Home care for COVID-19: Guide for family and caregivers

Identify **one household member to be the caregiver.** The caregiver should have no high risk factors and the fewest contacts with people outside.

Prepare **a separate room or isolated space** for the person with COVID-19 infection.

Open a window(s) to improve ventilation and increase the circulation of fresh air.

Do not allow visitors and try to avoid close contact with the person with COVID-19 infection.

Everyone should wear a medical mask when in the same room as a person with a COVID-19 infection.

Clean hands frequently using soap and water or an alcohol-based hand sanitizer.

Clean and disinfect frequently touched surfaces, especially those touched by the person with COVID-19 infection.

Use separate dishes, cups, eating utensils and bedding from the person with COVID-19 infection.

The person with COVID-19 infection should rest, drink plenty of fluids, and eat nutritious food; continue any medication for chronic conditions.

Take **paracetamol/acetaminophen** for fever and/or body pain according to instructions. Antibiotics are not effective against COVID-19 infection.

Monitor the person with COVID-19 infection's symptoms regularly. Call your healthcare provider immediately if you see any of these danger signs:
- Difficulty breathing
- Confusion
- Chest pain
- Loss of speech or mobility

Learn more at alabamapublichealth.gov/covid19
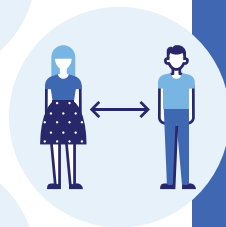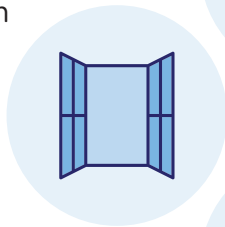
In some people, there is a risk of more severe COVID-19.

High-risk factors include:
- age 60 and over
- hypertension
- diabetes
- cardiac disease
- chronic lung disease
- cerebrovascular disease
- dementia
- mental disorders
- chronic kidney disease
- immunosuppression (including HIV)
- obesity
- cancer

During pregnancy, women over the age of 35, obesity, and chronic conditions are also high-risk factors.

People who are infected with the **COVID-19 virus** and have any of these risk factors should be closely monitored by a health provider.

A pulse oximeter can be used to monitor oxygen levels.

- For people with high-risk factors, check oxygen levels twice a day and report results to a health provider.

- Follow instructions on how to use the device appropriately.

- If the oxygen level on the screen is less than 90%, call for emergency help.

- If the oxygen level is **between 90-94%,** reach out to your healthcare provider for further guidance.

- For children, if the oxygen level is **less than 90%** plus a cough, difficulty breathing, inability to breastfeed or drink, lethargy or unconsciousness, or convulsions, call for emergency help.