

# Caring for Yourself or a Family Member with COVID-19 at Home

If you or a member of your family has tested positive for COVID-19 and can be cared for at home, please review this guide to keep you and your family safe—and to avoid spreading infection to others in your household and community.

## For Patients with COVID19

Please follow these instructions:

1. **Stay home except to get medical care.**



6. **Wash your hands with soap and water (or an alcohol-based sanitizer) frequently.**



2. **Call ahead before visiting your doctor.**



7. **Do not share personal household items, including dishes, drinking glasses, cups, eating utensils, towels or bedding.**



3. **Separate yourself from other people and animals in your home.** This includes staying in a single room away from other people and using a separate bathroom if available.



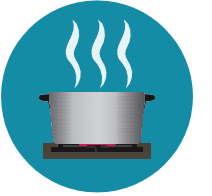
8. **Clean all “high-touch” surfaces** such as counters, doorknobs, toilets, phones and bedside tables every day with household cleaning spray or wipes.



4. **Wear a facemask (if available) when you are around other people.**



9. **Do not prepare or serve food to others.**



5. **Cover your mouth and nose with a tissue when you cough or sneeze.**



Please monitor yourself for worsening symptoms, including:

- worsening difficulty breathing
- new confusion or
- increasing weakness

If you have these or other new or worsening symptoms, please call your primary care provider's office.

If you experience a medical emergency and need to call 911, please notify EMS that you have COVID19. This will allow them to take proper precautions to ensure everyone's safety.

# For Family Members and Home Caregivers

If you are in close contact, or are caring for a family member with COVID-19, please follow these recommendations for yourself:

## Manage Symptoms

1. Closely monitor your health. Call your primary care provider right away if you develop symptoms suggestive of COVID-19 (fever, cough, shortness of breath).
2. Make sure that you understand and can help the patient follow their health care provider's instructions for care as well as basic home needs (buying groceries and prescriptions).
3. Monitor the patient's symptoms. If the patient is getting sicker, call their health care provider and explain that the patient has laboratory-confirmed COVID-19. If the patient has a medical emergency and you need to call 911, notify dispatch that the patient has COVID-19.

## Maintain Distance

1. Household members should stay in another room and be separated from the patient as much as possible, using a separate bedroom and bathroom if available.
2. Please do not allow visitors who do not have an essential need to be in the home.
3. Other household members (not the patient) should care for pets in the home.
4. Ensure that shared spaces in the home have good air flow (e.g. air conditioner or open windows).

## Practice Good Hygiene

1. Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds (preferred) or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
2. Avoid touching your eyes, nose and mouth with unwashed hands.
3. You and the patient should wear a facemask if you are in the same room.
4. Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool or body fluids.
5. Throw out disposable facemasks and gloves after using them. Do not reuse.
6. When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer.
7. Place all used disposable gloves, facemasks and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands with soap and water or an alcohol-based hand sanitizer immediately after handling these items.
8. Avoid sharing household items with the patient such as drinking glasses, utensils, towels, clothing and bedding. After the patient uses these items, you should thoroughly wash them.
9. Immediately remove and wash clothes or bedding that have blood, stool or body fluids on them.
10. Clean all "high-touch" surfaces, such as counters, doorknobs, toilets, phones and bedside tables every day, using household cleaning sprays or wipes.

Next, remove and dispose of your facemask and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.

If you live with the family member, you will also be in quarantine. Call your local Board of Health for guidance. Look up your city or town's Board of Health on the internet, or call your City or Town Hall for a phone number. If you work in healthcare, you should also call your employer's Occupational Health Department.

**Additional guidance for yourself and your family on preventing the potential spread of COVID-19 can be found on CDC's website: [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)**