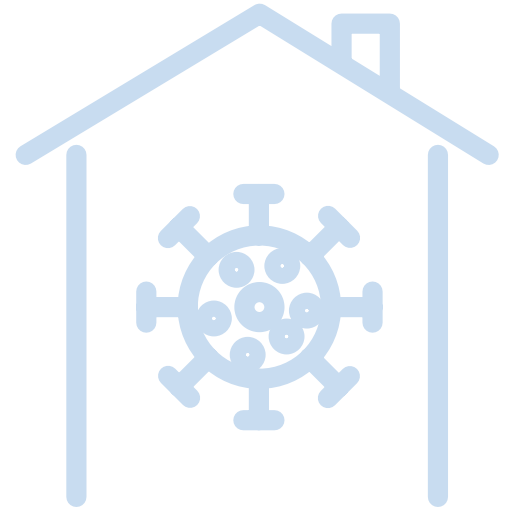


Frequently Asked Questions About Caring for a Loved One With Confirmed or Possible COVID-19

How can I prevent the spread of germs when caring for my loved one?

- Have the person stay in one room, away from other people, including yourself, as much as possible.
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Avoid sharing personal household items, like dishes, towels, and bedding.
- Household members and the sick person should wash hands often following CDC recommended guidelines. Additional information on hand washing is included in this handout.
- Avoid touching your eyes, nose, and mouth.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Keep pets and other animals away from your loved one until cleared by your nurse or physician.
- Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Additional information about cleaning surfaces is included in this handout.
- Wash laundry thoroughly.
 - » If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
- Use appropriate Personal Protection Equipment (PPE). Additional information about PPE is included in this handout.
- For additional information about caring for your loved one, contact Capital Caring Health or your state or local health department.



Resources:

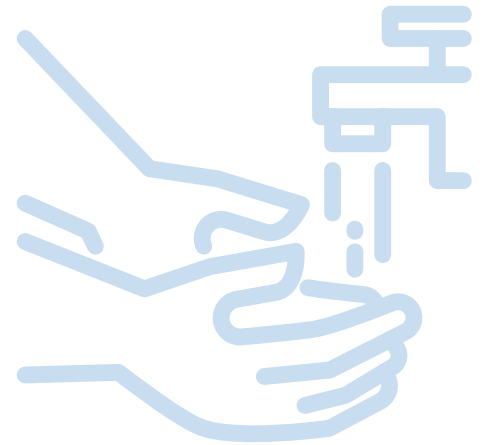
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

Frequently Asked Questions About Caring for a Loved One With Confirmed or Possible COVID-19

What are the guidelines for handwashing?

- Household members should wash hands often following CDC recommended guidelines.
 - » Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person.
 - » Cover all surfaces of your hands and rub them together until they feel dry.
 - » If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- Household members should wash hands immediately after removing PPE and after contact with an ill person.
- Avoid touching eyes, nose, or mouth.
- Additional key times to clean hands include:
 - » After blowing one's nose, coughing, or sneezing.
 - » After using the restroom.
 - » Before and after eating or preparing food.
 - » After contact with animals or pets.
 - » Before and after providing routine care for another person who needs assistance (e.g. a child).



What are the guidelines for Personal Protective Equipment (PPE)?

- If your loved one must be around other people, that time should be minimized and a facemask should be worn at all times. If your loved one is not able to wear a facemask (for example, because it causes trouble breathing), all household members should wear a mask when in the same room.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit or urine.
 - » Throw out disposable facemasks and gloves after using them. Do not reuse.

Frequently Asked Questions About Caring for a Loved One With Confirmed or Possible COVID-19

Follow these steps when removing PPE

1. Remove and dispose of gloves.
 2. Immediately clean your hands with soap and water or alcohol-based hand sanitizer.
 3. Remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
 4. Place all used disposable gloves, facemasks, and other contaminated items in a lined container and dispose immediately.
 5. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- **When wearing a facemask, choose a disposable surgical mask if available.** The CDC issued recommendations about use of cloth face coverings if surgical face masks are not available. This information is included at the end of this handout.



What do I do if my loved one passes away?

Please call Capital Caring Health if your loved one passes away. We will have our nurse come to the home to formally evaluate your loved one and help call the funeral home. Our staff and the funeral home staff will wear Personal Protective Equipment (PPE). It is recommended that you continue to use gloves and a face mask, and wash your hands as you have been doing when you have any contact with your loved one after they have passed away. You should clean your home and do the laundry as directed above.



Will there be any restrictions for funerals or services?

