Taking Care of Sick People with COVID-19 Illness at Home

Having a Sick Person in the home

Many people who get sick with coronavirus (COVID-19) can be safely cared for at home. If possible, have the sick person stay in one room, or physically away from other people in the household. Keep them at least 1 metre (an arm's length) away from others.

Wearing a mask

Have the sick person wear a mask, or cloth face covering, when they are around other people, including family members. Caregivers should wear a mask, or cloth face covering, and disposable gloves when touching any items used by the sick person.

Washing your hands

Wash your hands often with soap and water for at least 20 seconds before and after caring for the sick person, before preparing and eating food, before and after wearing gloves, and after using the toilet.

Disinfect surfaces

Clean frequently touched surfaces, or items in the house with soap and water every day. Then, use a diluted chlorine solution to disinfect.

Questions

If you have questions, call the COVID-19 Hotline:

Take the sick person to the nearest health facility if they get worse or if they have any of the following symptoms:
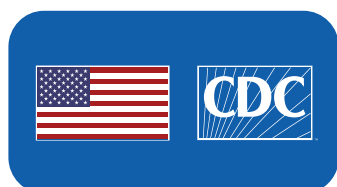
trouble breathing **confusion** **chest pains**