

HOME CARE INSTRUCTIONS

HOME CARE INSTRUCTIONS FOR PEOPLE WITH CORONAVIRUS (COVID-19)

The following instructions are for people who have or might have coronavirus (COVID-19) and their family members or caregivers:

INFORMATION FOR PEOPLE WITH COVID-19 WHO ARE NOT HOSPITALIZED:

- 1. Stay home.** People who are mildly ill with COVID-19 are able to recover at home. Do not leave your home, except to get medical care, until your health care provider says it is OK. Do not go to work, school, or public areas, and do not use public transportation or taxis.
- 2. Separate yourself from other people in your home.** As much as possible, stay in a different room from other people in your home. If possible, use a separate bathroom. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others.
- 3. Wear a facemask.** A facemask should be worn when around other people and before entering a health care provider's office.
- 4. Stay in touch with your doctors.** Call ahead before visiting your doctor to let them know you have COVID-19, so they can prepare for your visit.
- 5. Cover coughs and sneezes.** To prevent spreading germs to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can, and immediately wash your hands with soap and water.
- 6. Keep your hands clean.** Wash hands often and thoroughly with soap and water for at least 20 seconds. If soap and water are not available or if hands are not visibly dirty, use a hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry. Avoid touching your eyes, nose, and mouth.
- 7. Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with other people in the home. These items should be washed thoroughly with soap and warm water after use.
- 8. Monitor yourself for changes.** If your condition gets worse (trouble breathing, pain in chest), seek medical care right away. Make sure to let your health care provider know that you have a COVID-19 infection; this will help your provider take steps to keep other people from getting infected.
- 9. Limit contact with pets and other animals.** You should restrict contact with pets and other animals, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known. When possible, have another member of your household care for your animals while you are sick with COVID-19. If you must care for your pet or be around animals while you are sick, wash your hands before and after you interact with them.
- 10. If you ARE NOT** able to get tested to see if you are still contagious, you can leave home after these three things have happened:
 - a. You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers) AND
 - b. Other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
 - c. At least 7 days have passed since your symptoms first appeared.
- 11. If you ARE** able to be tested to see if you are still contagious, you can leave home after these three things have happened:
 - a. You no longer have a fever (without the use of medicine that reduces fevers) AND
 - b. Other symptoms have improved (for example, when your cough or shortness of breath have improved) AND
 - c. You received two negative tests in a row, 24 hours apart. Your doctor will follow guidelines from the Centers for Disease Control & Prevention (CDC).

In all cases, follow the guidance of your health care provider and local health department. The decision to stop home isolation should be made after speaking with your health care provider and consulting state and local health departments.

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INFORMATION FOR CAREGIVERS AND HOUSEHOLD MEMBERS OF PEOPLE WITH COVID-19:

People who live with or provide home care for those with COVID-19 should:

- 1. Limit visitors to people caring for the patient ONLY.**
 - ▶ As much as possible, anyone who is not caring for the patient should stay in another home or stay in other rooms. They should also use a separate bathroom if possible.
 - ▶ Keep elderly people and those who have weak immune systems or chronic health conditions away from the person. This includes people with diabetes, chronic heart or lung problems, or kidney conditions.
- 2. Make sure that shared spaces in the home have good air flow.** Open windows or use an air conditioner if possible.
- 3. Wash your hands.** People in the home should wash their hands often and thoroughly with soap and water for at least 20 seconds, especially before eating or after using the bathroom. Use a hand sanitizer with at least 60% alcohol if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth.
- 4. Wear disposable personal protective equipment (PPE)** such as facemask, gown, and gloves when you touch or have contact with the patient's blood, body fluids and/or secretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea. Throw these away after use and do not reuse. Wash hands thoroughly and immediately after removing your facemask, gown, and gloves.
- 5. Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items the patient. Follow the cleaning instructions below.
- 6. Clean all "high-touch" surfaces,** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day using household disinfectants. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.

Cleaning Instructions:

- ▶ Follow the recommendations on cleaning product labels, including precautions you should take when applying the product, such as wearing gloves or aprons and making sure you have good ventilation while using the product.
 - ▶ Use a diluted bleach solution or a household disinfectant with a label that says "EPA-approved." To make a bleach solution at home, add 1 tablespoon of bleach to 1 quart (4 cups) of water. For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water.
 - ▶ Wash laundry thoroughly.
 - ▶ Immediately remove and wash clothes or bedding that have blood, body fluids, and/or secretions or excretions on them.
 - ▶ Wear disposable gloves while handling soiled items. Wash your hands immediately after removing your gloves.
 - ▶ Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.
 - ▶ Place all used disposable gloves, gowns, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Wash your hands immediately after handling these items.
- 7. Monitor the patient's illness.** If they are getting sicker (trouble breathing, pain in chest), call their medical provider and tell the medical staff that the person has or is being evaluated for COVID-19. This will help the health care provider's office take steps to keep other people from getting infected.
 - 8. Caregivers and household members who do not follow these instructions** when in close contact with the patient may be considered to be "close contacts" and should monitor their health. Below is information for close contacts.

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INFORMATION FOR CLOSE CONTACTS OF PEOPLE WITH COVID-19

People who have had close contact with someone who is confirmed to have COVID-19 or is being evaluated for it should monitor their health closely. Start from the day you first had close contact with the patient and continue for at least 14 days after you last had close contact with the person.

Watch for these signs and symptoms:

- Fever. Take your temperature twice a day.
- Coughing
- Shortness of breath or trouble breathing.
- Other early symptoms to watch for are chills, body aches, sore throat, headache, diarrhea, nausea/vomiting, and runny nose.
- If you develop fever or any of these symptoms, call your health care provider right away and let them know about being a close contact to a patient with COVID-19 so they can prepare for your visit. Ask your health care provider to call the local or state health department.

For more information, visit [cdc.gov/coronavirus/2019-ncov/index.html](https://www.cdc.gov/coronavirus/2019-ncov/index.html)