Precautions When a Household Member is Sick

If you have a family member or other close contact at home with confirmed COVID-19, or under investigation, use these precautions below. Call a health care provider right away if you develop symptoms suggestive of COVID-19 (e.g. fever, cough, shortness of breath).

Understand the care needs of the sick patient.

- Review and help the patient follow their provider's instructions for medication(s) and care.
- Before going to any appointments, notify the health care provider that the patient has confirmed COVID-19. This will help the office take steps to keep other people from getting infected.
- If there is a medical emergency, notify the 9-1-1 dispatcher that the patient has COVID-19.
- The patient should wear a facemask when around other people.

Separate well and sick family members.

- Household members should be separated from the patient, including using a different bedroom and bathroom.
- Prohibit visitors who do not have an essential need to be in the home.
- Only well members should care for pets; the patient should not handle them while sick.

Use recommended hygiene and prevention steps.

- Clean hands often with soap and water for at least 20 seconds, especially when hands are visibly dirty. If that is not available, use an alcohol-based hand sanitizer with at least 60% alcohol.
- Avoid touching your face, nose, eyes, etc.
- If the patient is not able to wear a facemask (i.e. it causes trouble breathing), then other household members should stay separated or wear a facemask when they enter the room.
- Wear a disposable facemask and gloves when you have contact with the patient's blood, stool, or body fluids. When removing, first take off and dispose of gloves. Then, immediately clean your hands with soap and water or hand sanitizer. Next, remove and dispose of facemask, and immediately clean hands again. Do not reuse mask and gloves.
- Do not share household items like dishes, glasses/cups, utensils, towels, bedding, etc. with the patient. After the patient uses these items, you should wash them thoroughly.
- Make sure that shared spaces in the home have good air flow.

Clean and disinfect your home regularly.

- Clean high touch surfaces, such as counters, tabletops, doorknobs, bathroom fixtures and toilets, phone/tablets, remote controls, etc., every day. Regular disinfectants are effective.
- Wash laundry thoroughly, especially clothes or bedding with blood, stool, or body fluids on them. Wear disposable gloves while handling soiled items and keep them away from your body. Clean hands immediately after removing gloves. Follow laundry care directions. In general, use regular detergent, wash using the warmest temperatures recommended, and dry completely.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other trash. Clean hands immediately after handling these items.

For more resources and updates about COVID-19, visit pardeehospital.org/coronavirus