COVID-19: Caring for Sick People

Guidance for community members taking care of friends or family.

**How can I help?**

- Helping with **basic needs** (e.g. making food, taking medications, shopping, cleaning, laundry, etc.) is very **helpful**!
- Make sure the person that is sick drinks plenty of **water**, eats healthy food, and gets plenty of **rest**!
- Do not have the person that is ill **eat** with others. Wash dishes and utensils with **soap and water**.
- Disinfect frequently used items and surfaces like door handles!
- Avoid sharing **personal items** (e.g. cups, dishes, towels, bedding, etc.).
- **Stay 1.5 meters** apart, when possible. Keep track of your own health as well.

**Steps for taking care of a sick person:**

1. **Wash your hands before** caring for a sick person.
2. **Wear a face mask** to protect yourself and others. Surgical and N-95 masks should be reserved for healthcare workers!
3. If you have **disposable gloves**, wear them when coming into contact with the sick individual. If you do not have gloves, **wash** or **sanitize** your hands right after coming into contact with the person that is ill.
4. **Wash your hands** when you are finished caring for someone that is sick.

**Quarantine yourself for 14 days after the last day you care for someone with signs or symptoms of COVID-19.**

**Other things to consider:**

- **If possible, the caregiver should NOT** be someone that is at high-risk of severe COVID-19 illness.
- **Try to limit interactions** between healthy and sick people. Make sure to have **good air flow** in the home. Those living close together should try to separate sick and healthy people (be creative).
- Have the sick person wear a **face mask** when in the same room as others. Do **not** have visitors.

**Emergency Plan:**

- **Develop a plan** with a nurse, healthcare provider, or Health Navigator to be used if more help is needed.
- Have **phone numbers** on hand and know how to contact healthcare workers.
- **Warning signs:** trouble breathing, chest pain, increased confusion or sleepiness, and blue/purple face or lips.