



Caring for Someone Who Has Tested Positive for COVID-19

Instructions for Caregivers/Household Members

Isolate Ill Household Member, Quarantine Others

Follow these instructions to care for someone diagnosed with COVID-19

You are providing care for a family or household member who has been diagnosed with COVID-19. Because someone in your family or household is ill, you have been placed on home quarantine and self-monitoring. Home quarantine and self-monitoring means that you should stay home, be alert for the development of a new cough, new shortness of breath, subjective or measured fever ≥ 100.0 , fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea. The period of quarantine and self-monitoring is 14 days after your COVID-19 positive family/household member has started self-isolation.

Caring for Someone Diagnosed with COVID-19

Save the mask that the ill person received at his/her healthcare provider's office for home use.

Basic Needs

- Help your family/household member with basic home needs like mail, garbage and laundry.
- Arrange for grocery shopping, needed medications, and personal needs.

Understand healthcare provider's instructions and monitor family/household member's symptoms

- Twice a day, help your family/household member take and record their temperature; note the day and time.
- If your family/household member gets sicker, call their healthcare provider to let them know that you are caring for someone diagnosed with COVID-19 and they are getting worse.
- If your family/household member has a medical emergency, call 911 and let the dispatcher know that you are requesting help for someone who has been diagnosed with COVID-19 and is on home isolation.

Do not allow visitors in the home unless it is essential.

Separate yourself and other family/household members from the ill person as much as possible. If available, the ill person should have use of his or her own bathroom.

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Wear a facemask when in the same room with your ill family/household member.

Do not share household items with your ill family/household member.

- Do not share dishes, drinking glasses, cups, utensils, towels, bedding or other items.
- After the patient uses household items, wash them thoroughly.

Make sure shared spaces have good airflow. Open a window or use an air conditioner when possible.

Wear gloves and a facemask if you have contact with your ill family/household member's blood, stool, body fluid (saliva, sputum, vomit, urine).

- Use disposable gloves and facemasks and throw out after each use. Do not reuse.
- When removing gloves and facemasks: first remove and dispose of gloves, immediately wash your hands, then remove and dispose of facemask and wash hands again.

Wash your hands often

- Using soap and water, follow the steps below to correctly wash your hands.
 1. Wet hands under running water.
 2. Apply soap.
 3. Rub your hands together to create a lather.
 4. Clean the front and back of your hands, in between your fingers, and under your nails for 20 seconds.
 5. Rinse hands under running water then dry hands.
- If unable to use soap and water, use alcohol-based hand sanitizer.
 1. Use at least a nickel-sized amount of hand sanitizer.
 2. Rub hands together and cover front and back of hands, and in between your fingers until they feel dry.

Do not touch your face with unwashed hands.

Cover your cough and sneezes

- Cover your mouth with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can.
- Avoid touching your face with unwashed hands.
- Immediately wash your hands with soap and water or use alcohol-based hand sanitizer.

Clean high-touch surfaces daily

- Wear gloves when cleaning high-touch surfaces.
- High-touch surfaces include: counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables.
- Clean any surface that may have blood, stool, or body fluids.
- Use a household cleaning spray or wipe according to label instructions.

Wash laundry thoroughly

- Wear disposable gloves when handling soiled items and keep them away from your body.
- Immediately remove and wash clothing/bedding that has been soiled with blood, stool, or body fluids.

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- Use regular laundry detergent according to washing machine instructions and completely dry using the warmest temperature safe for fabric.
- Wash your hands immediately after removing your gloves.

Put all used disposable gloves, facemasks, and other contaminated items in a lined trash container before disposing of them in other household waste.

- Wash your hands with soap and water immediately after handling these items.

Be the sole caretaker for pets or animals in the home and wash hands before and after caring for pets or animals.

Caring for Yourself While Caring for Your Ill Family or Household Member Quarantine and Self-Monitoring

Your family member or someone in your household has been diagnosed with COVID-19. To prevent spread of disease, you and everyone in the household needs to stay at home and check for symptoms of fever, new cough or new shortness of breath. If you or household member(s) develop a new cough, new shortness of breath, subjective or measured fever ≥ 100.0 , fatigue, muscle or body aches, headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea, **call your healthcare provider or the RiverStone Health Public Health Information line at 406.651.6415. Calls are returned weekdays between 8 a.m. and 5 p.m.**

How to Monitor Symptoms

- Twice a day, record your temperature with date and time. Report a temperature ≥ 100.4 .
- Call your healthcare provider before seeking prompt medical attention if you develop a new cough, shortness of breath or a fever. Tell your healthcare provider that you are home monitoring for exposure to COVID-19 and have developed symptoms.
- If you have a medical emergency, call 911 and tell the dispatcher that you are in home monitoring for exposure to COVID-19.

Stay home except to get medical care and to manage essential functions

- Do not go to work, school, or other public areas.
- Avoid using public transportation, ride sharing, or taxis.
- If you have no symptoms, you can go to the grocery store, pharmacy, or outside for walks/exercise as long as you have **no contact** with people who do not live with you.

Cover your cough and sneezes

- Cover your mouth with a tissue when you cough or sneeze.
- Throw used tissues in a lined trash can.
- Avoid touching your face with unwashed hands.
- Immediately wash your hands with soap and water or use alcohol-based hand sanitizer.

Always Call Before Going to See Your Healthcare Provider

If you have a medical appointment, or are going to the Emergency Room, call ahead and tell them you are home monitoring for possible exposure to COVID-19 and have developed symptoms. Your healthcare provider will instruct you about what to do next. If you need to call 911, let the dispatcher know you are home monitoring for possible exposure to COVID-19 and you have developed symptoms.

