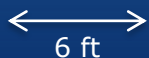


# LIVING WITH SOMEONE WITH COVID-19:

## PROVIDING SUPPORT WHILE PROTECTING YOURSELF



### PROVIDE SUPPORT

#### HELP COVER BASIC NEEDS

- Help the patient follow their doctor's instructions for care and medicine.
- Use over-the-counter medicines for fever.
- Make sure they rest and drink a lot of fluids.
- Help them with services they may need. Try to have as many items delivered as possible.
- Help care for their pet(s) and limit contact between the patient and their pet(s) when possible.

### WHEN TO SEEK MEDICAL ATTENTION

#### WATCH FOR WARNING SIGNS

- If showing any, seek emergency medical care immediately.\*
  - Trouble breathing
  - Persistent pain or pressure in the chest
  - New confusion
  - Inability to wake or stay awake
  - Persistent fever that doesn't respond to over-the-counter meds

\*Not all possible symptoms. Please seek attention for any other symptoms that are severe or concerning to you.

### PROTECT YOURSELF

#### LIMIT CONTACT

##### THE SICK PERSON SHOULD ISOLATE

- If possible, they should stay in their own "sick room" or area and use a separate bedroom and bathroom.
- If you have to share space, try to stay at least 6 feet from the sick person with both wearing masks.
- Avoid visitors.

##### CAREGIVERS SHOULD QUARANTINE

#### CLEANING

- Disinfect "high touch" surfaces and items (doorknobs, light switches, sinks, toilets) daily.
- Use soap and water first if visibly dirty, followed by a household disinfectant.
- If using separate bedroom and bathroom, only clean when area is soiled to limit contact.
- If the sick person is able, they can clean their own space using separate cleaning supplies.

#### STAY SEPARATE

##### EAT IN SEPARATE ROOMS OR AREAS

- Wash dishes and utensils using gloves in hot water/dishwasher.
- Clean hands after taking off gloves or handling used items.

##### AVOID SHARING PERSONAL ITEMS

- Do not share dishes, cups/glasses, silverware, towels, bedding, or electronics.

#### LAUNDRY

##### WHEN HANDLING DIRTY LAUNDRY

- Wear gloves and wash using warmest setting allowed by label.

#### TRASH

##### FOR CONTAMINATED ITEMS

- Use lined trash can.
- Use gloves when handling trash and wash hands afterward.

#### PRACTICE GOOD HYGIENE

##### WASH HANDS OFTEN

- Avoid touching eyes, nose, and mouth.
- Frequently disinfect and clean surfaces.

##### WEAR A MASK

- The sick person should wear a mask around other people to reduce spread of droplets.
- Caregivers should wear a mask around the sick person.

#### TRACK YOUR OWN HEALTH

##### STAY AT HOME AND MONITOR YOURSELF

- Symptoms include fever, cough, shortness of breath, or trouble breathing.
- Caregivers can leave their home 14 days after their last close contact with the sick person or 14 days after the person who is sick meets criteria to end home isolation.