Caregiver Basics

As the caregiver, please follow these guidelines to keep you and your household safe and healthy.

If possible, the sick person should stay in their own room. Otherwise, mark 6 feet around their space and make sure that no one comes within that space. Eat in separate rooms or at different times.

Wash your hands for 20 seconds with soap and water often and especially after touching potentially contaminated items.

Do not share personal items (dishes, utensils, cups, towels, bedding, or electronics) with the sick person.

Always put on your mask and gloves before entering the sick person's space and discard after your interaction. Anytime you have contact with the sick person, you should wear a mask and gloves, and you should thoroughly wash your hands before and after.

Clean and disinfect commonly touched surfaces in your home daily. To limit contact with the sick person, have them clean and disinfect their area if they can, or make sure you are wearing a mask and gloves when you clean.

Help the person who is sick follow their doctor’s instructions for care and medication.

Make sure the person who is sick drinks plenty of water and rests.

Help with grocery shopping, filling prescriptions, and getting other items they may need. Consider delivery, or ask a trusted neighbor to help.

Use dedicated waste bags for the sick person’s used items and used masks and gloves. Keep the waste bags in a safe but accessible place away from people.

Limit contact between the sick person and others in the household.

Track your own health and monitor yourself and others in the home for symptoms.