



INFORMATION FOR CAREGIVERS AND HOUSEHOLD MEMBERS OF COVID-19 PATIENTS

- 1. Limit visitors to only people caring for the patient.** 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 bedroom and bathroom, if possible. Keep elderly people and those who have weak immune systems or chronic health conditions away from the person.
- 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 often** with soap and water for at least 20 seconds 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. You should use soap and water if your hands are visibly dirty.
- 4. Avoid touching your eyes, nose, and mouth with unwashed hands.**
- 5. Wear a disposable facemask** when in the same room as the patient.
- 6. Wear a disposable facemask and gloves** when you touch or have contact with the patient's blood, body fluids and/or secretions, such as saliva, sputum, nasal mucus, vomit, urine, or diarrhea. Throw these away after use and do not reuse. When removing, first remove and dispose of gloves, then immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of the facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- 7. 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.
- 8. 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.
- 9. Cleaning Instructions:**
 - Follow the recommendations provided 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 during use of the product.
 - 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 and keep soiled items away from your body. 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.
- 10. Monitor the patient's symptoms.** If they are getting sicker (e.g., 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 healthcare provider's office take steps to keep other people from getting infected. Ask the healthcare provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for, COVID-19.
- 11. Monitor your own health** for signs and symptoms of COVID-19, including fever, cough, or shortness of breath. Contact your healthcare provider if you develop any of these symptoms. Call your provider **before** going to a hospital or clinic to describe your symptoms and let them know that you are a close contact of someone with COVID-19.