COVID-19 Home Care

If you are sick with COVID-19 or think you might have it, follow these steps to help yourself and to protect other people around you

Follow Precautions

Keep at least 6 feet between the sick person and everyone else. Be especially careful to keep people at higher risk of severe illness from COVID-19 (older people and people with medical conditions) away from anyone who is sick.

• Wear a mask around others; and when there is a sick person at home, everyone should wear a mask.
• Cover coughs and sneezes with a tissue or your inner elbow.
• Wash hands often.
• Avoid touching eyes, nose, and mouth.
• Don’t allow visitors unless they absolutely must be in the home.
• Don’t share personal items like phones, dishes, bedding, or toys.
• Have the sick person eat in a different area than the rest of the household, or eat at a different time.

Assign a COVID-19 Caregiver

• The assigned caregiver should wear a mask when caring for a sick person. The assigned caregiver should not be someone who is at higher risk of severe illness from COVID-19.
• Assign a different person to help other household members with chores such as cleaning or bathing.
• When a person with COVID-19 is not able to care for themselves, the caregiver should:
  • Bring food to the sick person, and wash their dishes.
  • Clean and disinfect in areas where the sick person has been.
  • Wash the sick person’s bedding and laundry.

Tips for Shared Bathrooms

• If possible, open a window to bring in and circulate fresh air.
• Have the sick person clean and disinfect frequently touched surfaces after using the bathroom, if they are able. Otherwise, if a sick person cannot clean after themselves, the primary caregiver should clean instead.
• Wait as long as possible after the sick person uses the bathroom before entering it.

Tips for Shared Bedrooms

• If possible, open a window to bring in and circulate fresh air.
• Place beds at least 6 feet apart, if possible.

www.tchd.org/COVID19

Tri-County Health Department
Serving Adams, Arapahoe and Douglas Counties

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