Caring for someone with COVID-19 in your home

- Provide a separate bedroom and bathroom for the person who is sick, if possible. If you cannot provide a separate room and bathroom, try to isolate them from other household members as much as possible. Keep people at higher risk away from anyone who is sick.

- Limit contact as much as possible and only clean around them as needed. Make personal cleaning supplies accessible to the sick person (if appropriate). If they feel up to it, the person who is sick can clean their own space to limit others coming in close contact with them or their space.

- If it's not possible for the sick person to disinfect their own space, the caregiver should wait as long as possible before cleaning or disinfecting the sick person's space.

- The sick individual should eat separately from others. Wash dishes and utensils with soap and hot water using gloves or in a dishwasher.

- Have a dedicated, lined trash can for the person who is sick. Use disposable gloves when removing the garbage bag, handling, or disposing of trash. Ensure any contaminated trash is disposed of immediately. Do not leave tissues or contaminated objects on surfaces.

- Dirty laundry from a person who is sick can be washed with other items. Wear disposable gloves when handling and do not shake dirty laundry. Use the warmest appropriate water temperature and dry items completely.

- Track your own health. Be aware of symptoms. Take time to rest and be sure to maintain healthy eating habits.

Find additional information about how to care for a sick member of your household here:
https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html

Information adapted from the Centers for Disease Control and Prevention (CDC)