

## PREVENTION STEPS FOR CAREGIVERS & HOUSEHOLD MEMBERS OF INDIVIDUALS DIAGNOSED WITH COVID-19

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If you live with, or provide care at home for, a person confirmed to have, or being evaluated for, COVID-19 infection please follow these guidelines to prevent infection:

### **FOLLOW HEALTHCARE PROVIDER'S INSTRUCTIONS**

Make sure that you understand and can help the patient follow any healthcare provider instructions for all care.

### **PROVIDE FOR THE PATIENT'S BASIC NEEDS**

You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, medical supplies and other personal needs.

### **MONITOR THE PATIENT'S SYMPTOMS**

If they are getting sicker, call his or her medical provider and tell them that the patient has, or is being evaluated for COVID-19 infection. This will help the healthcare provider's office take steps to keep other people from getting infected.

### **LIMIT THE NUMBER OF PEOPLE WHO HAVE CONTACT WITH THE PATIENT**

- If possible, have only one caregiver for the patient.
- Other household members should stay in another home or place of residence. If this is not possible, they should stay in another room, or be separated from the patient as much as possible. Use a separate bathroom, if available.
- Restrict visitors** who do not have an essential need to be in the home.

### **KEEP OLDER ADULTS, VERY YOUNG CHILDREN, AND OTHER SICK PEOPLE AWAY FROM THE PATIENT**

Keep older adults, very young children, and those who have compromised immune systems or chronic health conditions away from the patient. This includes people with heart, lung, or kidney disease, diabetes, and cancer.

### **ENSURE GOOD VENTILATION**

Make sure that shared spaces in the home have good air flow, such as from an opened window, weather permitting.

### **WASH YOUR HANDS OFTEN**

- Wash your hands often and thoroughly with soap and water for at least 20 seconds.** You can use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Use disposable paper towels** to dry your hands. If not available, use dedicated cloth towels and replace them when they become wet.

## WEAR A FACEMASK AND GLOVES

- Wear a disposable facemask** at all times in the room and gloves when you touch or have contact with the patient's blood, body fluids, and/or secretions or excretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or feces. Ensure the mask fits over your nose and mouth tightly, and do not touch it during use.
- Throw out disposable facemasks and gloves after using them. **Do not reuse.**
- Wash your hands immediately after removing your facemask and gloves.**
- If your personal clothing becomes contaminated, carefully remove clothing and launder. Wash your hands after handling contaminated clothing.
- Place all used disposable facemasks, gloves, and other waste in a lined container before disposing them with other household waste.
- Remove gloves and wash your hands** immediately after handling these items.

## DO NOT SHARE DISHES, GLASSES, OR OTHER HOUSEHOLD ITEMS WITH THE PATIENT

- Avoid sharing household items. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with a patient who is confirmed to have, or being evaluated for COVID-19 infection. After the person uses these items, you should wash them thoroughly with soap and water.

## WASH LAUNDRY THOROUGHLY

- Immediately remove and wash clothes or bedding that have blood, body fluids, and/or secretions or excretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or feces, on them.
- Wear gloves** when handling laundry from the patient.
- 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 label.

## CLEAN ALL AREAS THE INDIVIDUAL HAS USED OFTEN

- Clean all touchable surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, body fluids, and/or secretions or excretions on them.
- Wear gloves** when cleaning surfaces the patient has come in contact with.
- Use a **household disinfectant** or 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
- Remove gloves and wash hands immediately after cleaning.

## MONITOR YOURSELF FOR SIGNS AND SYMPTOMS OF ILLNESS

Caregivers and household members should monitor their own health for COVID-19 symptoms (fever, difficulty breathing or shortness of breath, cough, chills, muscle pain, sore throat, headache, new loss of taste or smell) and limit movement outside of the home to the greatest extent possible.

## FOR MORE INFORMATION:



[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)



**Coronavirus Hotline**  
1-855-600-3453



[www.coronavirus.gov](http://www.coronavirus.gov)



**For non-health related COVID-19 questions**  
1-833-551-0518



[www.ihs.gov](http://www.ihs.gov)

