

# Caregiving and the Coronavirus:

## Tips for Caregivers

Use this information to keep you and those you care for healthy.



### Plan and Prepare



- Create a list of local organizations you and your family can contact in case you need access to information, health care services, and resources.
- Contact the doctor to request several weeks' medications or sign up for medication delivery through the pharmacy.
- Choose a room in your house that can be used to separate sick household members from others.

### Take Preventive Steps



- Wash your hands frequently, especially before and after helping your loved one and when bringing in groceries.
- Avoid touching your eyes, nose and mouth. Cover your cough. Remind others in your household to do the same.
- Sneeze into your elbow or a tissue. If you use a tissue, throw it in the trash.
- Use germ-killing wipes and cleaners to disinfect frequently touched objects such as doorknobs, mailboxes, microwaves, and TV remotes.
- Limit close contact with others. This includes avoiding hugs, kisses and handshakes with others.
- As much as possible, stay at home and away from crowds.
- When you go out in public, wear a face covering or mask. Keep away from those who are sick. Limit close contact with others. Maintain at least six feet of distance.



## Clean and Disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets and sinks.
- **If surfaces are dirty, clean them.** Use detergent or soap and water prior to disinfection.
- **Then, use a household disinfectant.** Most common EPA-registered household disinfectants will work.



## Monitor Your Health Daily

- **Be alert for symptoms.** Watch for fever, cough, shortness of breath or other symptoms of COVID-19. This is especially important if you are running essential errands, going into the workplace, and in settings where it may be difficult to keep a physical distance of 6 feet.
- **Take your temperature** if symptoms develop. Don't take your temperature within 30 minutes of exercising or after taking medications that could lower your temperature like acetaminophen.
- Follow CDC guidance if symptoms develop.

