Coronavirus Disease 2019 (COVID-19)
Recommended Precautions for Caregivers

SUMMARY – Coronavirus Disease 2019 (COVID-19) continues to spread and has been confirmed in multiple states. This notice provides information to homecare providers and caregivers on the symptoms, prevention and precautionary measures one should take in caring for an individual who may be experiencing symptoms.

PREVENTION - There is currently no vaccine to prevent Coronavirus Disease 2019 (COVID-19). The Center for Disease Control and Prevention (CDC) recommends these everyday actions to help prevent getting sick:

- Avoid close contact with people who are sick.
- Avoid touching your eyes, nose, and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean frequently touched objects and surfaces every day using a regular household cleaning spray or wipe.
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing, or sneezing.
- If soap and water are not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Follow the CDC's recommendations for using a facemask.
    - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
    - Facemasks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.
    - Facemasks are crucial for health workers and people who are taking care of someone in close settings (at home or in a health care facility).

SYMPTOMS - Reported illnesses have ranged from mild symptoms to severe illness and death. The following symptoms may appear 2-14 days after exposure.

- Fever
- Cough
- Shortness of breath

***IMPORTANT: Call your doctor** if you or the person you are caring for develop symptoms, **and** has been in close contact with a person known to have COVID-19 or has recently traveled from an area with confirmed spread of COVID-19.*

CAREGIVERS – **What to do if a person you are caring for has been diagnosed with COVID-19:**

CARING FOR A PERSON WITH COVID-19
- Make sure that you understand and can help the patient follow their healthcare provider's instructions.
- 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 the dispatch personnel that the patient has, or is being evaluated for COVID-19.