



COVID-19

HAWAII DEPARTMENT OF HEALTH

HOW TO CARE FOR SOMEONE WITH COVID-19 AT HOME

Limit contact

- Have sick person keep to a separate bedroom and bathroom
- Caregiver should not be at higher risk for severe illness from COVID-19
- Make sure the sick person's room has good air flow (e.g., open windows and turn on a fan)
- Do not allow any visitors

Watch for warning signs

- Contact the person's healthcare provider if symptoms get worse
- Call 911 for medical emergencies (inform dispatch personnel that the person has COVID-19)
- Warning signs: trouble breathing, persistent pain or pressure in the chest, newly developed confusion, inability to wake or stay awake, bluish lips or face

Prevent the spread of germs

○ FOOD:

- Sick person should eat (or be fed) in their room or away from others
- Wash dishes and utensils using gloves, soap and hot water or in a dishwasher
- Clean hands after taking off gloves or handling used food service items

○ DO NOT SHARE PERSONAL ITEMS (e.g., dishes, silverware, towels, bedding, or electronics)

○ CLOTH FACE COVER OR GLOVES (when to wear):

SICK PERSON: Cloth face cover whenever around other people (both at home and when going for medical care)

CAREGIVER: Wear a cloth face covering when caring for sick person.
Wear gloves when touching or having contact with blood, stool, or other body fluids. Throw gloves into a lined trash can. Always wash hands immediately after removing gloves and after contact with sick person.

○ WASH HANDS often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol. Avoid touching eyes, mouth, and nose with dirty hands.

○ CLEAN AND DISINFECT frequently touched surfaces and items every day (e.g., doorknobs, light switches, handles, toilets, faucets, electronics, etc.)

- To limit exposure, only clean sick person's separate bedroom and bathroom when needed.

○ LAUNDRY: Wear disposable gloves when handling sick person's clothing/linens. Use warmest water setting laundry will allow. Dry on high heat if possible. Wash hands immediately after removing gloves.

○ TRASH: Dedicate a lined trash can for sick person. Use gloves when removing garbage bags and handling/disposing of trash. Wash hands afterward.

Track your own health

- Caregivers must stay home and monitor their health for COVID-19 symptoms (e.g., fever, cough, shortness of breath, etc.)
- Caregivers who develop symptoms should contact a healthcare provider. If you do not have a healthcare provider, or if you have questions, visit <https://www.auw211.org/> or call 211
- Caregivers without symptoms must stay home **while** the person with COVID-19 is in home isolation **and** for 10 days* after.

*14-day quarantine still applies to congregate settings (e.g., long-term care facilities, group care homes, assisted living facilities, correctional facilities, shelters, residential rehabilitation and treatment settings, military recruit housing, etc.).

Last Reviewed December 14, 2020