

COVID-19

Caregiver's Guide

July 2020



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The content in this booklet is not a substitute for medical advice and is accurate as of July 2020. It is adapted from materials written by Centers for Disease Control and Prevention, World Health Organization, Environmental Protection Agency, Food and Drug Administration.

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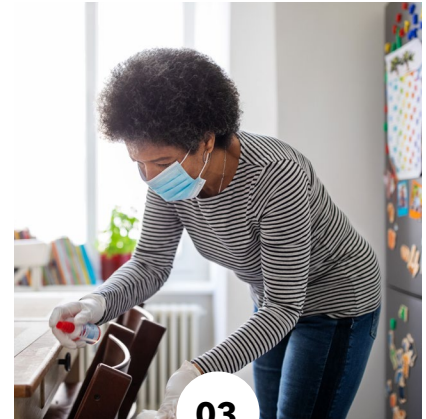
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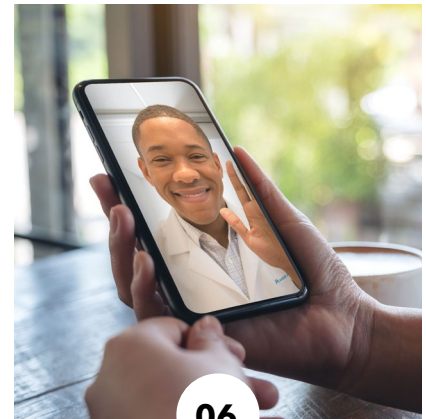
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01

Stopping the Spread

As a caregiver of someone with COVID-19, there are important actions you can take to stop the spread of the virus within and outside of your home. Please share these with all members of your household, including the person who is sick.

Critical actions to stop the spread



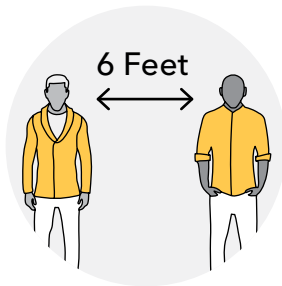
Because someone in your household has COVID-19 and you may have been exposed, **you should stay in your home** until the quarantine period ends.



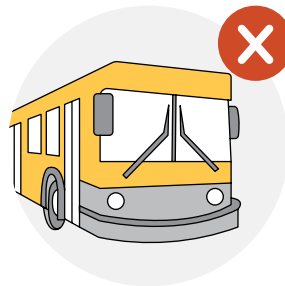
Wash your hands often with soap and water and avoid touching your eyes, nose, and mouth with unwashed hands.



All household members should wear a mask when they are within 6 feet of one another and if they leave home.



Put at least 6 feet of distance between yourself and others, especially if they or you are sick.



Avoid public transportation, ridesharing, and taxis.



Do grocery shopping and other errands online, by calling, or ask a trusted neighbor to help.



Have the sick person **cover their mouth and nose** with a tissue when they sneeze or cough or use the inside of their elbow.



Clean and disinfect frequently touched surfaces daily.



Isolate the sick person in their own room and use their own bathroom, if possible.

Critical actions to stop the spread, explained



Stay home

Because someone in your household has COVID-19 and you may have been exposed, you should stay in your home until the quarantine period ends. Do not leave your home, except to get medical care. If you have symptoms, call your doctor. If you have trouble breathing or think you have an emergency, call 911.



Wear a mask

In a household with COVID-19 present, it is important that everyone wear masks to prevent spreading the virus. Masks should be worn over your nose and mouth if you must be around other people or pets (even at home).

You don't need to wear a mask if you are alone. If you can't put on a mask (because of trouble breathing, for example), cover your coughs and sneezes using a tissue or your elbow.

The caregiver should wear a mask when they are in close contact (6 feet or less) with the sick person and others.

The sick person should wear a mask when they are in close contact (6 feet or less) with the caregiver and other people.

Other household members should wear a mask each time they are in close contact (6 feet or less) with others and if they need to leave the house.

Critical actions to stop the spread, explained



Wash your hands often

Wash your hands often with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.

Use hand sanitizer if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% ethanol or 70% isopropyl alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Washing with soap and water for at least 20 seconds is the best option, especially if your hands are visibly dirty.

Avoid touching your eyes, nose, and mouth with unwashed hands.



Cover coughs and sneezes

It is critical that the sick person cover their coughs and sneezes. Everyone in the household should also do this as a good prevention measure.

- + Cover your mouth and nose with a tissue when you cough or sneeze.
- + Throw away used tissues immediately.
- + Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% ethanol or 70% isopropyl alcohol. Cover all surfaces of your hands with sanitizer and rub them together until they feel dry.



Avoid sharing personal household items

Do not share dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.

Wash these items thoroughly after using them with soap and water or put in the dishwasher.

The sick person should use one-time-use dishes, utensils and service items.

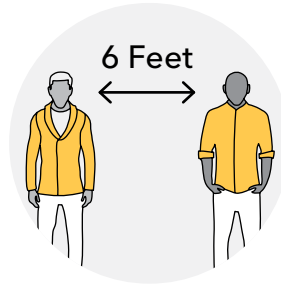
Wash dirty towels, bedding, and other laundry in the warmest appropriate water using your usual detergent and dry completely.

Critical actions to stop the spread, explained



Separate the sick person from others

As much as possible, the sick person should stay in a specific room and away from other people and pets in the home. If possible, the sick person should use a separate bathroom. If the sick person needs to be around other people or animals in or outside of the home, they should wear a mask and practice physical distancing.



If the sick person can't isolate in their own room

- + Wear a mask as often as possible, particular when others are around.
- + Mark 6 feet around the sick person's space; make sure that no one goes within that space.
- + If available, use a sheet or material to hang 6 feet around the sick person to mark their own space.
- + Frequently clean personal items and high-touch surfaces in the room, particular after use by the sick person.
- + Have a designated space for the sick person's items or have the sick person mark the items they have touched in the room with tape or post-it notes for later disinfecting.
- + Make sure the room has good air flow. Open a window and turn on a fan to bring in and circulate fresh air if possible.

