CARING FOR SOMEONE AT HOME

Most people who get sick with COVID-19 will have only mild illness and should recover at home.* Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

*Note: Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are at higher risk for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.

Monitor the person for worsening symptoms. Know the emergency warning signs.

- Have their healthcare provider's contact information on hand.
- If they are getting sicker, call their healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that they have or are suspected to have COVID-19.

If the person develops emergency warning signs for COVID-19 get medical attention immediately. Emergency warning signs include*:
- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

Prevent the spread of germs when caring for someone who is sick

- Have the person stay in one room, away from other people, including yourself, as much as possible.
    - If possible, have them use a separate bedroom and bathroom.
    - Avoid sharing personal household items, like dishes, towels, and bedding
    - If the sick person needs to be around others (within the home, in a vehicle, or doctor's office), they should wear a facemask, bandana or scarf to cover their nose and mouth.
    - You should also wear a facemask (or bandana/scarf) while in the same room as the sick person.
- Avoid having any unnecessary visitors.
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.

- Every day, clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.
- Wash laundry in the warmest setting that is safe for the fabric and tumble dry. If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
- For any additional questions about their care, contact their healthcare provider or local health department.

Provide symptom treatment

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Over-the-counter medicines may help with symptoms.
- For *many people*, symptoms last a few days and get better after a week.

When to end home isolation (staying home)

People with COVID-19 who have stayed home (are home isolated) can stop home isolation under the following conditions:

If you have not had a test to determine if you are still contagious, you can leave home after these three things have happened:

- You have had no fever for at least 24 hours (that is one full day of no fever **without** the use of medicine that reduces fevers)
  AND
- other symptoms have improved (for example, when your cough or shortness of breath have improved)
  AND
- at least 10 days have passed since your symptoms first appeared

If you have had a test to determine if you are still contagious or you did not have COVID-19 symptoms but tested positive and stayed home, see the following link and look for the "How to discontinue home isolation section." https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html