



COVID-19 Guidance for Caring for Someone in a Home Setting

If you are caring for someone at higher risk of getting very sick from COVID-19:

- Call their health care provider. Ask for extra medicine to have on hand in case you and the person you care for need to stay home for quite a while.
- If you can't get extra medicine now, you may be able to order it by mail.
- Make sure you have over-the-counter medicines like fever reducers.
- Make sure you have enough medical supplies to be prepared for an emergency such as tissues, wound care, dialysis and incontinence supplies. Also, create a back-up plan if you need to get more.
- Make sure the person you care for has non-perishable food on hand.
- Find a back-up person to give care if you become sick. Stay in touch with others by phone or email. You may need to ask for help from friends, family, neighbors, community health workers, etc.
- Create an emergency contact list.
- Have disposable facemasks and gloves to use if the person you are caring for becomes sick. (See more information under "Monitor.")

Take precautions

- Keep your care environment clean. Clean and disinfect frequently touched objects and surfaces (e.g., tables, doorknobs, light switches, handles, desks, toilets, faucets, sinks and cell phones). See [EPA-registered disinfectants that kill COVID-19](#).
- When possible, avoid touching high-touch surfaces in public places. Some examples are elevator buttons, door handles, handrails and shaking hands with people.
- Wear a cloth, paper or disposable face covering.
- Wash your hands often with soap and water for at least 20 seconds.



- If you cannot use soap and water, use a hand sanitizer that contains 60-95% alcohol content.
- Do not touch your face.
- Cover coughs and sneezes with elbow or tissue. If you use a tissue, throw the tissue away and wash your hands right away.
- Consider having food and supplies delivered utilizing social and commercial networks. Think about ways to get food brought to the house through family, social or commercial networks.



Monitor

- Pay attention for potential COVID-19 symptoms, such as:



Fever



Cough



Shortness of breath.

If you feel like you are developing symptoms, call your doctor.

- If you, or the person you care for, develop emergency warning signs for COVID-19, get medical help right away. In adults, emergency warning signs are:

- Difficulty breathing or shortness of breath
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face



This list does not include all signs. Please talk to your medical provider for any other symptoms that are severe or concerning.

If the person you care for has a respiratory infection

- If the person you care for has symptoms, follow the [recommended precautions from the Centers for Disease Control and Prevention's \(CDC\)](#).
- You and the person you care for should both wear masks.
- Make sure the space where you provide care has good air flow, such as:
 - An air conditioner
 - An open window, if the weather permits.

- Keep as far away from the person you care for as you can and still deliver care.
 - Minimize the transfer of objects between you and the person you care for. Offer a tray of food, rather than handing off and collecting separate items.
 - Hand the person you care for a thermometer, rather than placing it in their mouth.
 - When talking to them, stand six feet away.
- During the period of illness, if possible, keep the person you care for in one bedroom. Also, if you are able, dedicate a bathroom for use only by them.
- Wear disposable gloves to clean and disinfect.
- When you clean their room, be sure to disinfect and scrub down all surfaces before you allow other household members to use the room again.

Stay informed

[Centers for Disease Control and Prevention \(CDC\)](#)

[Oregon Health Authority \(OHA\)](#)

To find out more, go to www.healthoregon/coronavirus or call [211](tel:211).

Thank you to the state of Washington for permission in adapting their guidance.

Document accessibility: For individuals with disabilities or individuals who speak a language other than English, OHA can provide information in alternate formats such as translations, large print, or braille. Contact the Health Information Center at 1-971-673-2411, 711 TTY or COVID19.LanguageAccess@dhsoha.state.or.us