Critical actions to stop the spread, explained



Clean and disinfect high-touch surfaces in the home

The sick person should clean their own bedroom and bathroom, if possible, to limit others from being exposed to the virus.

Regularly clean and disinfect high-touch surfaces including phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- + Clean and disinfect areas that may have blood, stool, or bodily fluids on them.
- + Use household cleaners and disinfectants. Clean the area or item with soap and water or another detergent if it is dirty. Then, use a household disinfectant.



Avoid leaving home

The sick person should avoid leaving home. If the caregiver or other household members must leave home, avoid public transportation, ridesharing, and taxis. If the caregiver or other household members need to use public transportation:

- + Wear a face mask.
- + Sit or stand as far from others on the bus or train as you can.
- + Try to use public transportation at less-busy times of day.
- + Wash your hands or use hand sanitizer as soon as possible after your trip.
- + Avoid touching your face.
- + Consider other modes of transportation, biking, or walking.

Critical actions to stop the spread, explained



Call ahead before visiting your doctor

If you as the caregiver, or someone in your household, has a medical appointment that cannot be postponed, call the doctor's office and tell them you are in a household with COVID-19. This will help the office protect themselves and other patients.

Many medical visits for routine care are being postponed or done by phone or video. Language services are available at no cost.



Get rest and stay hydrated

Make sure the sick person rests and drinks plenty of water to stay hydrated. The sick person may take over-the-counter medicines, such as acetaminophen, to help feel better.



Monitor symptoms

Follow any instructions given to you by the doctor or care team.

Monitor symptoms carefully. If symptoms arise or get worse for anyone in the home, call your doctor immediately.

You may want to check your temperature twice daily and record the readings. Be sure to wash your hands before and after handling your thermometer. Also wash the thermometer off with soap and water or an alcohol wipe when done. Store it in a safe place.

A stack of several blue surgical masks is shown, with the top one in sharp focus. The masks are layered, and the background is a dark, textured surface. A semi-transparent purple circle is overlaid on the right side of the image, containing the number '02' and the title 'Using Items in the Kit'.

02

**Using Items
in the Kit**



One-time-use masks

These one-time-use masks are a critical tool in helping prevent the virus from spreading. Germs and the virus can live on the mask, so these must only be used once and then discarded. Here's how to wear and use the one-time-use masks:

Who Should Use This?

- Caregiver
- Household members
- Sick person

Directed Use

- Reusable
- One-time-use

Caregiver

The caregiver should wear a mask each time they are in close contact (6 feet or less) with the sick person and other household members.

Sick person

The sick person should wear a mask each time they are in close contact (6 feet or less) with other people and the caregiver.

Household members

Household members should wear a mask each time they are in close contact (6 feet or less) with others and if they need to leave the house.



One-time-use masks *(Continued)*

General guidance

OVERALL

- + In a household where COVID-19 is present, it is important that everyone wear masks to prevent spreading the virus.
- + It is especially important that the caregiver wear a mask when interacting with the sick person.
- + The mask should not be placed on anyone who might not be able to remove it without assistance.

DO

- + If your mask becomes damaged or soiled, or if breathing through it becomes difficult, you should move at least 6 feet away from the sick person, remove it, safely discard it, and replace it with a new one.
- + Always wash your hands before and after using the mask, after adjusting it, or after touching the main mask area.

DON'T

- Don't** use a one-time-use mask more than once.
- Don't** share masks. Each household member should use their own masks.
- Don't** touch the main mask area, which is what catches the germs. Only touch the loops or straps.
- Don't** place it on children under age 2.
- Don't** place it on anyone who has trouble breathing, or who is unconscious or incapacitated.

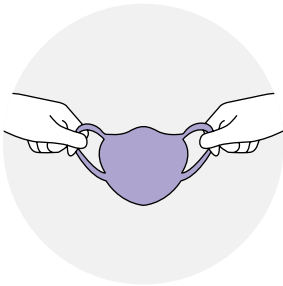
One-time-use masks *(Continued)*



Putting on the mask



1 Wash your hands thoroughly with soap and water for at least 20 seconds and dry.



2 Check that the front side of the mask is facing away from you; the pleats should unfold away from your face and metal nose piece, if any, should be at the top.

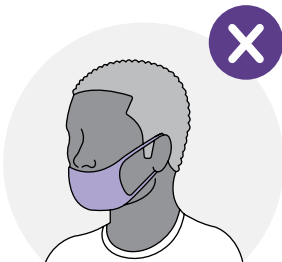
3 Hold only the ear loops and pull them over and around your ears, one at a time.



4 Cover your nose and mouth with the mask, and make sure that there are no gaps between the mask edge and your face. Make sure you have a snug fit at the bridge of your nose. You should be able to breathe and feel comfortable wearing the mask.

5 Wash your hands (follow step 1).

How not to wear the mask



DON'T
wear the mask below
your nose.



DON'T
touch front fabric.



DON'T
leave your
chin exposed.



DON'T
push your mask under
your chin to rest on
your neck.



One-time-use masks *(Continued)*

Removing the mask

- 1 Wash your hands before removing the mask.
- 2 Try not to touch the part of the mask that covers your nose and mouth. It may be contaminated.
- 3 Remove the mask by holding only the straps or loops.
- 4 Dispose of the mask in one of the special waste bags provided in this kit.
- 5 Wash your hands (follow step 1).



One-time-use masks *(Continued)*

Frequently asked questions

Q: When should I wear a mask?

A: In a household where COVID-19 is present, it is important that everyone wear masks to prevent spreading the virus. It is especially important that the caregiver wear a mask when interacting with the sick person.

Q: Can't I just reuse the one-time-use masks?

A: Do not reuse the one-time-use masks. After each interaction with the sick person, please dispose of your mask and begin the next interaction with a new mask.

Q: Should I wear a mask when I go out of the house?

A: The sick person in your household and those who have been exposed to them should stay home. If going out is necessary, a mask should always be worn. Try to figure out ways to get any needed supplies without leaving the house.

Q: Should my child wear a mask?

A: If your child is under 2 years old, no, they should not wear a mask. If your child is 2 or older, yes, they should wear a mask.

