

Home Care for Persons with COVID-19



WEAR A MASK TO SHOW YOU CARE



HAWAII DEPARTMENT OF HEALTH





Aloha,

Caring for someone with COVID-19 can be challenging. You are not alone, more than 90% of people in Hawaii who get infected with COVID-19 get all of their care in their home. That is why it is important that all adults have the knowledge to provide COVID-19 care for themselves or a loved one in their home.

The State of Hawaii has plenty of help available for you. This booklet provides information to develop a plan for you and your loved ones when either you or a close family member or friend is infected with COVID-19. Dialing 2-1-1 on your phone will connect you to Aloha United Way to gather information about available community resources that may help you through this time.

This booklet does not replace medical advice. Persons with COVID-19 should seek medical advice and care from a licensed healthcare provider. If you don't have a healthcare provider, this booklet has information for locating one. Information regarding COVID-19 is being updated as more is learned about the virus. Updates can be found at hawaiiicovid19.com.

We wish you well and good health!

Aloha,

Hawaii State Department of Health

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Develop your COVID-19 Plan



Key things you need to plan for:

- Educate yourself: Find out what you need to care for someone with COVID-19.
- Consider what you already know and do not know about COVID-19 home care.
- Make a list of the supplies and equipment necessary for COVID-19 home care.
- Understand what you need to tell others that have been exposed to you.
- Be a leader in your home. Teach & coach others in your family about COVID-19 home care.
- The first step to start your COVID-19 plan is to review this *Home Care for Persons with COVID-19* booklet.

Contact list of important people

Complete this form (beforehand) for you and others you may provide care for:

Healthcare Provider

Name: _____ Phone: _____

Address: _____

Pharmacy

Name: _____ Phone: _____

Address: _____

Emergency Contact for Your Family

Name: _____ Relationship: _____

Phone: _____ Email: _____

Family Member that Can Make Decisions for You if Needed

Name: _____ Relationship: _____

Phone: _____ Email: _____

School(s) that Family Member Attends

Name: _____ Phone: _____

Name: _____ Phone: _____

Name: _____ Phone: _____

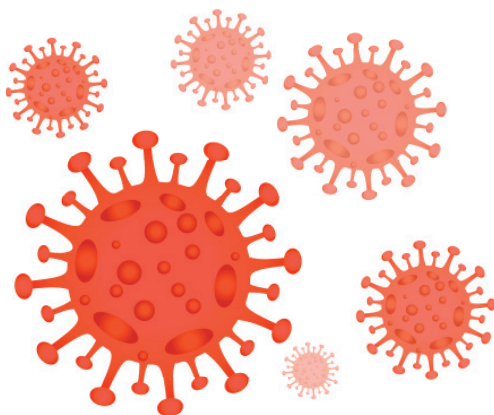
Family Support (Food, medicines, supplies, etc.)

Name: _____ Relationship: _____

Phone: _____ Email: _____

Overview of COVID-19

Coronavirus Disease 2019 (COVID-19) is caused by a new strain of coronavirus called Severe Acute Respiratory Syndrome Coronavirus 2 (SARS CoV-2). Nearly every country in the world has had cases of COVID-19. In Hawaii about 7-10% of those who contract the disease require hospitalization.



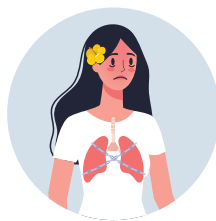
When a virus changes (mutation), the changed virus is called a variant. Delta is a SARS CoV-2 variant that is more infectious, increasing the spread of COVID-19 to individuals, including those that have been vaccinated.



» Fever 100.4°F or higher



» Cough



» Shortness of breath



» Muscle aches and pains



» Vomiting or diarrhea

- » Chills
- » New loss of taste or smell
- » Sore throat
- » Headache
- » Fatigue

Symptoms

- Symptoms of COVID-19:
- Symptoms appear about 2-14 days after being exposed to the virus from another person.
- People can infect others from two days before symptoms appear until 10 days after symptoms start.
- Many people can have COVID-19 without having any symptoms and can spread infection to others.
- Symptoms can range from mild to severe.

People at higher risk for severe COVID-19 include:

- Elderly (65+)
- People with:
 - » Cancer
 - » Chronic kidney disease
 - » COPD (chronic bronchitis and emphysema)
 - » Dementia or other neurological conditions
 - » Diabetes Mellitus (Type 1 or 2)
 - » Down Syndrome
 - » Heart conditions (heart failure, coronary artery disease, or cardiomyopathies)
 - » HIV Infection
 - » Immunocompromised state (weakened immune system)
 - » Liver disease
 - » Overweight and obesity
 - » Pregnancy
 - » Sickle cell disease
 - » Smoking (current or former)
 - » Stroke
 - » Substance use disorders
 - » Weakened immune system from solid organ or stem cell transplant

This is why it is important to stay healthy and keep chronic diseases under control during this pandemic. If you smoke or vape, we recommend quitting.

How is the COVID-19 virus spread?

Direct Contact Person-to-Person *The COVID-19 virus spreads from one person to another through:*

- Respiratory droplets which greatly increase during a cough or sneeze or loud speaking or singing (so...cover your mouth when coughing or sneezing, stay further away from people who are speaking loudly).
- Inhaling the air where COVID-19 is floating on very tiny droplets - keep windows open when you can.



Indirect Contact A person with COVID-19 touches an object and leaves the virus on it. Another person touches this area, and then touches their face, permitting the germ to enter the body through the nose, mouth or eyes.

This is why hand washing and cleaning the home environment is so important! Although the COVID-19 virus can live on surfaces for several hours or longer, spread from touching surfaces is not thought to be a common way that COVID-19 spreads.

