

COVID-19 Home Care



ADAMS COUNTY
HEALTH DEPARTMENT
Your Health. Our Mission.

If you are sick with COVID-19 or think you might have it, follow these steps to help yourself and to protect other people around you

Follow Precautions

Keep at least 6 feet between the sick person and everyone else. Be especially careful to keep people at higher risk of severe illness from COVID-19 (older people and people with medical conditions) away from anyone who is sick.

- Wear a mask around others; and when there is a sick person at home, everyone should wear a mask.
- Cover coughs and sneezes with a tissue or your inner elbow.
- Wash hands often.
- Avoid touching eyes, nose, and mouth.
- Don't allow visitors unless they absolutely must be in the home.
- Don't share personal items like phones, dishes, bedding, or toys.
- Have the sick person eat in a different area than the rest of the household, or eat at a different time.



Tips for Shared Bedrooms

- If possible, open a window to bring in and circulate fresh air.
- Place beds at least 6 feet apart, if possible.



Assign a COVID-19 Caregiver

- The assigned caregiver should wear a mask when caring for a sick person. The assigned caregiver should not be someone who is at higher risk of severe illness from COVID-19.
- Assign a different person to help other household members with chores such as cleaning or bathing.
- When a person with COVID-19 is not able to care for themselves, the caregiver should:
 - Bring food to the sick person, and wash their dishes.
 - Clean and disinfect in areas where the sick person has been.
 - Wash the sick person's bedding and laundry.



Tips for Shared Bathrooms

- If possible, open a window to bring in and circulate fresh air.
- Have the sick person clean and disinfect frequently touched surfaces after using the bathroom, if they are able. Otherwise, if a sick person cannot clean after themselves, the primary caregiver should clean instead.
- Wait as long as possible after the sick person uses the bathroom before entering it.



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<https://adamscountyhealthdepartment.org/covid-19>