Digital thermometer and alcohol swabs



This thermometer is for you to monitor the temperatures of those in the household, especially the caregiver and sick person. The alcohol swabs are to sanitize it between users.

Who Should Use This?

- Caregiver
- Household members
- Sick person

Directed Use

- Reusable
- One-time-use

General guidance

OVERALL

- + Use this thermometer to monitor the temperature of the caregiver, sick person, and household members as directed by your care team.
- + Use the included log to record the temperature readings.

DO

- + Follow the directions included with the digital thermometer.
- + Wash your hands and sanitize the thermometer before and after every use with the included alcohol swabs.
- + Tell your doctor if you have a fever (over 100.4°F).

DON'T

Don't share the thermometer without sanitizing between uses.

How to use

- 1 Wash your hands thoroughly with soap and water for at least 20 seconds and dry.
- 2 Sanitize the entire thermometer with an alcohol swab, especially the probe that goes in your mouth.
- 3 Follow the directions included with the thermometer to get a temperature reading.
- 4 Wash your hands and sanitize the thermometer. Store the thermometer and alcohol swabs in a safe place.

Gloves



These gloves are for the caregiver to use when caring for the sick person. Here's how and when to wear gloves.

Who Should Use This?

- Caregiver
- Household members
- Sick person

Directed Use

- Reusable
- One-time-use

General guidance

OVERALL

- + Wearing gloves creates a barrier between your hands and contaminated items and surfaces. For this reason, you should use gloves when disinfecting surfaces and items in your home and when caring for the sick person.
- + Wearing gloves should not replace other precautions, including including physical distancing, handwashing, and wearing a mask.

DO

- + Wash your hands for 20 seconds with soap and water after taking gloves off.
- + If soap and water are not available, use hand sanitizer.

DON'T

- Don't** reuse gloves. Each pair of gloves should be used once and then discarded.
- Don't** touch your face while wearing the gloves as they may have germs on them from the items and surfaces you touch.



Gloves (Continued)

Putting on gloves



Put gloves on, one at a time, making sure they are securely on your hands and do not have any tears or punctures. You may pull the glove up and around the cuff of a long-sleeved shirt to eliminate any skin being exposed.

Frequently asked questions

Q: Should the sick person in my home wear gloves?

A: It is not recommended that a symptomatic or confirmed sick person wear gloves.

Q: How many uses can I get out of a pair of gloves?

A: Do not reuse gloves. Safely dispose of your gloves after every use.

Q: Should I wear gloves when going out of the house?

A: No, you should not wear gloves if you need to leave the house. Use gloves only when cleaning and disinfecting your home or providing care to a sick person.



Gloves (Continued)

Removing gloves



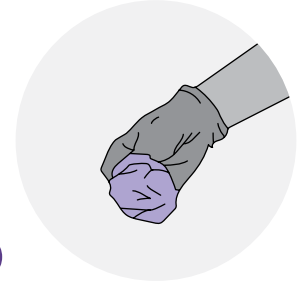
1

With both hands still gloved, grab or pinch the outside of the glove near one wrist, without touching your bare skin.



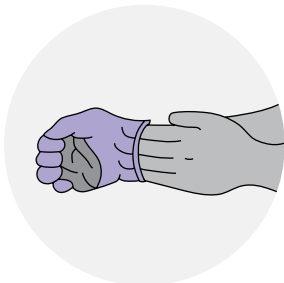
2

Peel the glove away from your body, turning it inside out as you remove it.



3

Hold the removed glove with the still-gloved hand.



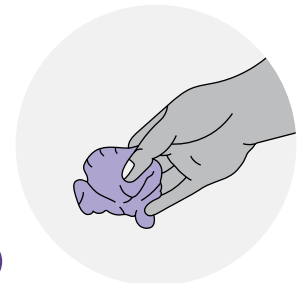
4

Slip your now-bare hand under the wrist cuff on the gloved hand.



5

Peel the glove away from your body, turning it inside-out as you remove it once again. You end up with both gloves inside-out, one wrapped inside the other.



6

Dispose of the gloves safely—do not reuse them.



7

Wash your hands.



One-time-use dishes and utensils

These one-time-use dishes and utensils are for the sick household member to use for meals. This helps prevent interaction with the sick person's germs and limit the caregiver's exposure to the virus.

Who Should Use This?

- Caregiver
- Household members
- Sick person

Directed Use

- Reusable
- One-time-use

How to use

1

Keep the one-time-use dishes and utensils in a safe place in the kitchen or somewhere like a cabinet that is designated for the sick person's items.

2

The caregiver should wash their hands, put on gloves, put on a mask, plate the food, and bring the sick person their food. After delivering the meal, the caregiver should remove and dispose of their mask and gloves and wash their hands.

3

The sick person should dispose of their used dishes and utensils in the provided waste bag in their room once done eating. If they do not want dirty dishes in the waste bag in their room, the caregiver can wash their hands, put on a mask and gloves, and retrieve the dirty dishes and dispose of them in the designated waste bag in the kitchen. They should then remove and dispose of their mask and gloves and wash their hands.



Soap

Frequently washing your hands with soap and water is one of the most important things you can do to prevent the virus from spreading. Please place one soap dispenser in a commonly used location, like the kitchen. Place another in the bathroom. Dedicate one for use by the sick person in your household.

How to use



1

Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.



2

Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.



3

Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.



4

Rinse your hands well under clean, running water.



5

Dry your hands using a clean towel or air dry them.

Hand sanitizer



Use hand sanitizer when soap and water are not available.

General guidance

OVERALL

- + Washing your hands thoroughly with soap and water for 20 seconds is highly recommended because it removes germs and viruses from your hands. But if soap and water are not available, using a hand sanitizer with at least 60% ethanol or 70% isopropyl alcohol can help you avoid getting sick and spreading germs and the virus to others.
- + When to wash your hands or use hand sanitizer:
 - After going to the bathroom, and before and after eating.
 - After coughing, sneezing, or blowing your nose.
 - After touching any surface or object that is touched often by others - like door handles, light switches, and countertops.