Important note: People who are infected and have no symptoms can spread it to others by **direct contact** or **indirect contact**. **They can even be super spreaders (spreading to a large number of people)!**

Stop the Spread of COVID-19

- STAY at home if you are sick except to get medical care.
- Avoid contact with sick people.
- Frequently wash or sanitize your hands (hand hygiene).
- Caregiver must always wash their hands after coming into contact with a family member who has COVID-19.
- Keep your hands off your face!
- Use a face mask.
- Social distance and avoid crowds. Keep at least 6 feet away from people who do not live in your home.
- Cough etiquette- cover your mouth and nose when you cough or sneeze.
- Clean / disinfect surfaces in your home with household disinfectant.
- Get an annual flu shot to prevent getting the flu. Flu and COVID-19 have some of the same symptoms which can create confusion. Flu can also weaken your immune system.
- Get the COVID-19 vaccine. COVID-19 vaccines keep you from getting COVID-19. If you do get COVID-19 after being vaccinated, the vaccine helps you from being seriously ill. People are considered to be fully vaccinated 14 days after receiving the 2nd dose of the 2-dose series or one dose of the one dose vaccine.



Kīnā'ole

Doing the right thing, in the right way, in the right place, for the right reason, with the right feeling... the first time!

Why should you follow the recommendations to STOP COVID-19 from spreading to others?

Keep your family safe and consider what can happen physically, emotionally, and spiritually if someone in your home gets COVID-19.

- We must all have the spirit of *kīnā'ole* which means we must all do the right thing!
- You have the power to prevent spreading COVID-19 to a loved one or friend.
 - » We can take steps to reduce the possibility of infecting our friends and family.
- None of us wants to infect loved ones with COVID-19. Do your part to stay safe and be sensitive to the emotional toll that COVID-19 is creating in our community.
- It will take all of us working together (*hana pū 'ana*) to protect our community, families and ourselves.

Know the difference between isolation and quarantine

Isolation is for a person who tested positive or was diagnosed with COVID-19 regardless of vaccination status. You must stay at home or in an isolation facility except to get medical care until:

- At least 10 days have gone by since symptoms first appeared or if there were no symptoms, since COVID-19 test was taken AND
- You have gone at least 24 hours with no fever (without the use of fever reducing medicines) AND
- Other symptoms are improving (e.g. cough, shortness of breath).

You may need to wait up to 20 days if you had a severe case of COVID-19 or if you are immunocompromised. Your healthcare provider should assess this. Do not have close contact with anyone who lives outside of your home. Unvaccinated household members are in quarantine.

Quarantine is for a contact who is not fully vaccinated* and has been exposed to someone with COVID-19. This means the person you came into contact with has COVID-19 symptoms and/or has a positive COVID-19 test (vaccinated or not vaccinated). If you are able to further avoid contact with the COVID-19 positive person, quarantine is 10 days[†]. If you are not able to avoid contact, you must stay home while the person with COVID-19 is in isolation AND for 10 additional days. Consider 14 days of quarantine if you might expose someone who is elderly, immunocompromised, or has other risk factors for adverse outcomes if infected with SARS CoV-2.

**People are considered fully vaccinated 2 weeks after receiving their 2nd dose in a 2-dose series or 2 weeks after a single-dose COVID-19 vaccine.*

[†]14-day quarantine still applies to congregate settings (e.g., long-term care facilities, group care homes, assisted living facilities, correctional facilities, shelters, residential rehabilitation and treatment settings, military housing, etc.).

- Household contacts (close contacts) are people living in the same house and have ongoing contact with the person with COVID-19.
 - » Unvaccinated caregivers and household contacts must stay in quarantine while the family member is sick and for 10 days after the household member with COVID-19 is released from isolation. This is because you could have been infected towards the end of your family member's illness. Get a COVID-19 test immediately and remain in your home until the quarantine period is over. Get tested again 5-7 days after the last contact with the COVID-19 positive person or sooner if symptoms develop.
 - » Fully vaccinated caregivers and household contacts that have no symptoms do not have to quarantine, or be restricted from work.* Fully vaccinated caregivers and contacts should get tested 3-5 days after the last contact with the Case, even if there are no symptoms. Continue to wear a mask in public indoor settings for 14 days or until you receive a negative test result. They should monitor for symptoms of COVID-19 for 14 days following the exposure. Fully vaccinated household contacts and caregivers that experience COVID-19 symptoms, should test for COVID-19 and isolate if positive.
 - » All contacts regardless of vaccination status should monitor for symptoms of COVID-19 for 14 days following the exposure.
 - » Caregivers and Contacts regardless of vaccination status should use personal protective equipment and adhere to precautions.

**Testing but not quarantine is recommended for fully vaccinated contacts, caregivers, employees of correctional and detention facilities and homeless shelters. If you are in one of these groups, you should monitor for symptoms of COVID-19 for 14 days following the exposure and test 3-5 days after exposure or sooner if symptoms develop.*

If you do not live with the person with COVID-19 AND do not have symptoms:

- Remain at home for 10 days after you were last in close contact with the person with COVID-19 unless you are fully vaccinated.
- Your household contacts do not need to stay home unless they test positive or they are ill.

For both isolation and quarantine, separate yourself from other people in your home. If you need to be around other people in or outside your home, wear a face mask. Do not use any kind of public transportation, ride sharing, or taxi.

What is Contact Tracing?

Contact tracing is when a person from the Hawaii Department of Health or other official organization calls you and asks information about the people and places the sick person has been around. This is to find out who else may have been exposed to the person with COVID-19.

When you get a call from the Hawaii Department of Health, we kindly ask that you speak to them on the phone and answer their questions. The information you give the Hawaii Department of Health is needed to stop the virus that causes COVID-19 from spreading to others.

