

## Caring for Someone Else

Most people who get sick with COVID-19 will have only mild illness and should recover at home. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill.

*NOTE: Older adults and people of any age with certain serious underlying medical conditions like lung disease, heart disease, or diabetes are at higher risk for developing more serious complications from COVID-19 illness and should seek care as soon as symptoms start.*

### Monitor the person for worsening symptoms:

- Have their healthcare provider's contact information on hand.
- If they are getting sicker, call their healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that they have or are suspected to have COVID-19.

### Prevent the spread of germs when caring for someone who is sick:

- Have the person stay in one room, away from other people, including yourself, as much as possible. If possible, have them use a separate bathroom and eat (or be fed) in their room.
- Avoid sharing personal household items like dishes, towels and bedding.
- Wear a disposable (if possible) facemask and gloves when you touch or have contact with the sick person.
  - Throw out disposable facemasks and gloves after using them. Do not reuse.
  - When removing personal protective equipment (PPE), first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of the facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
  - 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 (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items.
- For more information on different types of masks, visit: [www.lifesprk.com/coronavirus](http://www.lifesprk.com/coronavirus).
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- If the sick person is using a separate bedroom and bathroom, only clean the area around the person who is sick when needed, such as when the area is soiled. If a bathroom must be shared, the person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
- Every day, clean all high-touch surfaces in the household.
- Wash laundry thoroughly.
- See precautions for household members and caregivers for more information: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

### Provide symptom treatment:

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.
- Help the sick person with basic needs in the

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home and provide support for getting groceries, prescriptions, and other personal needs.

- Over-the-counter medicines may help with symptoms. Check with the person's healthcare provider for specific recommendations.

## When to end home isolation (staying home):

People with COVID-19 who have home isolated can stop home isolation under the following conditions:

- If they will not have a test to determine if they are still contagious, they can leave home after these three things have happened:
  - 1) They have had no fever for at least 72 hours (that is three full days of no fever without the use medicine that reduces fevers);  
**AND**
  - 2) Other symptoms have improved (for example, when their cough or shortness of breath have improved);  
**AND**
  - 3) At least seven days have passed since their symptoms first appeared.
- If they will be tested to determine if they are still contagious, they can leave home after these three things have happened:
  - 1) They no longer have a fever (without the use medicine that reduces fevers);  
**AND**
  - 2) Other symptoms have improved (for example, when their cough or shortness of breath have improved);  
**AND**
  - 3) They received two negative tests in a row, 24 hours apart. Their doctor will follow CDC guidelines.

The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

## CONNECT TO RELIABLE RESOURCES:

If you need assistance finding reliable resources for food/pharmacy delivery, transportation, in-home support, legal, financial, health care, advocacy, Lifesprk can help. Simply call the number below.

Call 952-345-8770  
or email [ShineOn@lifesprk.com](mailto:ShineOn@lifesprk.com)

