Recommendations for Caregivers of a Person Confirmed to have COVID-19

The following recommendations are for caregivers of a person with COVID-19. If you are a caregiver of a person with COVID-19, follow the recommendations below to help prevent the spread of the virus in the home and community.

Avoid sharing household items. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After you use these items, you should wash them thoroughly.

Ensure you or other household members care for any pets in the home. If you get sick, then stop handling pets and other animals.

Separate yourself from the person who tested positive as much as possible.
- Stay in another room or be separated from the person who tested positive as much as possible.
- Use a separate bedroom and bathroom, if available.

Utilize Personal Protective Equipment.
- The person positive for COVID-19 should wear a facemask when they are around other people unless they are unable to wear a facemask (for example, because it causes trouble breathing).
- You, as the caregiver, should wear a mask when you are in the same room as the individual.
- Place all used disposable gloves, facemasks (if available) and other contaminated items in a lined container before disposing of them with household waste if available.
- If a cloth facemask is used, wash the mask in hot water with regular detergent and dry completely on a hot dryer setting after each use.

Call their healthcare provider. Call their doctor if they are getting sicker or, if they have a medical emergency, call 911; notify the dispatch personnel that the patient has COVID-19.
- Visits to healthcare facilities should be via medical transport or private vehicle. Be sure to call ahead and wear a face mask if available.

Clean your hands often. Wash your hands often with soap and water for at least 20 seconds or use a store-bought alcohol-based hand sanitizer that contains 60 to 95% alcohol.

Monitor yourself closely for symptoms of COVID-19. Check for fever by taking your temperature twice a day and remain alert for cough or difficulty breathing.
- If you develop a fever, cough, or difficulty breathing, contact your healthcare provider and let them know about your exposure to a confirmed COVID-19 case. Consult with your healthcare provider if you are greater than 60, or have chronic healthcare conditions (heart disease, diabetes, lung disease, immunocompromised, etc), or if you think you may be at higher risk of serious illness from COVID-19.
- If you have a medical emergency call 911. Be sure to let them know about your exposure to a confirmed COVID-19 case.

Self-Isolate
- Avoid public activities and gatherings
- Do not take public transportation and do not use taxis or rideshare services (e.g. Uber, Lyft)
- Do not travel (airline, cruise ship etc.)