Medical Examiner offices always try to be respectful of family needs to proceed with services as soon as they desire. There may be restrictions due to “Stay-at-Home” orders, social distancing, and size of gatherings. The funeral home may allow viewings, but they may request that if there is contact with the deceased, that gloves are worn. Burials and cremations are both allowed.

Cleaning And Disinfecting Your Home

Everyday Steps and Extra Steps When Someone Is Sick

How to clean and disinfect

Wear disposable gloves to clean and disinfect.

Clean

- **Clean surfaces using soap and water.** Practice routine cleaning of frequently touched surfaces.



High touch surfaces include:

Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.



Disinfect

- Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.
- **Recommend use of EPA-registered household disinfectant.**

Follow the instructions on the label to ensure safe and effective use of the product.

Many products recommend:

- Keeping surface wet for a period of time (see product label).
- Precautions such as wearing gloves and making sure you have good ventilation during use of the product.

- **Diluted household bleach solutions may also be used** if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted.

Follow manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleanser.

Leave solution on the surface for **at least 1 minute**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water

OR

- 4 teaspoons bleach per quart of water

- **Alcohol solutions with at least 70% alcohol.**

Soft surfaces

For soft surfaces such as **carpeted floor, rugs, and drapes**

- **Clean the surface using soap and water** or with cleaners appropriate for use on these surfaces.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

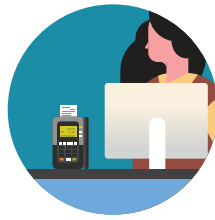
- **Launder items** (if possible) according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely.

OR

- **Disinfect with an EPA-registered household disinfectant.** [These disinfectants](#) meet EPA's criteria for use against COVID-19.

Electronics

- For electronics, such as **tablets, touch screens, keyboards, and remote controls.**
- Consider putting a **wipeable cover** on electronics.
- **Follow manufacturer's instruction** for cleaning and disinfecting.
 - If no guidance, **use alcohol-based wipes or sprays containing at least 70% alcohol.** Dry surface thoroughly.



Laundry

For clothing, towels, linens and other items

- Launder items according to the manufacturer's instructions. Use the **warmest appropriate water setting** and dry items completely.
- **Wear disposable gloves** when handling dirty laundry from a person who is sick.
- Dirty laundry from a person who is sick **can be washed with other people's items.**
- **Do not shake** dirty laundry.
- Clean and **disinfect clothes hampers** according to guidance above for surfaces.
- **Remove gloves,** and wash hands right away.



Clean hands often

- **Wash your hands** often with soap and water for 20 seconds.
 - Always wash immediately after removing gloves and after contact with a person who is sick.
- **Hand sanitizer:** If soap and water are not readily available and hands are not visibly dirty, use a hand sanitizer that contains at least 60% alcohol. However, if hands are visibly dirty, always wash hands with soap and water.
- **Additional key times to clean hands** include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance (e.g. a child)
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



When Someone is Sick

Bedroom and Bathroom

Keep **separate bedroom and bathroom for a person who is sick** (if possible)

- The person who is sick should stay separated from other people in the home (as much as possible).
- **If you have a separate bedroom and bathroom:** Only clean the area around the person who is sick when needed, such as when the area is soiled. This will help limit your contact with the person who is sick.



- Caregivers can **provide personal cleaning supplies** to the person who is sick (if appropriate). Supplies include tissues, paper towels, cleaners, and [EPA-registered disinfectants](#). If they feel up to it, the person who is sick can clean their own space.
- **If shared bathroom:** The person who is sick should clean and disinfect after each use. If this is not possible, the caregiver should wait as long as possible before cleaning and disinfecting.
- See [precautions for household members and caregivers](#) for more information.
<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

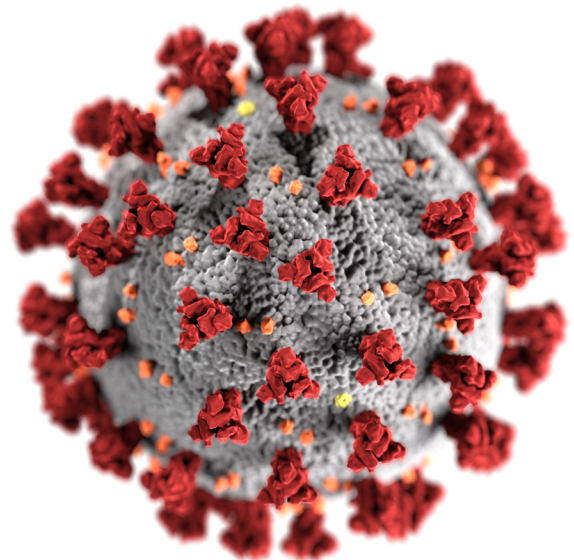
Food

- **Stay separated:** The person who is sick should eat (or be fed) in their room if possible.
- **Wash dishes and utensils using gloves and hot water:** Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher.
- **Clean hands** after taking off gloves or handling used items.



