

INFORMATION FOR CAREGIVERS AND HOUSEHOLD MEMBERS OF COVID-19 PATIENTS:

People who live with or provide home care for COVID-19 patients should:

1. **Limit visitors to only people caring for the patient.**
 - As much as possible, anyone who is not caring for the patient should stay in another home or stay in other rooms. They should also use a separate bathroom if possible.
 - Keep elderly people and those who have weak immune systems or chronic health conditions away from the person. This includes people diabetes, chronic heart or lung or kidney conditions.
2. **Make sure that shared spaces in the home have good air flow.** Open windows or use an air conditioner if possible.
3. **Wash hands.** People in the home should wash their hands often and thoroughly with soap and water for at least 20 seconds, especially before eating or after using the bathroom. Use an alcohol-based sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose and mouth with unwashed hands.
4. **Wear disposable personal protective equipment (PPE).** Wear facemask, gown and gloves when you touch or have contact with the patient's blood, body fluids and/or secretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine or diarrhea. Throw these away after use and do not reuse. Wash hands thoroughly and immediately after removing your facemask, gown and gloves.
5. **Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towel, bedding or other items with the patient. Follow cleaning instructions below.
6. **Clean all "high-touch" items.** Clean surfaces such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables, every day using household disinfectants. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.
 - **Cleaning Instructions**
 - Follow the recommendations provided on cleaning product labels, including precautions you should take when applying the product, such as wearing gloves or aprons and making sure you have good ventilation DURING USE during use of the product.
 - Use a diluted bleach solution or a household disinfectant with a label that says "EPA-approved." To make a bleach solution, add 1 tablespoon of bleach to 1 quart (4 cups) of water. For a large supply, add ¼ cup of bleach to 1 gallon (16 cups) of water.

Handouts modified from UF Health 5/13/2020



Alliance Pediatrics, P.A.