

# Caring For Someone with COVID-19(or Suspected COVID-19) at Home

## Stay home:



- ✓ **People who are mildly ill with COVID-19 are able to recover at home.** Do not leave, except to get medical care. Do not visit public areas.
- ✓ **Close contacts need to self-quarantine.** Close contacts, such as caregivers and people living in the same home, need to self-quarantine for 14 days after recovery of the ill person. To the extent possible, remain at home or in a comparable setting. Practice social distancing. **Social distancing** means remaining out of public places where close contact with others may occur for the duration of the potential incubation period. These places include but are not limited to:
  - Schools and other classroom settings
  - Shopping centers, movie theaters, stadiums, restaurants/bars
  - Local public conveyances (bus, subway, taxi, ride share) & commercial conveyances (trains, planes)
  - Brief trips, by private car, to a store for necessities, such as groceries or medications, are acceptable if the individual does not have symptoms and avoids close contact with the public. You should avoid times when stores tend to be crowded (such as late afternoon/evening or weekends).
  - Limit contact with high-risk populations - the elderly and immunologically compromised individuals.
- ✓ **Prohibit visitors.** Visitors who do not have an essential need to be in the home should not enter.
- ✓ **Provide fresh air.** Make sure that shared spaces in the home have good airflow, such as by an air conditioner or an opened window, weather permitting.

## Separate the ill person from others:

- ✓ **Keep the ill person isolated from others.** The sick person should have a separate bedroom, and if possible a separate bathroom
- ✓ **Limit contact with pets and animals.** Although there are no reports of pets becoming sick with COVID-19 it is still recommended that sick people limit contact with them.

## Monitor the patient's symptoms:

- ✓ **Stay in touch with your doctor.** Monitor the patient's symptoms. Call before you get medical care. Be sure to get care if they feel worse or you think it is an emergency.
- ✓ **Call 911 if you have a medical emergency.** If you have a medical emergency and need to call 911, notify the operator that someone has or think they might have, COVID-19. If possible, put a facemask on the sick person before medical help arrives.



## Clean your hands often

- ✓ **Wash hands.** Wash your hands often with soap and water for at least 20 seconds. Especially important after blowing your nose, coughing & sneezing; going to the bathroom; & before eating or preparing food.
- ✓ **Soap and water.** Soap and water are the best option, especially if hands are visibly dirty.
- ✓ **Hand sanitizer.** If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

## Cover your coughs and sneezes

- ✓ **Cover.** Cover your mouth and nose with a tissue when you cough or sneeze.
- ✓ **Dispose.** Throw used tissues in a lined trashcan.
- ✓ **Wash hands.** Wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

## Avoid touching and sharing

- ✓ **Avoid touching your eyes, nose, and mouth with unwashed hands.**
- ✓ **Avoid sharing personal household items.** You should not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people or pets in your home.



## Clean all “high-touch” surfaces

- ✓ **Frequently clean surfaces.** Surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day.
- ✓ **Remove bodily fluids.** Clean any surfaces that may have blood, stool, or body fluids on them. Using disposable gloves if available and washing your hands with soap and water immediately after cleaning.
- ✓ **Reduce contact.** If the sick person is able, they should clean their own bedroom and bathroom. If you need to help clean and disinfect a sick person’s bedroom or bathroom, do so on an as-needed basis.
- ✓ **Use a household cleaning spray or wipe, according to the label instructions.** A full list of disinfectants can be found at: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>

## Wash laundry thoroughly

- ✓ **Wear disposable gloves.** Keep soiled laundry away from the body.
- ✓ **Immediately remove and wash clothes soiled with bodily fluids.** Immediately wash items that have blood, stool, or body fluids on them.
- ✓ **Clean your hands.** Wash with soap and water (for 20 seconds) or an alcohol-based hand sanitizer, immediately after removing your gloves.
- ✓ **Read and follow directions on labels of laundry or clothing items and detergent.** In general, use a normal laundry detergent according to washing machine instructions and dry thoroughly using the warmest temperatures recommended on the label.
- ✓ **Dispose of trash.** Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste.
- ✓ **Clean your hands.** Wash hands with soap and water (for 20 seconds) or an alcohol-based hand sanitizer immediately after handling laundry items. Soap and water is best.



## For Information about COVID-19

Get information from reputable sources such as the Centers for Disease Control and Prevention (<http://www.cdc.gov>), CT DPH (<https://portal.ct.gov/dph>), or Eastern Highlands Health District ([www.EHHD.org](http://www.EHHD.org)). For telephone information: Hartford Healthcare’s 24 hour hotline: (860) 972-8100 or (toll-free) (833)-621-0600. Pediatric Hotline from Connecticut Children’s 1-833-226-2362. For general information call **2-1-1**.