



What to do if you are caring for someone with COVID-19

You are being given this handout because you are a caregiver for, or live with, someone who has been diagnosed with COVID-19 who is well enough to recover at home instead of in the hospital.

The person who has COVID-19 cannot leave their home unless they need urgent or emergent medical care. There must be no visitors entering the home until the isolation period has ended.

While the person who has COVID-19 is recovering at home they will need to monitor their temperature and how they are feeling. They may need your help with that. If they start to feel worse, especially if they start to have trouble breathing, you or the person should contact Health Links Info Santé at 204-788-8200 or toll free at 1-888-315-9257.

If you are very worried about their safety and call 911, it's important for you to tell them that the person has COVID-19 so the Emergency Responders can care for them safely.

ENVIRONMENT, CLEANING, AND LAUNDRY

It is important to keep the person isolated with a distance of 2 metres or 6 feet from everyone else in the home (including pets). They should stay in their own room and use their own bathroom as much as possible. The bathroom should be cleaned frequently, and the toilet lid closed when flushing to prevent the spread of germs.

If the person has to share a bathroom it is important surfaces that are touched a lot (toilet, water faucet and handle(s), door handles, light switches, etc.) be disinfected every time the person uses the bathroom. Use a regular household cleaner or make your own disinfectant by mixing one part bleach to nine parts water. Be sure to follow the instructions for the cleaning product. You may wear disposable **gloves** when cleaning household items and surfaces if you have gloves available.

To keep everyone in the home safe, it is important personal items like toothbrushes, towels, bed linens, cigarettes, unwashed eating utensils, electronic devices etc. are not shared between the person and anyone else.

The person's garbage should be placed in a bin with a garbage bag and then that bag can be placed in the regular garbage.

The person's laundry should be placed into a plastic bag or container with a plastic liner and not be shaken. The container should be disinfected after removing the laundry. You should wear a **cloth or procedure mask** when you are handling the person's laundry and you should wash your hands immediately after handling the laundry. Disposable **gloves** can be worn if available and you should wash your hands after removing the gloves. The laundry should be washed using regular laundry soap and hot water (60-90°C) and be dried thoroughly. The person's laundry can be washed with the rest of the laundry in the home.



PROTECTIVE EQUIPMENT

You and the person with COVID-19 should both wear a **cloth or procedure mask** if you need to be within 2 metres or 6 feet of each other. You can wear disposable **gloves** if available if you need to touch the person, anything in their room or bathroom, their laundry, garbage, or dirty dishes etc.

How to put on your protective equipment:

1. Wash your hands or use an alcohol based hand rub (at least 60% alcohol).
2. Put the mask on by covering your nose and pulling the bottom under your chin.
3. Put on gloves (if using)

How to take off your protective equipment:

1. Remove gloves (if using)
2. Wash your hands or use an alcohol based hand rub (at least 60% alcohol).
3. Remove mask by the ties or straps. Do not touch the front. Place cloth mask in laundry or throw away procedure mask.
4. Clean your hands again.

CLEANING YOUR HANDS

It's important for everyone to keep their hands clean. You can do this by washing your hands with liquid soap and water for at least 20 seconds or using an alcohol based hand rub (at least 60% alcohol). Washing your hands is the best way to keep them clean because the physical action of rubbing your hands together with soap and water works to remove both dirt you can see and germs you can't see.

If you don't have liquid soap and water when you need to wash, you can use an alcohol based hand rub that contains at least 60% alcohol. Use enough to make sure all of your hands are covered (front and back and between your fingers and thumbs) and rub your hands together until they are dry.

You should clean your hands

- ✓ Before and after preparing food
- ✓ Before and after eating
- ✓ After using the toilet
- ✓ Before and after touching your eyes, nose, or mouth
- ✓ Before and after using a face mask
- ✓ After disposing of waste (like a tissue) or handling contaminated laundry
- ✓ And whenever hands look dirty or unsure if contaminated