SageAdvice
GERIATRIC CARE MANAGEMENT

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HOW TO CARE FOR SOMEONE WITH COVID 19

Most people who get COVID-19 will recover with time and home care. Below are some things to know if you're caring for someone who's sick.

Treat the symptoms

Common symptoms include a fever, coughing, and feeling short of breath. Urge the person to get extra rest and drink plenty of fluids to replace fluids lost from fever.To reduce a fever, offer acetaminophen (such as Tylenol). It may also help with muscle aches. Read and follow all instructions on the label.

Watch for signs that the illness is getting worse

The person may need medical care if they're getting sicker (for example, if it's hard to breathe). Call the doctor's office before you go. They can tell you what to do.

Call 911 or emergency services right away if the person has any of these symptoms:

- Severe trouble breathing (They can't talk at all.)
- Constant pain or pressure in their chest
- Confusion, or trouble thinking clearly
- A blue tint to their lips or face
- Severe dizziness or lightheadedness
- Passing out or being very hard to wake up

Some people are more likely to get very sick and need medical care. Call the doctor as soon as symptoms start if the person you're caring for is over 65, smokes, or has a serious health problem, like asthma, heart disease, diabetes, or an immune system problem.

PROTECT YOURSELF AND OTHERS

The virus spreads easily from person to person, so take extra care to avoid catching or spreading the infection.

Keep the sick person away from others as much as possible

- Have the person stay in one room. If you can, give them their own bathroom to use.
- Have only one person take care of them. Keep other people and pets—out of the sick-room.
- Have the person wear a cloth face cover around other people. This includes when anyone is in the room with them or if they leave their room (for example, to go to the bath-

room). If the face cover makes it harder for the sick person to breathe, the other person should wear a face cover.

• Don't share personal items. These include dishes, cups, towels, and bedding.

Wash your hands often and well. If soap and water aren't handy, use a hand sanitizer with at least 60% alcohol.

Avoid touching your mouth, nose, and eyes.

Take care with the person's laundry. It's okay to wash the sick person's laundry with yours. If you have them, wear disposable gloves when handling their dirty laundry, and wash your hands well after you touch it. Wash items in the warmest water allowed for the fabric type, and dry them completely.

Clean high-touch items every day and anytime the sick person touches them. These include doorknobs, light switches, toilets, counters, and remote controls. Use a household disinfectant or a homemade bleach solution. (Follow the directions on the label.) If the sick person has their own room, it needs to be disinfected every day.

Limit visitors to your home. To help protect family and friends, stay in touch with them only by phone or computer.

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