Guidance for Caregivers in Non-healthcare Settings

Household members, partners and caregivers in non-healthcare settings may have close contact with people who have confirmed cases of COVID-19 or are under investigation for the disease. Close contacts should monitor their own health and call their healthcare providers if they develop symptoms associated with COVID-19, such as fever, cough or shortness of breath.

CARING FOR A PERSON WITH COVID-19

- Understand the medication(s) and care instructions from the healthcare provider. You should help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs

- Monitor the patient’s symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19. If the patient has a medical emergency and you need to call 911, tell them that the patient has, or is being evaluated for COVID-19

- Separate the patient from others household members as much as possible. If available, have patient use a separate bedroom and bathroom

- Do not allow visitors who do not have an essential need to be in the home

PREVENTION ADVICE FOR CAREGIVERS

- Avoid sharing household items with the patient. Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly

- Avoid touching your eyes, nose, and mouth with unwashed hands

- Wear a disposable facemask and gloves when you touch or have contact with the patient’s blood, stool, or body fluids.

- Do not reuse disposable facemasks and gloves

- When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer

- Place all used gloves, facemasks, and other contaminated items in a lined container before throwing away with other waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. If hands are visibly dirty use soap and water

OCEE 03/11/2020

Harris County Public Health
Building a Healthy Community

VISIT WWW.HCPHTX.ORG