



Information about the novel coronavirus (COVID-19) for caregivers

Your health care provider has determined that your family member can safely be cared for at home. To prevent the spread of contagious respiratory illnesses including novel coronavirus, it is recommended your family member **self-isolate at home** until test results are complete. Sometimes caregivers may need to provide care to someone on home isolation; specifically children, elders, or persons with complex medical conditions.

How do I care for someone as safely as possible?

- When possible, anyone who is at higher risk of developing complications from infection should avoid caring for or coming in close contact with the patient. This includes people with underlying chronic health conditions or weakened immune systems.
- Persons caring for a patient should limit their contact with other people as much as possible and monitor themselves for any signs of illness for 14 days from last close contact with the patient.
- Frequent hand hygiene (see hand hygiene information on next page) within the home setting is important for both the patient and the caregiver.
- When direct contact (care that involves touching) or care within 2 metres is needed:
 - the patient should
 - wear a face mask (see notes on mask use on next page)
 - follow respiratory etiquette (see the information sheet, *Self-isolating at home*)
 - the caregiver should
 - wear a face mask
 - wear eye protection
 - perform hand hygiene immediately after contact

- Direct contact with body fluids, particularly oral and respiratory secretions should be avoided.
 - Use disposable gloves to provide oral or respiratory care, and when handling stool, urine, and garbage/waste. All waste (i.e. tissues, wipes) can be safely disposed of through regular municipal garbage.
 - Perform hand hygiene following all contact with body fluids
 - Wash your hands with soap and water for at least 20 seconds.
 - Use disposable paper towels when possible.
 - If soap and water are not available, use alcohol-based sanitizer, however; always wash your hands with soap and water after using the toilet. Avoid touching your eyes, nose, and mouth with unwashed hands.

Notes on mask use:

- Masks should not be touched or handled during use.
- If a mask gets wet or dirty with fluid, it should be changed immediately.
- Masks should be discarded directly into a garbage with a lid.
- Hand hygiene should be performed immediately after mask disposal.

If you have any questions call:

#1:

#2:
