

How to Care for Someone in the Home who has COVID-19



Most people who are infected with COVID-19 will experience only mild illness and should recover at home.

Care at home can help stop the spread of COVID-19 and protect people who are at risk for getting seriously ill from the virus.

General tips for caring for yourself or someone in your home who has COVID-19:

- Keep the infected person in one room/area in the home. Have him or her stay away from other people in your home as much as possible, isolating themselves in a separate room and using a separate bathroom.
 - Limit contact with pets as with other people.
 - Restrict visitors to caregivers unless it is necessary.
 - If the person requires medical attention, call ahead to ensure going to the right place and taking the necessary precautions.
 - Ensure the sick person wears a facemask when around other people. If the sick person is not able to wear a facemask (for example, because it causes trouble breathing), then people who live in the home should stay in a different room. When caregivers enter the room of the sick person, they should wear a facemask.
 - When coughing/sneezing, cover the mouth and nose with a tissue and immediately throw tissues in a covered bin followed by washing the hands with soap and water for at least 20 seconds. If unable to wash hands, clean them with a hand sanitizer that has at least 60% alcohol
 - Avoid sharing household items including drinking cups, eating utensils, towels or even bedding. Wash these items thoroughly and separately from other household items. Wash laundry separately using warmest water possible and dry in a dryer.
- The virus does not like heat.**
- Clean high-touch surfaces daily using a household cleaner or EPA-registered disinfectant. These include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables. Clean any surfaces that may be contaminated with blood, stool or any bodily fluids.
 - Shared spaces in the home should have good airflow—use an air conditioner or open windows.
 - Continue monitoring symptoms. Contact your doctor immediately with signs of worsening conditions such as: **trouble breathing, persistent pain or pressure in the chest, new confusion or inability to arouse, bluish lips or face**