic devices

Avoid unnecessary visitors. Limit interactions and wear a mask when you do interact with someone who is sick

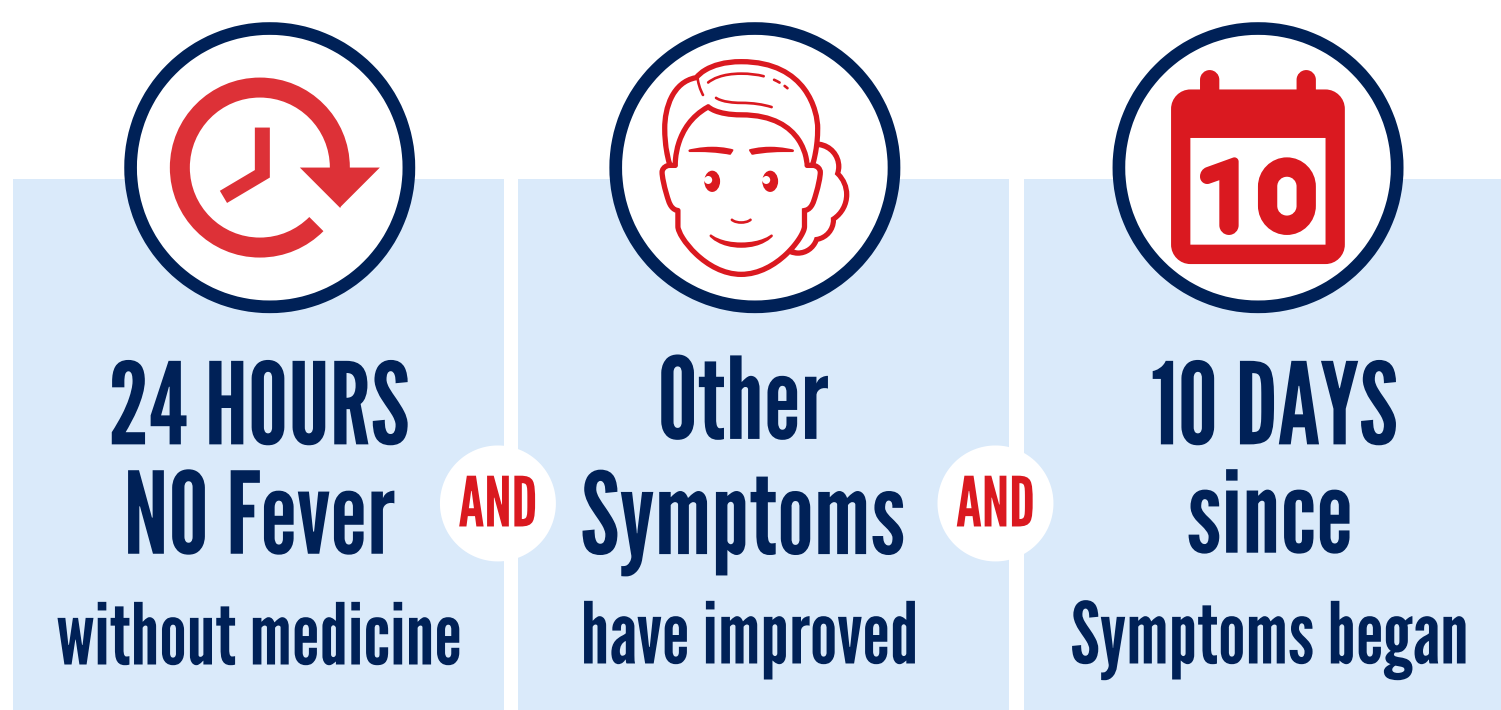
Offer Comfort and Monitor Symptoms:

- Most people experience mild symptoms and can recover at home. Symptoms usually last a few days and most feel better after a week
- Offer over the counter medications, like a cough suppressant or fever reducer, as needed
- Have them drink plenty of fluids and rest
- Help with grocery shopping, filling prescriptions, and other items they may need. Consider having these items delivered if possible
- Have their provider's phone number on hand and monitor their symptoms
- If someone is any of these signs, seek emergency medical care immediately:
 - Trouble breathing
 - Severe chest pain or pressure
 - Unable to wake-up or stay awake
 - New Confusion
 - Bluish lips or face



Call 211 if you need assistance finding food, paying bills or accessing other essential services

When is it Safe to be Around Others After Being Sick with COVID-19?



STAY CALM & STAY HOME



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

For Household Contacts of People with COVID-19:

- Caregivers and household members need to stay home and quarantine for 14 days after person meets the above criteria (24 hours no fever, symptoms have improved, 10 days since symptoms started)
- Track your own health and contact your health care provider if you start to experience symptoms