

GUIDE FOR CAREGIVERS AND HOUSEHOLD MEMBERS OF THOSE WITH COVID-19

If you are caring for or living with someone who has COVID-19 or has respiratory symptoms suspected to be due to COVID, you are considered a 'close contact'. You will be given special instructions about how to monitor your own health, what to do if you start to feel sick and who to contact. Be sure to tell health-care providers if you are a close contact of someone with COVID-19.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person. Handwashing should also occur upon entering or exiting the home, before eating or preparing food and after using the bathroom.
- Use an alcohol-based hand sanitizer if soap and water are not available.



Wear a mask and gloves if available

- Wear a mask (surgical/procedure mask) and gloves if available when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces) and when providing direct contact care.



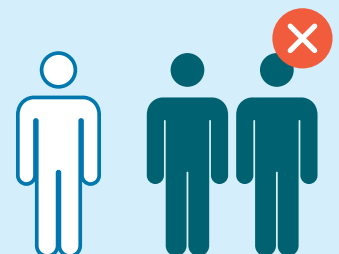
Dispose of gloves and mask after use

- Take off the gloves first without touching the outside of the gloves and wash your hands with soap and water before taking off your mask.
- After taking off your mask, wash your hands again with soap and water before touching your face or doing anything else.
- Take the gloves and mask off right after you provide care and dispose of them in the waste basket lined with a plastic bag.



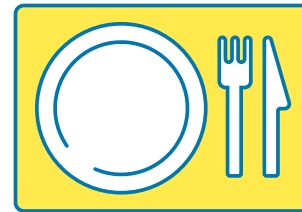
Do not have visitors to your home

- It is okay for friends, family or delivery drivers to drop off food or other necessities, but have them drop off deliveries outside your home.
- Keep older adults and people with chronic medical conditions (e.g. diabetes, lung problems, heart disease or weakened immune system) away from the infected person.



Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the case or person under investigation.
- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.
- Dishwashers and washing machines can be used.
- Do not share cigarettes or other items that are put in the mouth.



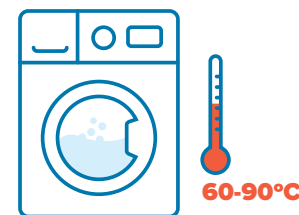
Clean

- Clean your home with regular household cleaners.
- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.
- Use store bought disinfectant. If not available use diluted bleach solution, 1 part bleach to 50 parts water, and allow the surface to remain wet for 1 minute.



Wash laundry thoroughly

- Contaminated laundry should be placed in a laundry basket with a plastic liner.
- Wear gloves and mask when handling.
- Wash with regular laundry soap and hot water (60-90°C)
- Clean your hands with soap and water immediately after removing your gloves.



Be careful when touching waste

- All waste can go into the regular garbage bins.
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with the plastic bag makes waste disposal easier and safer.
- Clean your hands with soap and water after emptying the wastebasket.



LEARN ABOUT THE VIRUS

COVID-19 is a new virus. It spreads by respiratory droplets of an infected person to others.

Learn more at www.vch.ca/COVID19

Adopted from BCCDC information
(updated March 27, 2020).