Trash

- **Dedicated, lined trash can:** If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, and handling and disposing of trash. Wash hands afterwards.

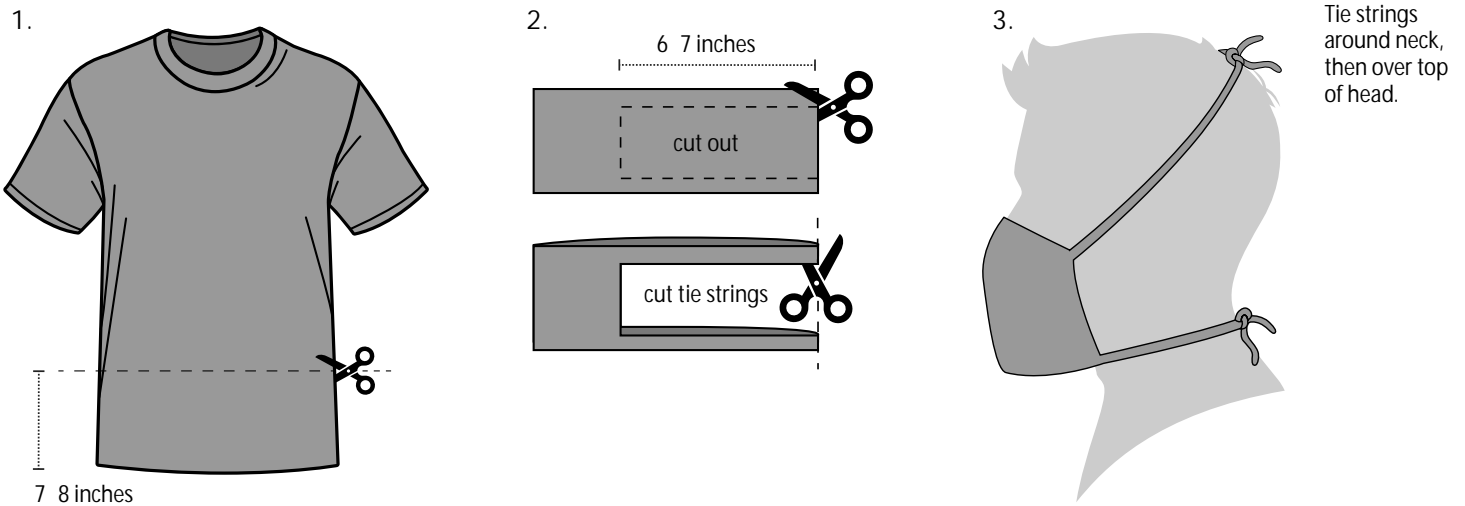


Quick Cut T-shirt Cloth Face Covering (no sew method)

Materials

- T-shirt
- Scissors

Tutorial


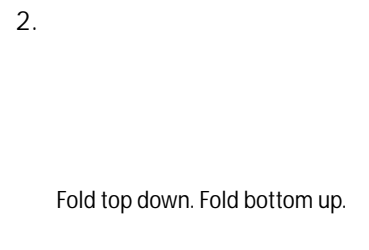
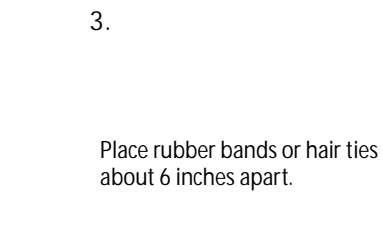
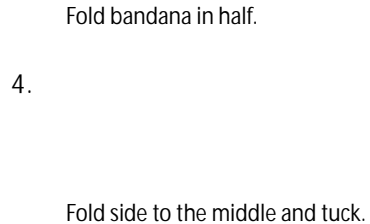



Bandana Cloth Face Covering (no sew method)

Materials

- Bandana (or square cotton cloth approximately 20 x20)
- Scissors (if you are cutting your own cloth)
- Rubber bands (or hair ties)

Tutorial

1. 
2.  Fold top down. Fold bottom up.
3.  Place rubber bands or hair ties about 6 inches apart.
4.  Fold side to the middle and tuck.
5. 
6. 