DO

- + Keep alcohol-based hand sanitizers out of children's reach and monitor their use. Teach them how to apply the sanitizer.
- + Apply a nickel-sized amount of hand sanitizer to your hands.
- + Rub your hands together, covering all surfaces of your fingers, thumbs, palms, and back of your hands until they feel dry: about 20 seconds of rubbing and air drying.
- + Make sure your hands feel completely dry before touching surfaces, especially metal, as a static reaction can occur.

DON'T

- Don't** dry your hands with a towel or wipe them in any way; this will remove the sanitizer and its ability to work against germs.
- Don't** touch your eyes, mouth, or nose immediately after using an alcohol-based hand sanitizer, as it can cause irritation.
- Don't** use before handling fire or cooking as the active ingredients are flammable.
- Don't** drink or swallow the alcohol-based hand sanitizer. It can be poisonous.
- Don't** store in places above 105°F (like your car in the summer).



Hand sanitizer *(Continued)*

Frequently asked questions

Q: Where should hand sanitizer be stored?

A: Hand sanitizer should be stored out of reach and sight of children. It should not be stored above 105°F as it changes consistency and loses effectiveness.

Q: Can I always use hand sanitizer instead of soap and water?

A: No. If your hands are visibly dirty or greasy, hand sanitizer may not be as effective at killing germs. Thoroughly washing with soap and water is recommended.

Q: What do I do if I get a rash or other reaction to hand sanitizer?

A: Call your doctor if you experience a serious reaction to hand sanitizer.

Q: What do I do if I or a household member have eczema or other skin condition and cannot use alcohol based sanitizer?

A: Thoroughly wash your hands with water and soap that you know does not irritate your skin. Gently pat your hands dry. Use non-scented, non-dyed moisturizer as needed.



Disinfectant spray

Cleaning and disinfecting your home surfaces can help prevent the spread of COVID-19.

General guidance

OVERALL

The difference between cleaning and disinfecting:

Cleaning means removing dust and dirt from surfaces. It may not kill germs, but it's an important first step before disinfecting.

Disinfecting refers to using chemical cleaners that kill germs. By killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

- + When using disinfectants, you may want to open a window or make sure you have good ventilation.

DO

- + Read instructions on the cleaners and disinfectants you are using.
- + Wear proper protection.
- + Make sure your surfaces can be cleaned and disinfected safely by following the instructions on the product label or by testing a small hidden area first.

DON'T

Don't mix chemicals or cleaning solutions.

Don't drink or gargle cleaning or disinfecting products.

Don't use or spray your skin or hands with cleaning or disinfecting products.

Don't apply cleaning or disinfecting products to your food.



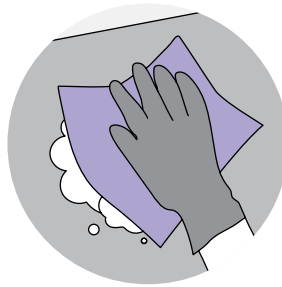
Disinfectant spray (Continued)

How to clean and disinfect your home



1

Put on one-time-use gloves.



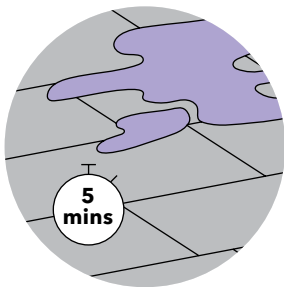
2

Clean surfaces with soap and water or a household cleaner, using paper towels or rags.



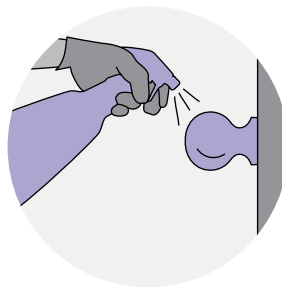
3

Next, **disinfect** by spraying cleaned surfaces with disinfectant. Completely wet each surface and leave wet for 5 minutes for CleanCide only. Read directions on other disinfectants for exact times and follow the manufacturer's instructions.



4

Do not wipe away the disinfectant solution. To be effective in killing viruses, the solution should soak a surface for a full 5 minutes and should be left to air dry and evaporate.



5

Clean and disinfect the most commonly touched surfaces in your home. This includes door handles, faucet handles, countertops, light switches, all bathroom surfaces including the sink, toilet, toilet handle, and shower areas, as well as cabinet handles and appliance handles including microwaves, refrigerators, dishwashers, ovens, and stoves.



Disinfectant spray (Continued)

How to clean and disinfect your home (Continued)



6

When you are done cleaning and disinfecting, dispose of your paper towels in the waste bag provided or wash your rags in hot, soapy water.



7

Remove and safely discard your gloves; then wash your hands.



8

Keep the disinfectant spray tightly closed and store out of reach of children.

Other cleaning solutions

A solution of diluted household bleach can be used if appropriate for the surface. Mix 1/3 cup of bleach per gallon of water, or 4 teaspoons of bleach per quart of water. Remember to wear disposable gloves when mixing and using the solution. Do not mix bleach with any other cleaner or disinfectant.

Frequently asked question

Q: If a family member is asthmatic or has another chronic respiratory disease, how can I safely disinfect surfaces in the home?

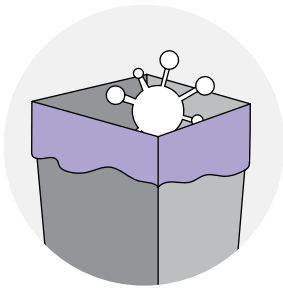
A: Get advice from your doctor. To reduce your inhalation exposure, dampen paper towels or a rag with the disinfectant and wipe down the surfaces rather than spraying onto the surfaces. Follow the directions noted on the disinfectant for safety measures.

Waste bag



These waste bags are for the trash generated by or while caring for the sick household member.

How to use

**1**

Put a waste bag in a dedicated trash can in the sick person's room to collect any of their used items, dishes, trash, and the caregiver's masks and gloves.

Place another dedicated waste bag in a common place, like the kitchen, for items that have been in close contact with the sick person or for discarding cleaning materials. Advise your household to not use this "special trash."

**2**

Use one-time-use gloves when removing waste bags, and handling and disposing of trash.

