



Public Health
Prevent. Promote. Protect.

Champaign-Urbana Public Health District
www.c-uphd.org

CARING FOR A KNOWN OR SUSPECT COVID-19 PATIENT AT HOME

Household members and caregivers may have close contact with a person with COVID-19. These people should monitor their symptoms and contact their healthcare provider if they develop symptoms of COVID-19 (e.g fever, cough, shortness of breath).

Close contacts should also follow these recommendations:

SEPERATE

Household members should stay in another room or **be separated from the patient** as much as possible. Household members should use a separate bathroom and bedroom, if possible. Visitors should not be permitted.



CLEAN

Counter tops, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, electronic devices (**high touch surfaces**) should be cleaned with a household cleaning spray or wipe every day.



WASH YOUR HANDS

Wash your hands frequently. Use soap and warm water for **at least 20 seconds**. Use alcohol based sanitizer with at least 60% alcohol if soap and water are not available.



AVOID TOUCH

Avoid touching your **eyes, nose and mouth** (the "T-Zone") with unwashed hands.



FACEMASK

You and the patient should wear a facemask if you are in the same room. **Wear a disposable facemask and gloves** when you have any contact with the patient. Throw out disposable facemasks and gloves after using.



WASH LAUNDRY

Immediately remove and wash bedding/clothing that have bodily fluids on them. Wear disposable gloves when handling these items. Keep your hands clean after removing gloves.





WHAT TO DO IF YOU HAVE COVID-19

If you are sick with COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

STAY HOME

Stay home: People who are mildly ill with COVID-19 are able to **isolate at home** during their illness. Don't leave your home, unless essential, such as for medical care.



MONITOR SYMPTOMS

Monitor your temperature and record the result and time you checked.

Call your doctor IMMEDIATELY if:

- You have a temperature of **100.4 or higher**
- You develop a **cough, or shortness of breath**



SEPERATE

Stay in a specific room and **away from other people in your home**. Use a **separate bathroom**. If not possible, clean after use. You should restrict contact with pets and other animals, just like you would around people.



DON'T SHARE

Do not share **dishes, drinking glasses, cups, eating utensils, towels, or bedding** with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



FACEMASK

If you are sick: You should **wear a facemask when you are around other people** (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.



COVER COUGHS

Cover your mouth and nose with a tissue when you cough or sneeze. **Immediately wash your hands with soap and water** for at least 20 seconds or alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