It is important to note that *Contact Tracing does not replace medical advice for COVID-19 from your healthcare provider.* That is why you need to contact your healthcare provider right away if you suspect you have COVID-19 or are experiencing cough, fever, or loss of your sense of taste or smell that might be due to COVID-19. If you do not have a healthcare provider, or if you have questions, call 2-1-1 or visit www.auw211.org. You may also contact a community health center (see page 39).



If you have tested positive for COVID-19, make a list of everyone with whom you have had close contact while you were ill (include from 2 days before you were ill or if you have no symptoms, from two days before you had your COVID-19 test). Let them know they have been exposed to COVID-19. **Remember to kīnā'ole, and call your close contacts.**

Caring for someone with COVID-19 at home

COVID-19 Supplies for your Household

It is important to have supplies on hand NOW to PREPARE in case a family member gets sick with COVID-19. Below is a list of recommended COVID-19 supplies for your home.

- ☐ Working thermometer
- ☐ Medicines (medicines you would usually take and fever medicines)
- ☐ Food (prepared meals and non-perishable foods). Make plans with family members who can help with meals and food delivery
- ☐ Cleaning and disinfecting supplies (soap, water, disinfecting wipes, bleach or disinfectant*)

» **Note: Never clean a surface with straight bleach. Strong bleach fumes can harm your family's lungs. Refer to page 30 for diluting bleach.*

- ☐ Soap, alcohol based hand sanitizer
- ☐ Masks, gloves, face shield, goggles
- ☐ Lined trash can
- ☐ Baby supplies, if you have a baby in the home



- ☐ Pet supplies
- ☐ Entertainment (cards, games, books, magazines, puzzles, etc. while you isolate or quarantine)
- ☐ Source of communication with others (working cell phone and charger for telehealth and contacting family and friends)

Communicate with the sick person's healthcare provider

- ☐ Call their office and let them know that your family member has tested positive for COVID-19. Ask the healthcare provider what you should do to care for a person with COVID-19.
- ☐ Be sure to tell them about chronic health conditions the sick person may have, their age, and vaccination status.

If you do not have a healthcare provider

If you do not have a healthcare provider, you can:

- ☐ Call on the Community Health Centers (CHC) across the state. CHCs see patients regardless of their ability to pay. CHC information is in the back of this booklet.
OR
- ☐ Call the Queens Health Systems COVID-19 Infoline at (808) 691-2619 (more information for the Queens Health Systems COVID-19 Infoline is located at the back this book).
OR
- ☐ Call 2-1-1

Things to discuss with the healthcare provider

- ☐ COVID-19 testing and test results for the sick person.
- ☐ Medicines to take for fever or other symptoms.
- ☐ Medical follow up and advice.

- ☐ COVID-19 rules the healthcare provider's office uses for seeing patients.
 - » If telehealth is used by the healthcare provider's office, make sure you have an internet connection.
- ☐ Ask what symptoms you should seek additional care for or when to call 911 for the person who is sick.
- ☐ Ask about the number of days the sick person must isolate.
- ☐ Ask about the number of days for quarantine for the direct care provider and for others living in the home.

Isolating at home

The person who tests positive for COVID-19 must:

- ☐ Stay at home unless you need to seek medical care.
- ☐ DO NOT GO TO WORK, SCHOOL OR ANY PUBLIC PLACES (Grocery store, gas station, library, beach, park, etc.) AND DO NOT USE PUBLIC TRANSPORTATION (The Bus, taxi, ride share such as Uber or Lyft, etc.).
- ☐ DO NOT allow visitors to the home. Fully vaccinated visitors who are not at risk for serious complications due to COVID-19 can visit. Fully vaccinated visitors must wear a face mask.
- ☐ The person with COVID-19 must isolate themselves from others in the home.
 - » Stay in a separate room from others and close the door.
 - » If possible, use a separate bathroom.
 - » Do not touch shared items in the home that others use (TV remote, countertops, microwave, etc.).
 - » If the sick person has to be around others, everyone in the home must wear a face mask.
 - » Sick person should wear a mask, if they are able to tolerate it.

- ☐ All meals must be eaten in the isolation room away from others.
- ☐ Open a window with a fan blowing air outside the house for good air flow and to decrease the COVID-19 virus in the air.

If the person with COVID-19 does not have a separate room to isolate in, you can create a physical barrier by hanging a shower curtain, sheet, or blanket to create a separate space.



Resources when isolation cannot be achieved in a home

The Hawaii Department of Health has arranged for resources if the COVID-19 positive person is not able to adequately isolate in the home.

- ☐ Call Aloha United Way 2-1-1 and ask for an interpreter if you need one. Let Aloha United Way 2-1-1 know that a family member has COVID-19 and has no means for isolation in the home.
- ☐ Put in a request for alternate accommodations. (see COVID-19 Isolation and Quarantine Assistance on page 46).
- ☐ Family members will be required to stay away and not visit the person in isolation until the infected person recovers and comes out of isolation unless they are fully vaccinated.

Be sure to take the COVID-19 recommended supplies on page 16 that you will need before going into isolation away from your home.

- ❑ A family member may be asked to put on a mask and drive the sick person, who is also masked, to the isolation facility away from your home. Car windows should be open as weather permits.

Choosing the Appropriate Caregiver

Ideally the caregiver should be fully vaccinated if not, limit the caregiver to only one person.

