

What should I do if someone in my house gets sick with **Covid-19**

REVISED JULY 29, 2020

Most people who get Covid-19 will be able to recover at home. The U.S. Centers for Disease Control and Prevention has provided the following guidelines for people who are recovering at home and those who are caring for them:

1. Stay home except to get medical care.

People who are mildly ill with Covid-19 are able to isolate at home during their illness. You should restrict activities outside your home, except for getting medical care. Do not go to work, school or public areas. Avoid using public transportation, ride-sharing or taxis unless absolutely necessary. Avoid people who are at higher risk for severe illness.

2. Patients who develop any of the following emergency signs should call 9-1-1 immediately. Inform the dispatcher that you have been diagnosed with Covid-19:

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

This list is not all inclusive. Please call your healthcare provider if you experience any symptoms that are serious or concerning.

3. Separate yourself from other people in your home.

As much as possible, you should stay in a specific room and away from other people in your home. Use a separate bathroom if possible. If the person who is sick is not able to tolerate a mask, those who live with that person should not be in the same room with them. When necessary for a person who is not ill to be in the sick room, they should wear a mask. Avoid having visitors. If you have to share space, open the windows to increase air circulation. Eat in separate rooms.

4. Clean your hands often.

Wash your hands often using soap and water. Wash for at least 20 seconds. If soap and water are not available, you may use an alcohol-based hand sanitizer that is at least 60 percent alcohol. Be sure to cover all surfaces of your hands and rub them together until they feel dry. Do not wipe

your hands dry. Caregivers should wear gloves for any contact with blood, stool or body fluids of sick person. Dispose of gloves after use. Do not reuse.

5. Contain secretions.

The person who is sick should wear a mask when around other people. Cover your mouth and nose with a tissue when you cough or sneeze and throw used tissues away in a lined trash can. Immediately wash your hands with soap and water as directed in No. 4 above. Avoid touching your eyes, nose and mouth with unwashed hands.

6. Clean all high-touch surfaces every day.

Practice routine cleaning of high-touch surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, light switches and bedside tables. Clean any surfaces that may have been exposed to blood, stool or body fluids immediately. Use a household cleaning spray or wipe according to the label directions. Follow any precautions carefully, such as allowing surfaces to dry naturally, wearing gloves, or only using in well-ventilated areas.

7. Avoid sharing personal household items.

Do not share dishes, drinking glasses, water bottles, cups, or eating utensils with other people or pets in your home. After using these items, wash them with soap and warm water. Use a dishwasher if possible. Do not share bedding, blankets, towels, or washcloths. Launder these using soap and hot water. Do not shake dirty laundry.



**KING'S
DAUGHTERS**

KingsDaughtersHealth.com