

How to Care for Someone with COVID-19

When caring for a member of your household who has tested positive for COVID-19 or who has symptoms, it is important to protect yourself from the virus and know how to help them recover.

Only one person should provide care.

That person should ideally be symptom-free and healthy



Create a separate living space.

If possible, have the sick individual use a separate bathroom and sleep in a separate room from other members of the household.



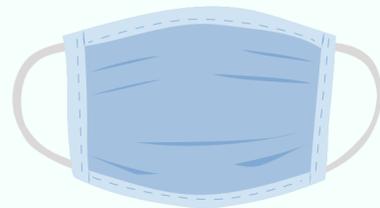
Provide symptom treatment.

Make sure the sick person receives plenty of liquids and rests. Some over-the-counter medications may help with symptoms.



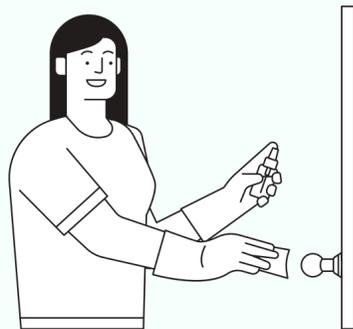
Take precautions when caring for them.

Have the sick person wear a mask when interacting with you, but if that is not possible, you should wear one while in the same room as them.



Keep your environment clean.

Sanitize any surface the infected individual may have come into contact with, and use alcohol-based products.



Know when to end home isolation.

They can leave home isolation if

1. They did not get tested but have no fever for 72 hours, other symptoms have improved, and at least 7 days have passed since initial symptoms.

or

2. They had a test and don't have a fever, other symptoms have improved, and they've received two negative tests in a row, 24 hours apart.



Know emergency warning signs.

Immediately seek medical attention if the individual has trouble breathing, bluish lips, confusion, and/or pressure on the chest.

