

COVID-19 Checklist

Caring for someone **AT HOME**

Scott County Health Department

Updated: 7/2020

Monitor the person for worsening symptoms. Know the emergency warning signs

- Have his/her healthcare provider's contact information on hand.**
- If he/she is getting sicker, call his/her healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that he/she has or is suspected to have COVID-19.**
- Seek medical attention for the person you are caring for if he/she experiences any of the emergency warning signs of COVID-19:**
 - ▶ Trouble breathing
 - ▶ Persistent pain or pressure in the chest
 - ▶ New confusion or inability to arouse
 - ▶ Bluish lips or face
 - ▶ **This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.*

Prevent the spread of germs when caring for someone who is sick

- Have the person stay in one room, away from other people, including yourself, as much as possible.**
 - ▶ If possible, have him/her use a separate bathroom.
 - ▶ Avoid sharing personal household items, like dishes, towels, and bedding.
 - ▶ Have the person wear a cloth face covering (that covers nose and mouth) when he/she is around people, including you.
 - ▶ If the sick person can't wear a cloth face covering, you should wear one while in the same room as the person.
- Clean your hands often, especially after interacting with the sick person.**
 - ▶ This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- Avoid touching your eyes, nose, and mouth.**
- Clean all "high-touch" surfaces in common areas**
 - ▶ High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.
 - ▶ Have the sick person clean their own "sick room" and bathroom. If you have to clean their room, wear a mask and wait as long as possible after the sick person has used the bathroom.
- Wash laundry thoroughly.**
 - ▶ If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
- Avoid having any unnecessary visitors.**

Provide symptom treatment

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests at home.**
- Over-the-counter medicines may help with symptoms.**
 - ▶ Common symptoms of COVID-19 include fever and cough.
- For most people, symptoms last a few days and get better after a week.**

When to end home isolation (staying home)

- People with COVID-19 who have stayed home (are home isolated) can stop home isolation under the following conditions:**
 - ▶ They have had no fever for at least 24 hours without using medicine to lower it.
 - ▶ Their other symptoms have improved (for example, less coughing or trouble breathing).
 - ▶ It has been at least 10 days have passed since their symptoms first appeared.

Source: Centers for Disease Control and Prevention's Caring for Someone at Home: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