**3**

Wash your hands after handling any trash or the waste bag itself.

A woman with dark curly hair, wearing a light blue surgical mask and white gloves, is leaning over a wooden table. She is holding a small red and white spray bottle and appears to be cleaning the table. She is wearing a black and white striped long-sleeved shirt and blue jeans. The background shows a bright window with a bookshelf and a potted plant.

03

**Taking Care of
Your Home**

Cleaning and disinfecting your home



Cleaning tips

- + Wear reusable or one-time-use gloves for routine cleaning and disinfection.
- + Clean surfaces using soap and water, then use disinfectant.
- + Cleaning with soap and water reduces germs, dirt, and impurities on the surface. Disinfecting kills germs on surfaces.
- + Practice routine cleaning of frequently touched surfaces. High-touch surfaces include: Tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, sinks, etc.
- + Wash your hands after you complete cleaning and disinfecting.



Disinfecting tips

- + It is recommended to use a disinfectant listed on www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2. (The cleaning disinfectant spray contained in this kit is from this list and should be used as described).
- + If using another disinfectant from the EPA's list, follow the instructions on the label to ensure safe and effective use of the product. Most products recommend:
 - Cleaning the surface of debris or dust first.
 - Keeping the surface wet for a period of time (see product label) to disinfect.
 - Wearing gloves and making sure you have good ventilation during use of the product.
 - Washing your hands for 20 seconds with soap and water afterwards.

Cleaning and disinfecting your home *(Continued)*

Disinfecting tips *(Continued)*

Diluted household bleach solutions may also be used if appropriate for the surface.

- + Check the label to see if your bleach is intended for disinfection, and ensure the product is not past its expiration date. Some bleaches, such as those designed for safe use on colored clothing or for whitening, may not be suitable for disinfection.
- + Unexpired household bleach will be effective against corona viruses when properly diluted.
- + Follow the manufacturer's instructions for application and proper ventilation. Never mix household bleach with ammonia or any other cleaner.
- + To make a bleach solution, mix 5 tablespoons (1/3 cup) bleach per gallon of water OR 4 teaspoons bleach per quart of water.
- + Leave the solution on a clean surface for at least 1 minute.
- + The solution you make will be effective for disinfection use for up to 24 hours. After that, discard and mix a new solution.

DO

- + Read instructions on the cleaners and disinfectants you are using.
- + Wear proper protection.

DON'T

- + **Don't** mix chemicals or cleaning solutions.
- + **Don't** drink or gargle cleaning or disinfecting products.
- + **Don't** use or spray your skin or hands with cleaning or disinfecting products.
- + **Don't** apply cleaning or disinfecting products to your food.

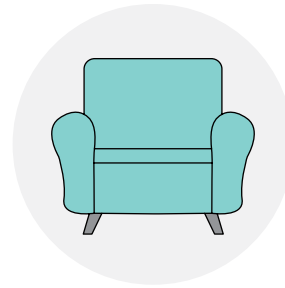
Cleaning and disinfecting your home *(Continued)*

For soft surfaces and fabrics such as carpeted floor, rugs, upholstered furniture, and drapes/curtains, remove visible dirt or debris if present and clean with appropriate cleaners indicated for use on these surfaces. Cleaners will note things like: “For upholstery, fabric, carpet.”



Materials that can be washed

- + Machine wash items like drapes and curtains, washable rugs, or blankets according to the manufacturer’s instructions on the item’s tag. Use the warmest appropriate water setting and dry items completely.
- + Place dirty items in a sealed plastic bag until you are able to wash.



Materials that can’t be washed (carpets, couches, other porous surfaces)

- + Vacuum these materials to keep dust from spreading into the air.
- + Spot-clean spills of bodily fluid promptly following safe procedures.
- + Disinfect with an EPA-registered household disinfectant for porous surfaces. Most products recommend testing on a small unseen area before using on the larger area.
- + Use steam cleaners to clean carpets and other porous surfaces as needed.

Cleaning and disinfecting your home *(Continued)*



Electronics

- + Follow manufacturer's instructions for cleaning and disinfecting electronic devices such as phones, tablets, remote controls, and keyboards. If there's no guidance, use **alcohol-based wipes or sprays** containing at least **70% isopropyl alcohol**. Dry the surface thoroughly.
- + Apple says you can clean your iPhone or other Apple device with disinfectant wipes. Samsung says you can use a 70% isopropyl alcohol solution and a microfiber cloth.
- + You can also consider putting a **wipeable cover** on electronics and then clean and disinfect appropriately.



Handling waste and trash

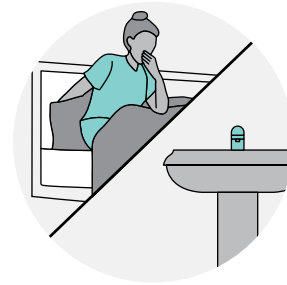
- + If possible, place a dedicated lined trash can with the waste bag provided in the room of the sick person or in an isolated area. Place another bag in another space, like the kitchen, to dedicate to discarding items that have been in close contact with the sick person or for cleaning material disposal.
- + Use one-time-use gloves when removing waste bags, and handling and disposing of trash.
- + Wash your hands after handling any trash or the waste bag itself.

Cleaning and disinfecting your home *(Continued)*



Food and dishes

- + The sick person in your household should use the provided one-time-use plates, cups, and utensils, and dispose in their dedicated waste bag after use. If the sick person prefers chopsticks, please use one-time-use sets. Using one-time-use dishes is meant to keep the virus from spreading.
- + Handle any non-disposable dishes, cups/ glasses, or utensils used by the sick person with gloves. Discard the gloves after handling the dishes and wash your hands. Wash the items with soap and hot water or in a dishwasher.
- + Encourage your household to avoid eating with their hands. This will help stop the spread of the virus. If you must eat with your hands (sandwiches, breads, etc.) be sure to wash your hands before and after and do not share food items.
- + Have the sick household member eat their meals separately from the rest of the household. If they cannot be isolated during mealtimes, have them eat at different times of the day and make sure to disinfect shared eating spaces.



