

Home-Based Care

Quick reference sheet for home infection, prevention and control

General Guidance

Identify a way to communicate with a healthcare provider

Do not have visitors over

Limit the number of caregivers

Person with COVID-19 or symptoms should separate from others

If space is limited, keep those ages 60+ or with other medical conditions (heart disease, diabetes, cancer, lung disease, asthma, immunocompromised, etc.) isolated

Person with symptoms should not cook for others

Caregiver should not go out for shopping; limit frequency of shopping trips

Person with symptoms or confirmed COVID-19

Isolate in a separate room from others and stay in a well-ventilated single room

Cover coughs and sneezes, wash hands immediately

Avoid sharing personal items - i.e. dishes, towels, bedding; eat meals separately

Always wear a mask when not isolated (e.g. if the caregiver is near)

Use separate bathroom

Wipe down surfaces if go into a shared space

Dispose of own personal tissues or other waste materials, wash hands immediately

Avoid any physical contact with others

Seek care immediately if

Difficulty breathing or shortness of breath

Chest pain or pressure

Loss of speech or movement/confusion

Bluish lips or face

Inability to wake or stay awake

Single-room household

Keep 2 meters distance from others at all times and wear a mask when around other people including their caregiver

Open windows and doors - increase ventilation

Sleep in a separate bed; if not possible sleep head to foot

Wash hands often, cover coughs/sneezes

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Infection, prevention and control

Sanitize surfaces daily, including high touch surfaces like door knobs, phones, etc.

All household members should wash hands frequently for 20 seconds with soap and moving water

Do not touch eyes, mouth, nose without washing hands first

Clean and disinfect bathroom and toilet surfaces at least once per day

Leave meals outside of the door for person with symptoms to bring inside the room; eat and leave dishes outside

Anything leaving the isolation room, should be considered contaminated with virus and touched with gloves or immediately wash hands

If sharing a bathroom

Allow anyone at higher risk of complications (60+, heart disease, diabetes, cancer, lung disease, etc.) to use bathroom prior to person with COVID-19 symptoms

Person with COVID-19 symptoms to disinfect surfaces after use and prior to leaving bathroom (sink faucet/tap, door handle, toilet handle)

Washing linens/ handkerchiefs

Person with COVID-19 symptoms should wash their own handkerchiefs and other linens as they are able - do not have others wash

Wash with hot water and detergent

Caregiver

Select a caregiver who is healthy and does not have any underlying conditions such as heart, lung or kidney disease, asthma, diabetes, cancer or immunocompromised illness

Should always wear a mask when near person with symptoms

Should not leave home for errands as considered high-risk contact

Masks

Mask should cover nose and mouth at all times

Medical masks should be worn by

- anyone with COVID-19 or its symptoms
- caretakers
- household members of those with COVID-19 or its symptoms
- people who are ages 60 + or who have underlying health conditions

If no medical masks are available, a cloth mask can be used