



COVID-19

HAWAII DEPARTMENT OF HEALTH

HOW TO CARE FOR SOMEONE WITH COVID-19 AT HOME

Limit contact

- Have sick person keep to a separate bedroom and bathroom
- Caregiver must not be someone who is at higher risk for severe illness from COVID-19
- Make sure the sick person's room has good air flow (e.g., open the window and turn on a fan to increase air circulation)
- Do not allow any visitors

Watch for warning signs

- Contact the person's healthcare provider if symptoms get worse
- Call 911 for medical emergencies (inform dispatch personnel that the person has COVID-19)
- Warning signs: trouble breathing, persistent pain or pressure in the chest, newly developed confusion, inability to wake or stay awake, bluish lips or face

Prevent the spread of germs

- **FOOD:**
 - Sick person should eat (or be fed) in their room or away from others
 - Wash dishes and utensils using gloves, soap and hot water or in a dishwasher
 - Clean hands after taking off gloves or handling used food service items
- **DO NOT SHARE PERSONAL ITEMS** (e.g., dishes, silverware, towels, bedding, or electronics)
- **CLOTH FACE COVER OR GLOVES** (when to wear):
 - SICK PERSON:** Cloth face cover whenever around other people (either at home or when going for medical care)
 - CAREGIVER:** Wear gloves when touching or having contact with blood, stool, or other body fluids. Throw gloves into a lined trash can. Always wash hands immediately after removing gloves and after contact with sick person.
Wear a cloth face covering when caring for sick person.
Clean hands often and avoid touching eyes, mouth, and nose with unwashed hands.
- **WASH HANDS** often with soap and water for at least 20 seconds. If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol
- **CLEAN AND DISINFECT** frequently touched surfaces and items every day (e.g., doorknobs, light switches, handles, toilets, faucets, electronics, etc.)
 - Only clean sick person's separate bedroom and bathroom when needed, to limit contact with sick person.
- **LAUNDRY:** Wear disposable gloves when handling sick person's clothing/linens. Use warmest water setting laundry will allow. Dry laundry on high heat if possible. Wash hands immediately after removing gloves.
- **TRASH:** Dedicate a lined trash can for sick person. Use gloves when removing garbage bags and handling/disposing of trash. Wash hands afterward.

Track your own health

- Caregivers must stay home and monitor their health for COVID-19 symptoms (e.g., fever, cough, shortness of breath, etc.)
- Caregivers must stay home for 14 days after the person with COVID-19 meets criteria to end home isolation