If you are caring for a person who has been diagnosed with COVID-19, follow this advice to protect yourself and others in the home, as well as those in your community.

**Limit contact**
- Only one healthy person should provide care.
- Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Use a separate bathroom from the ill person if possible. If not possible, the ill person should put the toilet lid down before flushing.

**Protect yourself**
- If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems.
- If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and **eye protection**.
- Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- Do not re-use masks or gloves.
- Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.
- Dry your hands with disposable paper towels. If not available, use a reusable towel and replace it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.

**Keep your environment clean**
- Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- Place possibly contaminated laundry into a container with a plastic liner and do not shake. Wash with regular laundry soap and hot water (60-90°C), and dry well. Clothing and linens belonging to the ill person can be washed with other laundry.
- At least once daily, use household disinfectants or diluted bleach (one part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes). Clean touch screens with 70% alcohol wipes.

**Monitor yourself for symptoms**
- If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- If you have had direct contact with body fluids of the ill person (e.g., were coughed or sneezed on when you weren't wearing a mask), contact your local **Public Health Authority** for further instructions.
- If you develop symptoms, isolate yourself as quickly as possible and contact your local **Public Health Authority** for further instructions.
WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19. FOR MORE INFORMATION, VISIT Canada.ca/coronavirus or contact 1-833-784-4397 | phac.info.aspc@canada.ca

Maintain these supplies

- Surgical/procedure masks (do not re-use)
- Eye protection
- Disposable gloves (do not re-use)
- Disposable paper towels
- Tissues
- Waste container with plastic liner
- Thermometer
- Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen)
- Running water
- Hand soap
- Alcohol-based sanitizer containing at least 60% alcohol
- Dish soap
- Regular laundry soap
- Regular household cleaning products
- Bleach (5% sodium hypochlorite) and a separate container for dilution (one part bleach to nine parts water)
- Alcohol prep wipes