One caregiver will decrease the number of persons being exposed to the infected person. The caregiver must stay home while caring for a household COVID-19 positive family member. The caregiver

must stay in quarantine for 10 or 14 more days as directed by the public health representative after the person sick with COVID-19 meets the criteria to end home isolation. Fully vaccinated caregivers do not need to quarantine, but should test 3-5 days after beginning care or if symptoms of COVID-19 develop. Continue to use personal protective equipment while caring for the sick person. This is because the caregiver is considered to be exposed to COVID-19.



You SHOULD NOT be a caregiver to someone positive for COVID-19 if you:

- Are 65 years or older
- Are immunocompromised
- Are pregnant

- Have one or more underlying high-risk medical conditions that are not well controlled, for example:
 - » Chronic kidney disease
 - » COPD (chronic bronchitis or emphysema)
 - » Diabetes Mellitus type 2
 - » Cardiovascular (heart) disease

If any of the above apply to you, you are at high risk for severe illness from COVID-19 or may need extra precautions.

Caregiver safety while caring for a person with COVID-19

- Keep your hands off your face. Be mindful NOT to touch your face, nose, or eyes.



- Wear a mask when in the sick person's room or when you are less than 6 feet apart.
- Wash or sanitize your hands frequently.
- Wear gloves when handling items that have been touched by the sick person.
- Anticipate the sick person's needs so they do not have to come out of their room.
- Keep the sick person's room well ventilated (window open, fan blowing air to the outside).
- Monitor yourself for symptoms of COVID-19.
 - » Take your temperature two times a day (morning and evening or if new onset of symptoms such as fever, shortness of breath, chest tightness, or difficulty breathing).
 - » Monitor yourself for cough or shortness of breath.
- Call your healthcare provider right away if you develop any symptoms.

Hand Hygiene and Keep Hands off of Face

Hand washing

Hand hygiene is one of the most effective ways to prevent spreading COVID-19 by direct contact with objects which have the virus on it. It is important to remember to wash your hands frequently and correctly.

- Wash hands before and after providing care to a sick person.
- Wash hands with soap and water for at least 20 seconds.
- If soap and water are not available, use hand sanitizer that has at least 60% alcohol.





Keeping hands off of your face

Did you know that the average person touches their face or hair about 20 times in one hour?

- Germs on your hands get onto your face and can enter your body through the eyes, nose, or mouth.
- Be mindful of face touching.

Some tips to help with keeping your hands off of your face are:

- Ask a friend to tell you when you touch your face.
- Remind others when you see them touching their face.
- Keep your hands busy by putting them in your pocket or hold something in your hand.
- Sit on your hands.
- Relax

Personal Protective Equipment

Masks

Why should you wear a mask? A mask can trap the droplets from the sick person and protect our loved ones and friends.

Wearing the right mask is important. Masks should have two or more layers of breathable and washable cloth. Masks should completely cover your nose and mouth. Masks should fit snugly against the sides of your face and there should be no gaps.



Wearing and Cleaning Your Masks

- Always wear a mask when in the same room as the sick family member.
- Ask the sick person to also wear a mask when you are in the room.
- Change your mask if it becomes soiled, breaks, or becomes wet.
- Store your mask in a paper bag or hang in the sunlight.
- You can wash cloth masks in the laundry, try to use hot water and if available, put in the dryer on high heat.
- Be sure to properly put on and take off the mask.
- ALWAYS wash your hands before and after putting on or taking off a face mask. The outside of the mask may have the virus on it.

Putting on and taking off a mask correctly

To put on a mask correctly:

- First wash your hands.
- IF you are reusing a mask, Do NOT touch the mask cloth, only touch the ear loops or strings.
- Mask with ear loops:
 - » Hold the mask by the loops and slip over the ears.
 - » Be sure the mask covers the nose, mouth and hugs under the chin.
- Mask with strings:
 - » Tie the top strings first.
 - » Using the bottom ties, pull the mask over your nose and mouth to under the chin.
 - » Tie the bottom strings.



To take off a mask correctly:

- IF reusing the mask, have a paper bag ready and open so you can drop the mask into it and immediately wash your hands. If you do not have a paper bag, a breathable container can be used.
- DO NOT touch the cloth of the mask, only the ear loops or strings.
- **Mask ear loops:**
 - » Grab loops behind the ears with both hands.
 - » Pull off the mask and drop into the paper bag.
- **Mask with strings:**
 - » Untie the bottom tie.
 - » Untie the top tie keeping the top ties in your fingers.
 - » Drop the mask into the bag.
 - » Wash your hands.



Face Shield or Goggles

If the person you are caring for has a cough, you can also consider wearing a face shield or goggles. Wearing a face shield or goggles can help to prevent respiratory droplets from landing in your eyes. Be sure to wear your mask with your face shield or goggles.

Putting on and taking off face shield or goggles correctly:

To put on a face shield or goggles:

- First follow the steps to put on the mask.
- Put on the face shield or goggles after you put on the mask.

To take off a face shield or goggles:

- Remove the face shield or goggles.
- Remove your mask.
- Wash your hands.

Disposable Gloves

Always wear gloves when you touch your family member with COVID-19 or handle any of their things such as dinnerware, sheets, and clothing. Use gloves when cleaning any area where your sick family member has been. Be sure to have a lined trash can or bag near you when you take off your gloves. **FOR ALL SITUATIONS, IF YOU DO NOT HAVE GLOVES, WASH YOUR HANDS IMMEDIATELY AND FREQUENTLY.**

To put on gloves correctly

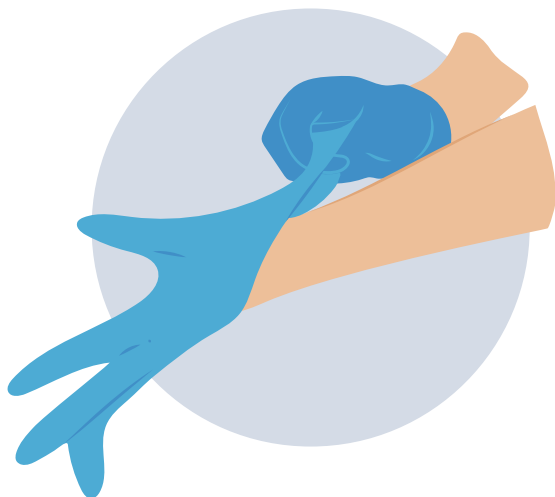
- First remove sharp rings or bracelets.
- Wash and dry your hands.
- Put on each glove.
- Inspect the gloves for tears or breaks. If there are tears or breaks, replace the glove.



