Home Care Advice for COVID-19

FOLLOW THE STEPS BELOW: If you are sick with COVID-19 or think you might have it, follow the steps below to help yourself and to protect other people around you.

Stay home except if you need medical care

• **Stay home**: People who are mildly ill with COVID-19 are able to recover at home. Do not leave home, except to get medical care. Do not visit public areas. Visitors, other than caregivers, are not recommended to be in your home.

• **Avoid public transportation**: Avoid using public transportation, ride-sharing, or taxis.

Monitor your symptoms

• **Stay in touch with your doctor**: Be sure to get care if you feel worse or you think it is an emergency.

Call ahead before visiting a doctor

• **Seek medical attention, but call first**: If you need medical care, call your doctor’s office and tell them you have or may have COVID-19. For medical emergencies, call 911 and notify the dispatch personnel about your illness. This will help protect health care providers and emergency medical responders.

• **Wear a facemask**: If possible, put on a facemask before you enter the building. If you can’t put on a facemask, try to keep a safe distance from other people (at least 6 feet away). This will help protect the people in the office or waiting room.

Wear a facemask if you are sick

• **If you are sick**: If possible, wear a facemask when you are around other people.

Separate yourself from other people in your home

• **Stay away from others**: As much as possible, you should stay in a specific “sick room” and away from other people in your home. Use a separate bathroom, if available.

• **Limit contact with pets & animals**: You should restrict contact with pets and other animals, just like you would around other people. Although there have not been reports of pets or other animals becoming sick with COVID-19, it is still recommended that people with the virus limit contact with animals until more information is known.

Cover your coughs and sneezes

• **Cough or sneeze into your sleeve**: Or cover your mouth and nose with a tissue when you cough or sneeze. Throw used tissues in a lined trash can.

• **Wash hands**: Immediately 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.

Everyone in your home should clean hands often

• **Wash hands**: Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

• **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. Use soap and water if your hands are visibly dirty.

• **Avoid touching**: Avoid touching your eyes, nose, and mouth with unwashed hands.

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Avoid sharing personal household items

- **Do not share:** Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home. Wash dishes, drinking glasses, cups and utensils well with soap and water or put in the dishwasher.

Clean commonly touched surfaces everyday

- **Clean and disinfect:** Routinely clean commonly touched surfaces in your “sick room” and bathroom. Let a caregiver clean and disinfect commonly touched surfaces in other areas of the home.

  If a caregiver or other person needs to clean and disinfect a sick person’s bedroom or bathroom, they should wear a mask and wait as long as possible after the sick person has used the bathroom.

  Commonly touched surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Household cleaners and disinfectants:** Clean the area or item with soap and water or another detergent if it is visibly dirty. Then, use a household disinfectant.

  Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.

  Most EPA-registered household disinfectants should be effective.

When to stop home isolation

- **People with COVID-19 who are recovering from their illness** can leave home under the following conditions:
  
  - At least 10 days have passed since your first symptom appeared
  
  - AND At least 24 hours have passed since your fever resolved without using fever reducing medicine
  
  - AND Your symptoms have gotten better for at least 24 hours

In all cases, follow the guidance of your healthcare provider and local health department if they provide additional advice.

If you develop emergency warning signs for COVID-19 get medical attention immediately.

Emergency warning signs include*:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

**Call 911 if you have a medical emergency:** If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

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