

# HOME CARE INSTRUCTIONS FOR COVID-19

The following instructions are for people who have or might have COVID-19 and their families or caregivers.

## INFORMATION FOR COVID-19 PATIENTS WHO ARE NOT HOSPITALIZED:

1. **Stay home.** Do not leave your home, except to get medical care, until your health care provider says its OK. Do not go to work, school or public areas, and do not use public transportation, taxis or other ride-share services.
2. **Separate yourself from other people in your home.** As much as possible, stay in a different room as other people in your home. If possible, use a separate bathroom. If you must be in the same room as other people, wear a facemask to prevent spreading germs to others.
3. **Before you visit your doctors, let them know.** Call ahead before visiting your doctor so they can prepare for your visit and know that you may have COVID-19.
4. **Cover coughs and sneezes.** To prevent spreading germs to others, when coughing or sneezing cover your mouth and nose with a tissue or your sleeve. Throw used tissues in a lined trash can and immediately wash hands with soap and water.
5. **Keep hands clean.** Wash hands often and thoroughly with soap and water for at least 20 seconds. Use alcohol-based hand sanitizer (more than 60% alcohol) if soap and water are not available and if hands are not visibly dirty. Avoid touching eyes, nose and mouth with unwashed hands.
6. **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towel, bedding or other items with other people in the home. These items should be washed thoroughly after use with soap and warm water.
7. **Monitor illness.** If illness gets worse (trouble breathing, pain in chest), get medical care right away. Before visiting your health care provider, call ahead and tell them that you have, or might have, COVID-19. This will help your provider to take steps to keep other people from getting infected.

*Handouts modified from UF Health 5/13/2020*