Bedroom and bathroom

- + If you are using a separate bedroom and bathroom, only clean the sick person's area when needed. This will help limit your contact.
- + If the sick person feels up to it, they should clean their own spaces.
- + If you are sharing a bathroom, the sick person should clean and disinfect the bathroom after each use. If this is not possible, wait as long as possible after they leave bathroom before going in to clean it or use it, and wear a mask.

Cleaning and disinfecting your home *(Continued)*



Laundry

Keep any clothes or bedding that may have been exposed to the virus in a separate laundry bin.

- + Wash bed sheets, towels, and clothes regularly or as they become dirty.
- + If an essential worker is part of the household, they should have separate work clothes from home clothes.
- + Wear one-time-use gloves when handling dirty laundry from the sick person and then discard the gloves after each use. Wash hands immediately after gloves are removed.
- + Don't shake dirty laundry to minimize the possibility of dispersing the virus through the air.
- + Launder items with regular detergent, using the warmest appropriate water setting and dry items completely—both steps help to kill the virus.

Cleaning and disinfecting your home *(Continued)*

Laundry *(Continued)*

- + If not using gloves, wash your hands with soap and water, or use hand sanitizer, immediately after doing laundry and touching any surfaces.
- + Wash or disinfect your laundry bag and hamper. Consider storing laundry in one-time-use bags.

At Home

- + Disinfect all the surfaces in your laundry area that may have been contaminated, like doorknobs and the door pull on the washing machine.

Laundry Rooms or Laundromats

- + If you're using a shared laundry facility in an apartment building or a laundromat, disinfect handles and surfaces before you touch the machines.
- + Keep at least 6 feet away from other people, and try to go at a time when there are fewer people.
- + Prepare laundry before leaving your room/space to help minimize the amount of time you spend in the laundry area.
- + Wear a face mask and don't touch your face.
- + For indoor laundry facilities, wait outside for your laundry to finish if you can.
- + Fold your laundry when you return to your room/space.

Shared housing

If you have COVID-19 and share housing with roommates, or live in staff, transitional, or other group housing, here are some tips on how to self-quarantine.

Stay in your own space whenever possible.

Wear a face mask when leaving your personal space and potentially encountering other people.

Wash your hands often with soap and water for 20 seconds, or use hand sanitizer.

Get the contact information for who you should contact to ask questions or report problems.

Minimize your time in common spaces and disinfect any surface you touch.

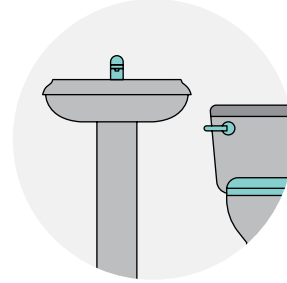
If applicable, let your facility manager know that you have COVID-19.

Shared housing *(Continued)*



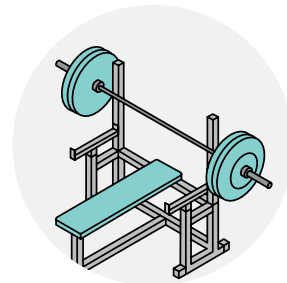
Kitchens

- + Store, prepare, and eat your food in your personal space if possible.
- + Wear a mask any time you leave your personal space.
- + If you must use a shared kitchen, go when there are fewer people, wear a mask, maintain physical distance, and disinfect any common items or surfaces you touch. Eat in your personal space, not in shared dining spaces.
- + Disinfect the surfaces of all counters and appliances that you use.
- + Wash your hands or use an alcohol-based hand sanitizer before and after touching surfaces and appliances.
- + Do not share dishes, glasses, cups, or utensils. Wash your dishes with soap and hot water or in a dishwasher. Wash your hands after handling food and dishes.



Bathrooms

- + Make sure you wash your hands thoroughly, or use hand sanitizer, before and after using a common bathroom.
- + Touch as few surfaces as possible.
- + Do not leave personal items, like a toothbrush or other toiletries, in the shared bathroom. Use a tote or caddy to bring your items with you to the bathroom and back.



Recreational areas: activity rooms, exercise rooms, pools, hot tubs

- + Even if these facilities are open, do not use them if you have COVID-19 or have been exposed to it.



04

**Caring
for Others**

Caring for someone diagnosed with COVID-19

If you are caring for someone in your home who has COVID-19, it is important to protect yourself and others. Follow this advice, even if the person you're caring for is not showing symptoms.

Provide support and help cover basic needs

- + Help the sick person follow their doctor's instructions.
- + See if over-the-counter medicines for fever, such as acetaminophen (sometimes called Tylenol), help the person feel better.
- + Make sure the person who is sick drinks plenty of water and rests.
- + Help them with grocery shopping, filling prescriptions, and getting other items they may need. Consider having the items delivered through a delivery service, or have a trusted neighbor help, if possible.
- + Take care of their pet(s), and limit contact between the sick person and their pet(s) when possible.

Watch for warning signs

- + Have the sick person's doctor's phone number on hand. Fill out the included contact card so you have all information in one place.
- + Call their doctor if the person keeps getting sicker. For medical emergencies, call 911 and tell the dispatcher that the person has COVID-19.
- + People who have emergency warning signs for COVID-19 should call 911 right away. These include:
 - Difficulty breathing
 - Persistent pain or pressure in the chest
 - New confusion
 - Bluish lips or face
 - Inability to wake or stay awake

How to protect yourself as a caregiver

To prevent getting sick, make sure you practice actions to stop the spread.



Limit contact

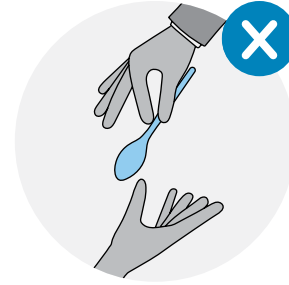
- + COVID-19 spreads between people who are in close contact (within about 6 feet) through respiratory droplets, created when someone talks, coughs, or sneezes.
- + The caregiver, when possible, should not be someone who is at higher risk for severe illness from COVID-19.
- + If possible, the sick person should stay in their own “sick room” or “sick area,” away from other people. If possible, they should use their own bathroom.
- + If you have to share space, make sure the room has good air flow. Open the window and use a fan. Improving ventilation helps remove respiratory droplets from the air.
- + Do not have visitors, especially people who are at higher risk for severe illness.

