

# Advice for the caregiver

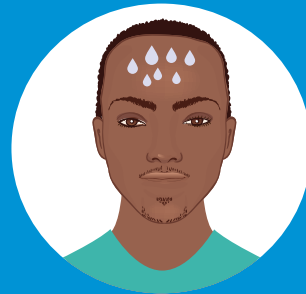


The caregiver should be one person only (if possible) who is in good health. The caregiver should:

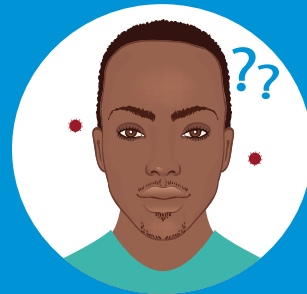
- 1 Make sure the ill person rests, drinks plenty of fluids and eats nutritious food.
- 2 Clean hands with soap and water or alcohol-based hand rub after any type of contact with the sick person or their surroundings; before, during and after preparing food; before eating; and after using the toilet.
- 3 Use dedicated dishes, cups, eating utensils, towels and bedlinens for the sick person.
- 4 Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.
- 5 Regularly clean and disinfect the surfaces frequently touched by the ill person.
- 6 Contact your health care facility or doctor if the sick person worsens or experiences difficulty breathing.

# Advice for the caregiver

**A Caregivers refer to parents, spouses, other family members or friends without formal healthcare training who may be looking after:**



A person who is ill with fever and cough



A person with suspected coronavirus disease



A person confirmed with coronavirus with mild symptoms, such as fever and cough

# Home care guidance for COVID-19



## What is COVID-19?

Coronavirus disease 2019 (COVID-19) is a respiratory illness that can spread from person to person. The virus that causes COVID-19 is a novel coronavirus that was first identified in Wuhan, China, in 2019. It has since spread around the world.

## How is COVID-19 spread



COVID-19 can spread from person to person through small droplets from the nose or mouth which are spread when a person with COVID-19 coughs or exhales.

These droplets land on objects and surfaces around the person.

Virus from the droplets can be transferred by touching these objects or surfaces, then touching eyes, nose or mouth.



People can also catch COVID-19 if they breathe in droplets from a person with COVID-19 who coughs out or exhales droplets

# Advice for the ill person



7 Frequently wash your hands with soap and water or with an alcohol-based hand rub.

7 Stay at home: do not attend work, school or public places

7 Rest, drink plenty of fluids and eat nutritious food.



7 If possible, stay in a well-aerated separate room from other family members. If this is not possible, try to stay at least 1 metre (3 feet) from others and wears a medical mask.

7 Sneeze or cough into a flexed elbow, or use a disposable tissue and immediately dispose of it in a closed bin.

7 After recovering, remain in isolation for 14 days.



# Advice for all members of the household



**Frequently wash your hands with soap and water, especially after:**

7 coughing or sneezing.

7 before, during and after you prepare food.

7 before eating.

7 after using toilet.



**Avoid exposure to the ill person and avoid sharing things like cutlery, dishes, towels or bed linen.**

**Cover your mouth and nose with a flexed elbow or tissue when coughing or sneezing.**

**Monitor your health for symptoms like a fever, cough or difficult breathing.**