To take off gloves correctly

- Get a bag or lined trash can that has an open top to throw gloves in.
- With the hand you use the most, grab the palm area of the other glove on the opposite hand and pull the glove off crunching it in your hand as you pull it off.
- Keep the glove in your hand crunched.
- Stretch out your hand that still has the glove on it.
- With your ungloved hand, walk two fingers under the cuff of the glove just above the palm.





- Lift the cuff up and pinch it from the inside of the glove with your fingers and thumb.
- Peel the glove off over the rolled up glove in your hand.
- The glove you just took off will be inside out with the crunched glove inside of it.
- Throw the gloves in a bag or lined trash can.
- Wash your hands. It is easy to get germs from a sick person on your hands when taking off gloves.
- You should practice taking off your gloves several times with gloves that have not been used for a sick person.
- **FOR ALL SITUATIONS, IF YOU DO NOT HAVE GLOVES, WASH YOUR HANDS IMMEDIATELY AND FREQUENTLY.**



Clean and Disinfect the Home Environment

Cleaning and disinfecting the home regularly helps to decrease the coronavirus in the home and prevents the spread of the virus. It is important to know not all cleaning products are used in the same manner.

Surfaces should be cleaned before disinfecting. Reading and following the product's directions for use increases the effectiveness of the product and decreases harm and injury to the user. When cleaning and disinfecting, the caregiver should wear the recommended gloves, eye protection, or any other protections listed on the label. Cleaning removes germs and dirt from surfaces. Cleaning does not kill germs. Cleaning gets rid of germs from surfaces lowering the numbers and spread of infection.

Disinfecting is using chemicals to kill germs on surfaces. You should clean the dirt and grime from surfaces before disinfecting. Disinfecting helps to lower the risk of spreading the infection. Disinfectants that kill the virus causing COVID-19 can be found on the US Environmental Protection Agency website (<https://www.epa.gov/pesticide-registration/list-n-disinfectants-coronavirus-covid-19>.)

Tips for cleaning and disinfecting

- Put on the personal protective equipment recommended on the product label such as mask, goggles, face shield, gloves, etc.
- Follow product's label instructions for use.

If using bleach:

- » Read the label to ensure the bleach contains 5% - 9% sodium hypochlorite. Household bleach that does not contain 5% - 9% sodium hypochlorite or is a splashless bleach product are not appropriate for disinfecting.
 - » Follow the instructions on the container for diluting bleach. If the container does not have instructions for diluting bleach, information can be found at <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/disinfecting-your-home.html>
- Remove personal protective equipment per instructions in this handbook and dispose of these in a lined trash can.
 - Wash your hands immediately after removing protective equipment.

Sick Person Laundry

- Put on gloves per instructions in this booklet.
- Dirty laundry from a sick person can be washed with those of other family members.



- Do not shake the sick person's dirty laundry, which could send the virus into the air.
- Wash items per manufacturer's instructions using the hottest water setting.
- Use a dryer on high heat if available and dry items completely.
- Clean and disinfect clothes hamper. If it is possible, line the hamper or laundry basket that can be thrown away or washed.
- Take off gloves per instructions in this booklet.

Dishes and Utensils

- Handle plates, cups, glasses, or eating utensils with gloves.
- Wash dishes and utensils using disposable gloves, soap and hot water or in a dishwasher.
- Wash hands after taking off your gloves or handling used items.

Trash

- If possible, use only one trash can for the sick person.
- Use gloves when removing garbage bags.
- Wash your hands afterwards.

Taking Care of the Body, Mind, and Spirit

If you are a caregiver, you should be mindful of the body, mind, and spirit of the sick person and yourself. To take care of yourself you should:

- Stay rested, eat healthy, drink lots of fluids, and exercise.
- Check that you have the supplies and things that you need.
- Stay in touch with loved ones and friends by telephone or internet.
- Know that there are many resources available to help you.
- Remember if we work together, we will all get through this together.



Monitoring the Sick Person at Home

Be sure to monitor the person daily and throughout the day for an increase in the severity of illness. Taking and recording temperature, checking how fast the sick person breathes, and taking their pulse provides valuable information when talking with the sick person's healthcare provider. Information about taking a temperature, counting breaths taking a pulse, and use of pulse oximetry is included in this booklet (starts on page 34).

- Take temperature at least 2 times a day, in the morning and in the evening. If the temperature goes above 100.4°F, call the healthcare provider.
- Check how fast the sick person is breathing and if they have shortness of breath.

- If you have a pulse oximeter, measure the sick person's blood oxygen.
- Check to see if the sick person develops any new anxious or confused behavior.
- A log is located at the back of this booklet to record the information.

Signs Person with COVID-19 is Getting Sicker

Watch for signs that the sick person is getting sicker. Monitor the sick person and all who live in the home for symptoms of COVID-19. The symptoms for COVID-19 are listed on page 8 of this booklet.

