### 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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July 16, 2020
# Home-Based Care

## Quick reference sheet for home infection, prevention and control

### 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.

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