

How to care for someone sick with Covid-19



Some people are more likely to get very sick and need medical care. Call the doctor as soon as symptoms start if the person you're caring for is over 65, smokes, or has a serious health problem.

Signs that the illness is getting worse

The person may need medical care if they're getting sicker. But call the doctor's office before you go. They can tell you what to do. Call 911 or emergency services right away if the person has any of these symptoms:

- Severe trouble breathing
- Constant pain or pressure in their chest
- Confusion, or trouble thinking clearly
- A blue tint to their lips or face
- Severe dizziness or lightheadedness
- Passing out or being very hard to wake up.

Protect yourself and others.

The virus spreads easily from person to person, so take extra care to avoid catching or spreading the infection.

Keep the sick person away from others as much as possible.

- Have the person stay in one room. If you can, give them their own bathroom to use.
- Don't share personal items.
- Have only one person take care of them. Keep other people— and pets—out of the sickroom.
- Have the person wear a cloth face cover around other people.

Wash your hands often and well.

Use soap and water, and scrub for at least 20 seconds. This is especially important after you've been around the sick person or touched things they've touched. If soap and water aren't handy, use a hand sanitizer with at least 60% alcohol.

Take care with the person's laundry.

It's okay to wash the sick person's laundry with yours. If you have them, wear disposable gloves when handling their dirty laundry, and wash your hands well after you touch it. Wash items in the warmest water allowed for the fabric type and dry them completely.

Limit visitors to your home.

To help protect family and friends, stay in touch with them only by phone or computer.

Clean high-touch items every day and anytime the sick person touches them.

These include doorknobs, light switches, toilets, counters, and remote controls. Use a household disinfectant or a homemade bleach solution. (Follow the directions on the label.) If the sick person has their own room, it needs to be disinfected every day.

