COVID-19
HAWAII DEPARTMENT OF HEALTH

HOW TO CARE FOR SOMEONE WITH COVID-19 AT HOME

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

☐ Watch for warning signs
  o Contact the person’s healthcare provider if symptoms get worse
  o Call 911 for medical emergencies (inform dispatch personnel that the person has COVID-19)
  o 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
  o 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
  o DO NOT SHARE PERSONAL ITEMS (e.g., dishes, silverware, towels, bedding, or electronics)
  o 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.
  o 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.
  o 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.
  o 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.
  o 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
  o Caregivers must stay home and monitor their health for COVID-19 symptoms (e.g., fever, cough, shortness
    of breath, etc.)
  o 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
  o 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