Household members or caregivers may have close contact with someone who is in self-isolation with symptoms of COVID-19 or diagnosed with COVID-19. Household members/close contacts should follow these recommendations when caring for others in self-isolation:

PROTECT YOUR OWN HEALTH

- Wash your hands often with soap and warm water for 20 seconds, and help young children do the same. If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing cups, drinking bottles and utensils as well as eating food from the same dish as the patient.
- Practice healthy habits. Get plenty of sleep, be physically active, manage your stress, drink plenty of fluids, and eat nutritious foods.

MONITOR THE PATIENT'S HEALTH

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care. Help with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting more sick, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19 or is in self-isolation with symptoms of COVID-19.
- If patient has a medical emergency and you need to call 911, notify dispatch personnel that the patient has COVID-19 or is in self-isolation with symptoms.

ISOLATE THE PATIENT

- Other household members should stay in another room or be separated from the patient as much as possible, including using a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for pets in the home. The patient should not handle pets or other animals while sick.
- Avoid sharing personal items with the patient like dishes, towels, and bedding.

CLEAN AND DISINFECT FREQUENTLY TOUCHED OBJECTS AND SURFACES

- Clean all commonly touched surfaces like counters, tables, light switches, and door knobs/handles. Use a household cleaning spray or wipe according to the label instructions.
- Wash laundry thoroughly.
  - Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them.
  - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.

TAKE PRECAUTIONS

- The patient should wear a face mask, if available, around other people. If the patient is not able to wear a face mask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.

- Wear a disposable face mask, if available, and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, and urine.

  - Throw out disposable face masks and gloves after using them and place them in a lined container before disposing of them with other household waste. Do not reuse. Clean your hands immediately after handling these items.

  - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of the face mask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.

  - During a public health emergency, face masks may be reserved for healthcare workers. You may need to improvise a face mask, using a scarf or bandanna.

WHEN TO END HOME ISOLATION (STAYING HOME)

Isolation of symptomatic persons with COVID-19 can be discontinued:

- At least 10 days after symptoms began AND 24 hours after no fever without fever-reducing medications and improved symptoms.

Isolation of NON-symptomatic persons with COVID-19 can be discontinued:

- 10 days after positive test taken if no symptoms develop
  - If symptoms develop after testing positive, follow the guidance for symptomatic persons above.

This is an evolving situation and information/resources will be updated as available at www.ThompsonHealth.com/COVID

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