

# At-home care for people with COVID-19

How to protect patients, families and caregivers

Follow these guidelines to keep the virus from spreading to others.

## If you are sick with COVID-19

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- **Wear a mask** to keep the virus from spreading through the air.
- **Cover your mouth or nose with a tissue** when you cough or sneeze. Throw the tissue away right away. If you do not have a tissue, cough or sneeze into the bend of your elbow, not into your hands.
- **Stay away from other household members, including pets.** **Do NOT** have contact with your pet, to keep them from spreading the virus to others.
- **Stay in your own well-ventilated (aired out) room.** Keep doors and windows open if the weather allows for it.
- Stay in this room as much as possible. **Avoid shared spaces.**
- **Open windows** to keep fresh air circulating in shared spaces. If there are young children in your home, keep windows closed or use a window guard to make sure they can't open more than 4 inches.



**Watch for emergency warning signs.** Call your nearest emergency room if you have any of the following:

- Trouble breathing or shortness of breath
- Ongoing pain or pressure in your chest
- New confusion
- Bluish lips or face

If you have any questions about COVID-19 symptoms and care, please call the **OHSU Health COVID-19 Hotline** at **833-647-8222** between 8 a.m. and 8 p.m., 7 days a week.



## For the caregiver

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- Try to have as **few caregivers** as possible for the sick person.
- **Wash your hands** with soap for 20 seconds (or use hand sanitizer with at least 60% alcohol) before you care for the sick person and after you touch them or anything around them. **Do NOT** touch your face with unwashed hands.
- **Wear a mask** when you are caring for the person. If you do not have one, use a bandana or fabric facemask. Use a fresh mask each day or sooner if it becomes wet or dirty. Wash cloth masks between uses.
- Treat any used gloves (if you choose to use them) or paper masks as **infectious waste**: Put them in a garbage bag and tightly close the bag with a knot.
- ⊙ **Do NOT** touch any bodily fluids from other people (saliva, blood, urine, etc.) if possible.
- Help the sick person regularly **change the way they are lying in bed** so that they don't stay in one position too long. They might breathe easier if they lie on their stomach.
- ⊙ **Do NOT** let the sick person use the same towels, bedding or eating utensils as the rest of the household. Wash the towels and bedding with regular laundry detergent. Clean dishes and eating utensils with soap and water after each use.
- **Clean all surfaces in the sick person's room** with regular household cleaning products. Then go over them with a household disinfectant (diluted bleach, Lysol or Clorox wipes, etc.).
- **Clean the person's bathroom** and toilet at least once a day.

## For the rest of the household

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- **Do NOT** stay in the same room as the sick person.
- **Keep at least 6 feet away** from the person.
- **NO VISITORS**: Do not visit the sick person until their fever has been gone for 3 days AND it has been 7 days since they first felt sick.
- **Do NOT** touch anything used by the person (toothbrush, towels, sheets, clothes, dishes, eating utensils, etc.).
- **Stay connected**. Friends and family are important for healing. Please stay in touch with the sick person often by phone, video chat or other electronic communication.