

# 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.

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



## 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 health care 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.



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