



COMMUNITY HEALTH, EQUITY & WELLNESS

Coronavirus Disease 2019 (COVID-19): Caring for Someone with COVID-19

Most people who have COVID-19 can recover at home. If you are caring for someone at home who has COVID-19, use this guide. Make sure that you are not at high-risk for getting COVID-19. If possible, those that have a greater risk should not be caring for someone that has COVID-19.

Know the signs and symptoms of COVID-19

Most common signs and symptoms

- Fever
- Cough
- Shortness of breath
- Chills
- Shaking with chills
- Diarrhea
- Muscle pain
- Headache
- Sore throat
- Loss of taste or smell
- Congestion or runny nose
- Nausea or vomiting

Emergency warning signs

- Trouble breathing
- Chest pain that won't go away
- Sudden confusion, trouble staying awake or alert
- Bluish lips or loss of color in lips

Keep track of your loved one's signs and symptoms and know when to get medical help

If they have mild signs or symptoms:

- Call the provider before going to a doctor
- If they develop an emergency warning sign, get medical care
- If they get sicker, call the provider right away

If they have an emergency warning sign:

- Get medical care right away
- If you need to call 911, tell the operator you might have COVID-19

**Note: Older adults aged 65+ and people of any age with certain serious medical conditions like lung disease, heart disease, or diabetes are at higher risk and should call their doctor as soon as symptoms start.*

Prevent the spread of germs



Keep the sick person away from others in the home. This is called isolation.

- The sick person should use their own room and bathroom, if possible. Open a window or turn on a fan to move air around.
- Don't share items like dishes, towels, and bedding.
- Grocery shop or get essential items for the sick person.



Everyone should **wash hands often**. Use soap and water for 20 seconds, or use an alcohol-based sanitizer.



You and the sick person should **cover your mouth and nose** with a cloth cover.



Don't touch your eyes, nose, or mouth.



Disinfect surfaces like counters and doorknobs daily.



Don't have unnecessary visitors.

How can I help my loved one get better at home?

- Make sure they rest and drink plenty of water
- Use over-the-counter medicines for cold and flu like Tylenol
- Stay in contact with their doctor and call if they get sicker
- Most people will get better after a few days or a week

Visit henryford.com/communityhealth for more information.

Last updated: July 16, 2020. For the most updated info go to <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>