



### KEEP THE HOME CLEAN

Clean all surfaces that are touched a lot like, counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day

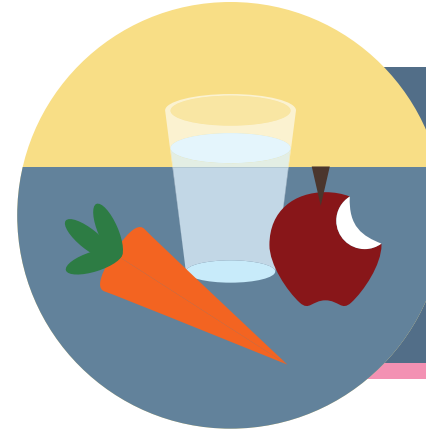
Wash laundry with regular laundry detergent and dry on high heat if possible

Put the patient's trash (used tissues, gloves, etc.) in a tied plastic bag before throwing in the regular trash. Wash your hands after touching trash



## Home Care Instructions

If you have COVID-19 OR symptoms that could be from COVID-19, here are things you can do at home to take care of yourself and not pass the virus to others in your home.



### TAKE CARE OF YOURSELF

Stay home

Rest and drink a lot of water or other drinks

Eat healthy foods if possible, like fruits, vegetables, nuts and beans

### KEEP TRACK OF YOUR SYMPTOMS

Get in touch with a doctor or go the hospital if you are getting worse, like if you have trouble breathing

Take your temperature at least two times a day and write it down



### IF YOU NEED HELP FROM A DOCTOR

Call before visiting the doctor

Wear a facemask to the doctor and during your entire visit

If you have a medical emergency and need to call 911, tell the person you talk to that your symptoms could be from COVID-19

If possible, put on a facemask before emergency medical services arrive





### TRY NOT TO PASS THE INFECTION TO OTHERS

- Stay home except if you need medical care
- Do not allow people to visit you at home
- Do not go to work, school, or public areas
- Try not to use public transportation, ride-sharing like Uber, or taxis
- If possible, stay in one room and away from other people and pets in your home



## Instructions for People You Live With or Caretakers

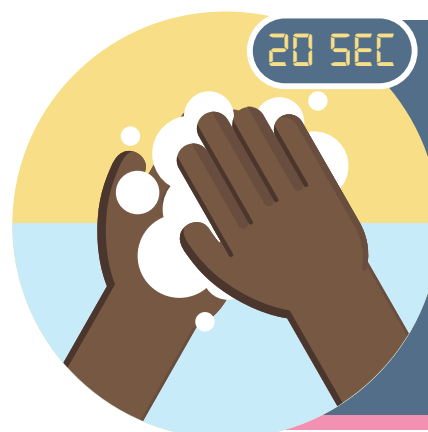


### GENERAL NEEDS

- Help with basic needs such as making meals, and getting groceries and prescriptions
- If the patient is getting sicker, call his or her healthcare provider and tell them that the patient may have COVID-19. If the patient has a medical emergency and you need to call 911, tell the person on the phone that the patient has, or may have, COVID-19



- Use a separate bathroom if possible
- Wear a facemask when you are around other people (sharing a room or a vehicle)
- Cover your coughs with a tissue and sneeze into a napkin or your elbow
- Wash your hands a lot with soap and water for at least 20 seconds; all soap will work

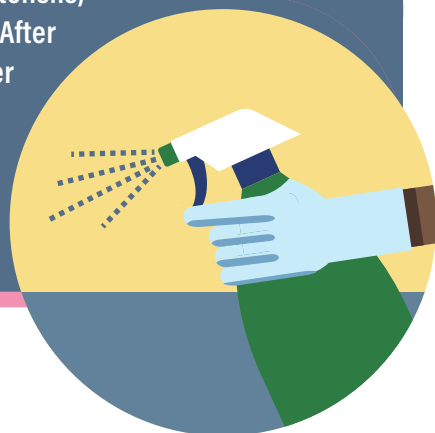


### AVOID GETTING SICK

- Stay in another room or be separated from the patient as much as possible. Use a separate bedroom and bathroom, if possible
- Wash your hands a lot with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol
- Try not to touch your eyes, nose, and mouth



- Try not to touch your eyes, nose, and mouth
- Don't share dishes, drinking glasses, cups, utensils, towels, bedding, etc. with others if possible. After using those things, wash with soap and water
- Clean all surfaces that are touched a lot (counters, doorknobs, toilets, keyboards, etc.) with cleaning spray or a wipe



- You and the patient should wear a facemask if you are in the same room
- Wear a facemask and gloves when you touch or have contact with the patient's blood, stool (poop), saliva, nasal mucus, vomit, and urine. Wash your hands right away with soap and water or alcohol-based hand sanitizer
- Don't share household items with the patient

