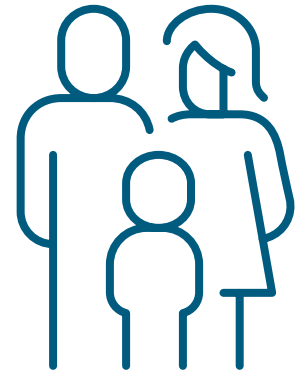


CORONAVIRUS DISEASE (COVID-19) : HOW TO CARE FOR A PERSON WITH COVID-19 AT HOME— ADVICE FOR CAREGIVERS



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.
 - 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 face 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 face 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.

Keep your environment clean

- ▶ Place used face 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 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.



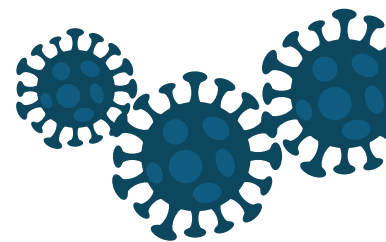
- ▶ High-touch electronic devices (e.g., keyboards, touch screens) may be disinfected with 70% alcohol (e.g., alcohol prep wipes) at least daily.
- ▶ If approved hard surface disinfectants are not available, a diluted bleach solution can be prepared by following the instructions on the label, or in a ratio of:
 - 5 millilitres (mL) of (5%) bleach per 250 mL of water
OR 20 mL of (5%) bleach per litre of water

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 face mask), contact your **Public Health Authority** for further instructions.
- ▶ If you develop symptoms, isolate yourself as quickly as possible and contact your **Public Health Authority** for further instructions.

Maintain these supplies

- | | |
|--|--|
| <input type="checkbox"/> Face masks (do not re-use) | <input type="checkbox"/> Hand soap |
| <input type="checkbox"/> Eye protection (face shield or goggles) for use by caregiver | <input type="checkbox"/> Alcohol-based hand sanitizer containing at least 60% alcohol |
| <input type="checkbox"/> Disposable gloves (do not re-use) for use by caregiver | <input type="checkbox"/> Dish soap |
| <input type="checkbox"/> Disposable paper towels | <input type="checkbox"/> Regular laundry soap |
| <input type="checkbox"/> Tissues | <input type="checkbox"/> Regular household cleaning products |
| <input type="checkbox"/> Waste container with plastic liner | <input type="checkbox"/> One-step cleaner/disinfectant |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Hard surface disinfectant, or if not available, concentrated (5%) liquid bleach and a separate container for dilution |
| <input type="checkbox"/> Over the counter medication to reduce fever (e.g. ibuprofen or acetaminophen) | <input type="checkbox"/> Alcohol prep wipes |
| <input type="checkbox"/> Running water | |



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