

# Caring for Someone Sick at Home



## Provide support and watch for any warning signs

Make sure the person you're caring for is staying hydrated, resting, and taking medicine to bring their fever down. Seek emergency medical attention if they are having trouble breathing or staying alert, have bluish lips/face, or having chest pain/discomfort.



## Eat in different rooms and avoid sharing

Have the sick person eat separately and wash their dishes with gloves and hot water or use a dishwasher. Avoid sharing dishes, towels, bedding, and electronics



## Limit contact, and wear a cloth face mask and gloves

Caregivers should, if possible, use separate bathrooms and bedrooms. Maintain good airflow by opening a window or using a fan. Try not to have visitors.

The sick person should wear a mask when around others at home or outside. The caregiver should wear gloves and a mask when caring for a sick person. Wash hands often, avoid touching eyes/mouth/nose, and disinfect surfaces.

## Clean and disinfect the home



Clean frequently touched surfaces and objects every day. This includes doorknobs, handles, electronics, etc. Clean with soap and water and then use a household disinfectant, following the instructions on its label. If using a separate bedroom and bathroom, only clean their area when needed, to prevent contact. If sharing a bathroom, the sick person should disinfect the area after each use.

## Wash hands often

Wash hands with soap & water for at least 20 seconds. You can also use hand sanitizer with at least 60% alcohol.



## Wash and dry laundry with hottest settings



Don't shake dirty laundry and wear gloves while handling it. You can wash the sick person's laundry with everyone else's. Use the warmest water setting you can and dry the laundry with the hottest setting possible. Wash hands after putting clothes in the washer and then again after putting them in the dryer. Disinfect hampers as well.