Symptoms that show a person is getting sicker and the disease is more severe include:

- Trouble breathing
- Constant pain or pressure in the chest
- Confusion
- Difficulty staying awake or difficulty waking
- Blue color to lips or face

If any of these symptoms begin, seek medical advice immediately or call 911.

When calling 911:

- Let them know that the person has COVID-19 and/or their symptoms have gotten worse.
- Make sure masks are worn by the sick person and those who will need to be in close contact with the ambulance workers or the fire department.
- If possible, meet the fire department or ambulance outside.
- Have a medication list with name of medications/dose/time/route (e.g. oral, injectable, etc.).

Remember 4 out of 5 people will have mild or moderate symptoms, but 1 out of 5 will have some severe symptoms.

The Emergency Medical Services (ambulance) has provided general information when contacting 911 for an ambulance. The information is located on page 47.

How to Take a Temperature

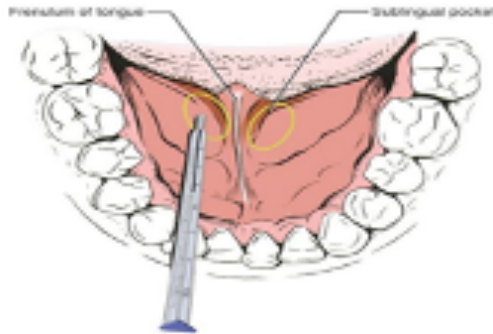
Safety and Infection Control

- Always clean the thermometer with alcohol after each use.
- Wash your hands with soap and water before and after you take a temperature.
- Don't use the same thermometer for both oral and rectal temperatures.
- Clearly label oral and rectal thermometers.

Oral temperature (by mouth)

- Wait 30 minutes to take the temperature if you had something to eat or drink.
- Turn on the digital thermometer.
- Place the thermometer tip under the tongue towards the back by molar teeth and close mouth.
- For digital thermometers, wait for beep before removing the thermometer.
- For mercury thermometers, wait 3-5 minutes before removing thermometer.

Correct placement of oral thermometer



The picture above shows the area of the mouth under the tongue.

Rectal temperature

A rectal temperature can be taken on an infant, child or adult who is not able to make a seal with their mouth.

- Lubricate rectal thermometer tip with water or Vaseline®.
- Size of child:
 - » Small child: lay on back, flex knees up
 - » Older child: lay on side, flex up one leg
- Insert thermometer tip one inch into rectum.
- For digital thermometers, wait for beep before removing the thermometer.
- For mercury thermometers, wait 3-5 minutes before removing thermometer.

Infrared Non-Contact

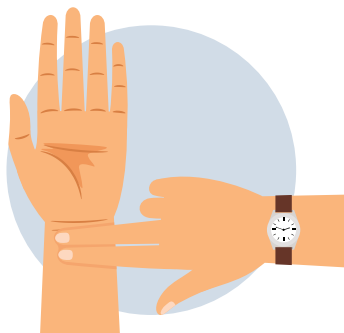
- Follow manufacturer's instructions.

How to Take a Pulse and Count Respirations

Your pulse is the number of times your heart beats in one minute. Your respirations are the number of times you take a breath in one minute.

Taking a pulse

- Wash your hands.
- You can use the wrist or the crease of the arm to take a pulse.
- Wrist
 - » Place index and middle fingers together.
 - » Gently place on the thumb side where the hand and wrist meet.
 - » Press and move slightly until you feel the pulse.
- Crease of arm:
 - » Place index and middle fingers together.
 - » Gently place on the inner side of where the lower and upper arm meet.
 - » Press and move slightly until you feel the pulse.
- Use a watch with a second hand or a cell phone timer.
- Feel for the pulse and then count the beats that you feel for 60 seconds.
- Pulse rates while people are resting are generally around 60 – 100 beats per minute and can be in the 50s for an athletic person. If your pulse after being at rest for about 5 minutes remains consistently outside this range, consult with your healthcare provider.
- Practice on your family members.



Counting Respirations

Tip: Do not tell the person that you are counting their respirations. It may change the way they breathe.

- Watch for the rise and fall of the chest.
- Breathing in (rising) and out (falling) is one breath.
- Count for one minute the number of breaths. For adults, normal breaths per minute range between 12 and 20. Count for one minute the number of breaths while resting and relaxed. For adults, normal breaths per minute is between 12 and 20 while at rest. If your breath counts are consistently over 20 breaths per minute, consult with your healthcare provider. If you are experiencing difficulty breathing, call 911.
- Take note of the following for each breath:
 - Depth: normal, shallow, or deep.
 - Rhythm: regular or irregular.
 - Equal: inspiration (breathing in) and expiration (breathing out) should be the same.
 - Listen for abnormal sounds.

Pulse Oximeter

Some homes may have a pulse oximeter available for use. A pulse oximeter measures how much oxygen is in the blood.

Your healthcare provider may want to monitor how well your lungs are working to get oxygen into your body by asking you to check your oxygen levels with a pulse oximeter. If you are asked to use a pulse oximeter, your



healthcare provider will tell you the number of times a day you will measure the sick person's oxygen level. Your oxygen level is also called oxygen saturation level (sPO₂).

Normal sPO₂ level is 95% or higher. If the sick person's sPO₂ is below 95%, you should call their healthcare provider.

How to use a pulse oximeter

The steps to measure oxygen saturation level are:

1. Open the pulse oximeter package and read the instructions. Insert the batteries.
2. Be sure there is no nail polish on the fingernail.
3. Be sure the sick person's hands are not cold.
4. Turn on the pulse oximeter.
5. Squeeze the clip and place the pulse oximeter on the thumb or the 3rd finger or 2nd finger. Release the clip.
6. Sit still, wait 30 seconds, then look at the reading.
7. Call the healthcare provider if the oxygen saturation level is less than 95%.
8. Seek medical attention if the oxygen saturation level is less than 90% or you have difficulty breathing.

