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

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.

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.

Tips for Shared Bedrooms

- If possible, open a window to bring in and circulate fresh air.

Revised April 4, 2024

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https://adamscountyhealthdepartment.org/covid-19