CORONAVIRUS DISEASE (COVID-19): HOW TO CARE FOR A PERSON WITH COVID-19 AT HOME—ADVICE FOR CAREGIVERS

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.
- Some people may transmit COVID-19 even though they do not show any symptoms. Wearing a mask, including a non-medical mask or facial covering (e.g. homemade cloth mask, dust mask, bandana) can help protect others around you.
- Prevent contact with animals, as there have been several reports of people transmitting COVID-19 to their pets.

Keep your environment clean

- Place used medical 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, including non-medical cloth masks and facial coverings, 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, linens and non-medical cloth masks and facial coverings belonging to the ill person can be washed with other laundry.
- At least once daily clean and disinfect surfaces that people touch often, such as toilets, laundry containers, bedside tables, doorknobs, phones and television remotes.
- Use only approved hard-surface disinfectants that have a Drug Identification Number (DIN). A DIN is an 8-digit number given by Health Canada that confirms the disinfectant product is approved and safe for use in Canada.
- When approved hard surface disinfectants are not available, for household disinfection, a diluted bleach solution can be prepared in accordance with the instructions on the label, or in a ratio of 5 millilitres (mL) of bleach per 250 mL of water OR 20 mL of bleach per litre of water. This ratio is based on bleach containing 5% sodium hypochlorite, to give a 0.1% sodium hypochlorite solution. Follow instructions for proper handling of household (chlorine) bleach.
- If they can withstand the use of liquids for disinfection, high-touch electronic devices (e.g. keyboards, tablets, smartboards) may be disinfected with 70% alcohol (e.g. alcohol prep wipes) at least daily.

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 personal protective equipment:
  - a medical mask
  - disposable gloves
  - eye protection
- Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- Avoid re-using medical masks or gloves.
- Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, face 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.
Maintain these supplies

- Medical masks if available or non-medical masks or facial coverings (e.g. homemade cloth masks, dust masks or bandanas) if medical mask is not readily available
- Eye protection (face shield or goggles) for use by caregiver
- Disposable gloves (do not re-use) for use by caregiver
- 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 hand sanitizer containing at least 60% alcohol
- Dish soap
- Regular Laundry soap
- Regular household cleaning products
- One-step cleaner/disinfectant
- Hard surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution
- Alcohol prep wipes or appropriate cleaning products for high-touch electronics

WE CAN ALL DO OUR PART IN PREVENTING THE SPREAD OF COVID-19.

FOR MORE INFORMATION ON CORONAVIRUS:

Canada.ca/coronavirus or contact 1-833-784-4397

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