Resources

Aloha United Way 211

- Available 7 AM to 10 PM, 7 days a week
- Call: 211 or 1-877-275-6569 from anywhere in Hawaii
- Text: 877-275-6569, type your zip code in the message
- Email: info211@auw.org
- Website: www.auw211.org

- 211 can connect you with health and social services
 - » Food
 - » Shelter
 - » Financial assistance
 - » Disability services

Crisis Support, Mental Health or substance Use Treatment Services

- Call Hawaii CARES at 1-800-753-6879 (TTY 7-1-1)
- Text ALOHA to 741741

COMMUNITY HEALTH CENTERS

Hawaii Island

Bay Clinic, Inc

1178 Kinoole Street, Building B

Hilo, HI 96720

Phone: (808) 333-3600

Website: www.bayclinic.org

Hamakua Health Center

45-549 Plumeria Street

Honokaa, HI 96727

Phone: (808) 775-7204

Website: www.hamakua-health.org

West Hawaii Community Health Center

75-5751 Kuakini Highway, Suite 104

Kailua-Kona, HI 96740

Phone: (808) 326-5629

Website: <https://www.westhawaiiichc.org>

Kauai

Kauai Community Health Center

4800D Kawaihau Road

Kapaa, HI 96746

Phone: (808) 240-0170

Website: www.hoolalahui.org

Lanai

Lanai Community Health Center

333 Sixth Street

Lanai City, HI 96763

Phone: (808) 565-6919

Website: www.lanaihealth.org

Maui

Malama I Ke Ola Health Center

1881 Nani street

Wailuku, HI 96793

Phone: (808) 871-7772

Website: www.ccmaui.org

Hana Health

4590 Hana Highway

Haiku, HI 96713

Phone: (808) 248-8294

Website: www.hanahealth.org

Molokai

Molokai Community Health Center

30 Oki Place

Kaunakakai, HI 96748

Phone: (808) 553-5038

Website: www.molokaichc.org

Oahu

Kalihi-Palama Health Center

915 North King Street
Honolulu, HI 96817
Phone: (808) 848-1438
Website: www.kphc.org

Kokua Kalihi Valley Comprehensive Family Services

2239 North School Street
Honolulu, HI 96819
Phone: (808) 791-9410
Website: www.kkv.net

Koolauloa Health Center

56-119 Pualalea Street
Kahuku, HI 96731
Phone: (808) 293-9216
Website: <https://www.koolauloachc.org/>

Wahiawa Center for Community Health

302 California Ave., Suite. 106
Wahiawa, HI 96786
Phone: (808) 622-1618
Website: www.wahiawahealth.org

Waianae Coast Comprehensive Health Center

86-260 Farrington Highway
Waianae, HI 96792
Phone: (808) 697-3300
Website: www.wcchc.com

Waikiki Health

45-277 Ohua Avenue
Honolulu, HI 96815
Phone: (808) 922-4787
Website: www.waikikihc.org

Waimanalo Health Center

41-1347 Kalanianaʻole Highway

Waimanalo, HI 96795

Phone: (808) 259-7948

Website: www.waimanalohc.org

NATIVE HAWAIIAN HEALTH CARE SYSTEMS

There are five that serve several islands. These health care delivery systems provide primary, dental, behavioral health care as well health promotion and disease prevention programs, outreach, enrollment and eligibility, and referrals to Hawaiian healing practitioners. These five Native Hawaiian Health Care Systems, the Native Hawaiian Health Scholarship Program and Papa Ola Lōkahi comprise the federal Native Hawaiian Health Program.

Kauai

Hoola Lahui Hawaii locations: (Kauai and Niihau)

Kauaʻi Community Health Center

4800-D Kawaihau Road

Kapaa, Hawaii 96746

Medical: (808) 240-0170

Dental: (808) 240-0180

Behavioral Health: (808) 240-0194

Website: hoolalahui.org

Waimea Medical, Dental & Behavioral Health Clinic

4653-B Waimea Canyon Road

Waimea, Hawaii 96796

Medical (808) 240-0140

Dental (808) 240-0150

Behavioral Health (808) 240-0194

Website: hoolalahui.org

Hoola Fitness Center

3-3204 Kuhio Highway, #105-106

Lihue, Hawaii 96766

Phone: (808) 245-8933

Website: hoolalahui.org

Pharmacy & Administrative Offices

4491 Rice Street

Lihue, Hawaii 96766

Phone: (808) 240-0200

Website: hoolalahui.org

Oahu

Ke Ola Mamo locations:

Ke Ola Mamo Medical Clinic

321 North Kuakini Street, Suite 308

Honolulu, Hawaii 96817

Phone: (808) 440-6852

Website: keolamamo.org

Urban Honolulu

Lomilomi, Hooikaika Fitness Center, Dental Program,
Health Promotion

680 Iwilei Road, Suite 500

Honolulu, Hawaii 96817

Phone: (808) 848-8000

Website: keolamamo.org

Waianae

87-2070 Farrington Highway, Suite C

Waianae, Hawaii 96792

Phone: (808) 668-1110

Website: keolamamo.org

Hauula Koolauloa

54-10 Kukuna Road.

Hauula, Hawaii 96717

Phone: (808) 232-2222

Website: keolamamo.org

Waimanalo Koolaupoko

41-253 Ilauhole Street

Waimanalo, Hawaii 96795

Phone: (808) 259-6666

Website: keolamamo.org

Lanai

Na Puuwai

Phone Only: (808) 565-7204

Website: napuuwai.org

Maui

Hui No Ke Ola Pono locations:

Wailuku (Cameron Center)

95 Mahalani Street, #21

Wailuku, Hawaii 96793

Phone: (808) 244-4647

Website: hnpkop.org

Hana Community Center

5101 Uakea Road, #D18

Hana, Hawaii 96713

Phone: (808) 442-6860

Website: hnpkop.org

Molokai

Na Puuwai

604 Maunaloa Highway, Bldg. C

Kaunakakai, Hawaii 96748

Phone: (808) 560-3653

Website: napuuwai.org

Hawaii Island

Hui Malama Ola Na Oiwī locations:

1438 Kilauea Avenue
Hilo, Hawaii 96720
Phone: (808) 969-9220
Website: hmono.org/

Family Medicine Clinic
82 Puuhonu Place, Suite 209
Hilo, Hawaii 96720
Phone: (808) 796-3125
Website: hmono.org/

Foodbanks

Hawaii Island

Food Distribution

Website: <https://coronavirus-response-county-of-hawaii-hawaiicountygis.hub.arcgis.com/pages/food-distribution>

Kauai

Kauai Hawaii Food Bank

Phone: (808) 482-2224
Website: www.hawaiifoodbank.org/kauai

Kauai Independent Foodbank

Phone: (808) 246-3809
Website: www.kauaifoodbank.org/Programs/Get-Help

Maui

Maui Food Bank

Phone: (808) 243-9500
Website: www.mauifoodbank.org

Oahu

Hawaii Food Bank

Phone: (808) 836-3600

Websites: www.hawaiifoodbank.org

Food Resources

Website: <https://www.oneoahu.org/food-resources>

COVID-19 Isolation and Quarantine Assistance If you are unable to isolate or quarantine at home:

Honolulu County:

Call Hawaii CARES 1-800-753-6879 (TTY 7-1-1)

Call We Are Oceania helpline at 808-913-1364

Hawaii County:

Hilo: Call 808-974-6006

Kona: Call 808-322-4880

Maui County:

Call 808-984-8213 Monday - Friday 7:45 a.m. to 4:30 p.m.

Call 1-800-360-2575 After hours

Kauai County:

Call 808-241-3563 Monday - Friday 7:45 a.m. to 4:30 p.m.

Call 808-241-3496 After hours

The Queen's Health Systems

COVID-19 Infoline – Talk to a registered nurse about COVID-19

Call: (808) 691-2619

Open: Monday – Friday

8:00 a.m. – 8:00 p.m.

Saturday – Sunday

8:00 a.m. – 4:30 p.m.

Website: <https://www.queens.org/covid19/home>

Emergency Medical Services

Information is applicable for all counties in the State of Hawaii.

When should you call 911 for Emergency Medical Services?

While everyone's definition of an emergency differs, these are examples of when to call 911 immediately.

1. The patient is experiencing chest pain, difficulty breathing or shortness of breath
2. The patient is bleeding uncontrollably
3. Childbirth is imminent
4. The patient is experiencing weakness or paralysis on one side of the body

When you call 911, expect the EMS dispatcher to ask a series of questions.

1. The first question will always be, what is the location of your emergency?
2. A series of questions will provide the responding EMS crew with pertinent information as to what is wrong with the patient.
3. You will be asked:
 - a. Are you waiting for COVID-19 test results or have been in close contact with anyone that is?
 - b. Are you positive for COVID-19 or is anyone positive in your household or your close contacts?
 - c. Do you have fever, cough, new loss of taste or smell, vomiting or diarrhea? Have you been in contact with anyone with these symptoms?

- d. Have you traveled? Have you had contact with anyone who has traveled?
- 4. Please stay calm on the call and answer all questions truthfully and as accurately as possible.
- 5. The dispatcher will send a crew/ambulance as soon as they have your address located on the map.
- 6. If you are able to, go outside to meet Emergency Medical Services workers.

When EMS arrives at your home, please be prepared

- 1. During the COVID-19 pandemic, please wear a mask while paramedics and EMTs are at your home, place of work, or location of the emergency.
- 2. Keep a safe social distance from the crew. Wait for the crew to approach you.
- 3. Inform the EMS crew as soon as they arrive if you or a household member is or could be positive for COVID-19.
- 4. Put any pets away.
- 5. Have all your medications properly labelled and ready to go.
- 6. If your family member has a Physician Orders for Life-Sustaining Treatment or POLST form, please have that readily available.

Temperature, Breathing, Pulse, and Pulse Oximetry Log

	Day 1	Day 2	Day 3	Day 4	Day 5	Notes
Temp AM						
Temp PM						
Breathing AM						
Breathing PM						
Pulse AM						
Pulse PM						
Pulse Ox						
Pulse Ox						
Pulse Ox						
Pulse Ox						

	Day 6	Day 7	Day 8	Day 9	Day 10	Notes
Temp AM						
Temp PM						
Breathing AM						
Breathing PM						
Pulse AM						
Pulse PM						
Pulse Ox						
Pulse Ox						
Pulse Ox						
Pulse Ox						

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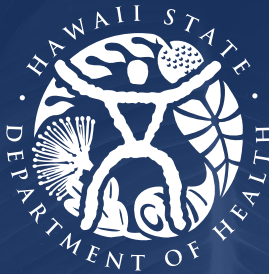
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1700 Lanakila Avenue, Room 201
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Phone: (808) 832-3773

NON DISCRIMINATION IN SERVICES

We provide access to our programs and activities without regard to race, color, national origin, language, age, sex, religion or disability. Write or call the Public Health Nursing Branch or our Affirmative Action Officer at P.O. Box 3378, Honolulu Hawaii 96801-3378 or (808) 586-4110 (voice/TTY) within 180 days of the problem.

August 2021