How to protect yourself as a caregiver *(Continued)*



Eat in separate rooms or areas

- + **Stay separated:** The sick person should eat (or be fed) in their room or, if not possible, in a space that is 6 feet from others.
- + If possible, the sick person should use one-time-use plates, bowls, cups, and utensils, and throw away their own garbage.
- + If you do not have one-time-use dishes and utensils, wear gloves when handling any dishes, cups/glasses, or silverware used by the person who is sick. Wash the dishes with soap and hot water or in a dishwasher.
- + Wash your hands after taking off the gloves or handling used items.



Avoid sharing personal items

- + **Don't** share dishes, cups/glasses, silverware, towels, bedding, or electronics (like a cell phone or remote control) with the sick person.

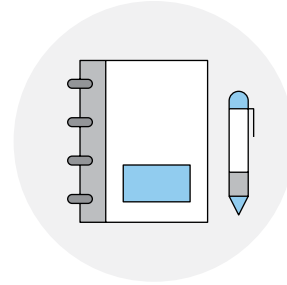
How to protect yourself as a caregiver *(Continued)*



Wear a face mask and gloves

When to use

- + Wear gloves when you touch or have contact with the sick person's blood, stool, or bodily fluids, such as saliva, mucus, vomit, and urine. Throw out gloves into the dedicated waste bags and wash hands right away.
- + Ask the sick person to put on a face mask before you enter the room.
- + Put on a one-time-use mask before you enter the room of the sick person, and keep it on while you are caring for them and until you leave the room.



Track your own health

- + Caregivers and household members with close contact should monitor their health for COVID-19 symptoms.
- + Symptoms include fever, cough, and shortness of breath. Other symptoms may be present, including diarrhea, or loss of taste and smell. Trouble breathing is a more serious warning sign that you need medical attention.

Stress and coping

Dealing with COVID-19 in your household may be stressful. Fear and anxiety about a disease can be overwhelming and cause strong emotions. Coping with stress will make you and the members of your household stronger.

Stress during an infectious disease outbreak can include:

Fear and worry about your own health and the health of your loved ones

Changes in sleep or eating patterns

Difficulty sleeping or concentrating

Worsening of chronic health problems

Worsening of mental health conditions

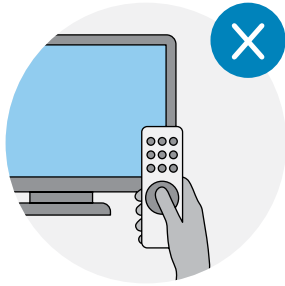
Increased use of alcohol, tobacco, or other drugs

Everyone reacts differently to stressful situations. But taking care of yourself, your friends, and your family can help you cope with stress. As a Kaiser Permanente member, you have access to myStrength and Calm, applications that support emotional health.* Visit kp.org/mentalhealth to sign up at no cost. Also visit kp.org/selfcare to access various helpful articles, activities, and links. All offerings available in English and in Spanish.

*Medicaid/Medi-Cal member eligibility for Calm and myStrength is pending regulatory approval.

Stress and coping *(Continued)*

Ways to cope with stress



Take breaks from watching, reading, or listening to news stories, including social media.



Take care of your body and spiritual health.

Take deep breaths, stretch, or meditate.

Try to eat healthy, well-balanced meals.

Exercise regularly, get plenty of sleep.

Avoid alcohol and drugs.



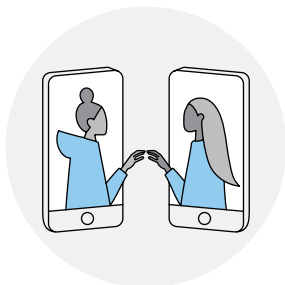
Make time to unwind. Try to do some other activities you enjoy.



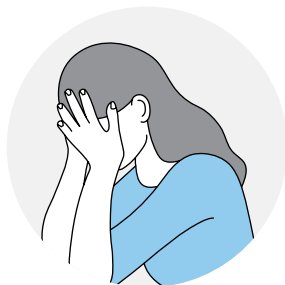
Take care of your mental health.

Call your doctor if stress gets in the way of your daily activities for several days in a row.

People with preexisting mental health conditions should continue with their treatment and be aware of new or worsening symptoms.



Connect with others. Talk with people you trust about your concerns and how you are feeling.



It is ok to admit you are stressed. These are hard times for everyone and there is no shame in reaching out for help.

Stress and Coping *(Continued)*

For parents: Approach the subject of COVID-19 calmly and confidently with your children.

Watch for behavior changes in your child, especially:

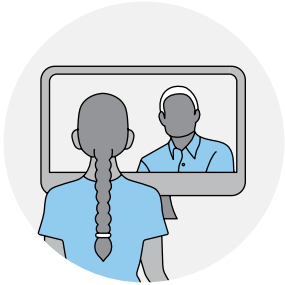
Excessive crying or irritation in younger children	Returning to behaviors they have outgrown (for example, toileting accidents or bedwetting)	Excessive worry or sadness
Unhealthy eating or sleeping habits	Irritability and “acting out” behaviors in teens	Poor school performance or avoiding school
Difficulty with attention and concentration	Avoidance of activities enjoyed in the past	Unexplained headaches or body pain
Use of alcohol, tobacco, or other drugs		

Ways to support your child:

- + **Talk with your child or teen** about COVID-19.
- + **Answer questions and share facts** about COVID-19 in a way that your child or teen can understand.
- + **Reassure your child or teen that they are safe.** Let them know it is ok if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- + **Limit your family’s exposure to news coverage of the event, including social media.** Children may misinterpret what they hear and can be frightened about something they do not understand.
- + **Try to keep up with regular routines.** Create a schedule for learning activities and relaxing or fun activities.
- + **Be a role model.** Take breaks, get plenty of sleep, exercise, and eat well. Digitally connect with your friends and family members.

Stress and Coping *(Continued)*

Support your loved ones



Check in with your loved ones often.

Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

- + Telephone
- + Email
- + Mailing letters or cards
- + Text messages
- + Video chat
- + Social media



Help keep your loved ones safe.

- + Know what medications your loved one is taking. Try to help them have a 4-week supply of prescription and over-the-counter medications and see if you can help them have extra on hand.
- + Monitor other medical supplies (oxygen, incontinence, dialysis, wound care) needed and create a back-up plan.
- + Stock up on non-perishable food (canned foods, dried beans, pasta) to have on hand in your home to minimize trips to stores.
- + Consider members of the household that may be at greater risk, such as older adults and people with severe chronic illness. Choose a room and bathroom (if possible) in your house that can be used to separate sick household members from others.

Care advice for people at higher risk

In a household where someone has COVID-19, it is especially important to protect household members who are older and who have serious underlying health conditions.

Who is at higher risk for severe illness from COVID-19?

- + People 65 years and older
- + People who live in a nursing home or long-term-care facility
- People of all ages with underlying medical conditions, particularly if not well controlled, including:**
 - + People with chronic lung disease or moderate to severe asthma
 - + People who have serious heart conditions
 - + People who are immunocompromised
 - + Many conditions can cause a person to be immunocompromised, including cancer treatment, smoking, bone marrow or organ transplantation, immune deficiencies, poorly controlled HIV or AIDS, and prolonged use of corticosteroids and other immune-weakening medications
 - + People with severe obesity (body mass index [BMI] of 40 or higher)
 - + People with diabetes
 - + People with chronic kidney disease undergoing dialysis
 - + People with liver disease

Care advice for people at higher risk *(Continued)*

General tips to reduce your risk of getting sick with COVID-19

- + **Continue your medications and do not change your treatment plan without talking to your doctor.**
- + **Have at least a 2-week supply of prescription and non-prescription medications.** Talk to your doctor about getting an extra supply of prescription medications, if possible, to reduce trips to the pharmacy.
- + **Talk to your doctor about whether your vaccinations are up to date.** People older than 65 years and those with underlying conditions should get vaccinations against influenza and pneumococcal disease.
- + **Do not delay getting emergency care for your underlying condition because of COVID-19.** Emergency departments have infection prevention plans to protect you from getting COVID-19 if you need care.
- + **Call your doctor if you have any concerns** about your underlying medical conditions or if you think that you may have COVID-19. If you need emergency help, call 911.
- + **Eat a healthy diet** full of fresh fruits and vegetables. Consult your doctor about community resources for access to healthy foods.

Care advice for people at higher risk *(Continued)*

Actions you can take based on your conditions and other risk factors

Asthma (moderate-to-severe)

COVID-19 can affect your respiratory tract (nose, throat, lungs), cause an asthma attack, and possibly lead to pneumonia and serious illness.

- + Follow your normal asthma prevention and control plan, including continuing your current medications, like inhalers.
- + Know how to use your inhaler.
- + If possible, have someone without asthma clean and disinfect your home and follow these instructions:
 - Make sure that people with asthma are not in the room.
 - Minimize use of disinfectants that can cause an asthma attack.
 - Open windows or doors and use a fan that blows air outdoors.
 - Always follow the instructions on the product label.
 - Pour spray products onto a cleaning cloth or paper towel instead of spraying the product directly onto the cleaning surface (if the product label allows).

Chronic lung disease

Based on data from other viral respiratory infections, COVID-19 might cause flare-ups of chronic lung diseases, leading to severe illness.

- + Keep taking your current medications, including those with steroids in them (“steroids” is another word for corticosteroids).
- + Avoid triggers that make your symptoms worse.

Diabetes

People with diabetes whose blood sugar levels are often higher than their target are more likely to have diabetes-related health problems. Those health problems can make it harder to overcome COVID-19.

- + Continue taking your diabetes pills and insulin as usual.
- + Test your blood sugar every four hours and keep track of the results.
- + Make sure that you have at least a two-week supply of your diabetes pills and insulin.

Care advice for people at higher risk *(Continued)*

Serious heart conditions

Serious heart conditions, including heart failure, coronary artery disease, congenital heart disease, cardiomyopathies, and pulmonary hypertension, may put people at higher risk for severe illness from COVID-19. It can damage the respiratory system and make it harder for your heart to work. For people with heart failure and other serious heart conditions this can lead to a worsening of COVID-19 symptoms.

- + Take your medication exactly as prescribed. Continue angiotensin converting enzyme inhibitors (ACE-I) or angiotensin-II receptor blockers (ARB) as prescribed by your doctor for indications such as heart failure or high blood pressure. This is recommended by current clinical guidelines.
- + Make sure that you have at least a two-week supply of your heart disease medications (such as those to treat high cholesterol and high blood pressure).
- + People with hypertension should continue to manage and control their blood pressure and take their medication as directed.

Chronic kidney disease being treated with dialysis

Dialysis patients are more prone to infection and severe illness because of weakened immune systems, treatments and procedures to manage kidney failure, and coexisting conditions such as diabetes.

- + If you are on dialysis, you should NOT miss your treatments.
- + Contact your dialysis clinic and your doctor if you feel sick or have concerns.

Care advice for people at higher risk *(Continued)*

Severe obesity

Severe obesity, defined as a body mass index (BMI) of 40 or above, puts people at higher risk for complications from COVID-19. Severe obesity increases the risk of a serious breathing problem called acute respiratory distress syndrome (ARDS), which is a major complication of COVID-19 and can cause difficulties with a doctor's ability to provide respiratory support for seriously sick patients. People living with severe obesity can have multiple serious chronic diseases and underlying health conditions that can increase the risk of severe illness from COVID-19.

- + Take your medications for any underlying health conditions exactly as prescribed.

Liver disease

Severe illness caused by COVID-19 and the medications used to treat some severe consequences of COVID-19 can cause strain on the liver, particularly for those with underlying liver problems. People living with serious liver disease can have a weakened immune system, leaving the body less able to fight COVID-19.

- + Take your medications exactly as prescribed.

Immunocompromised

Many conditions and treatments can cause a person to have a weakened immune system (immunocompromised), including cancer treatment, bone marrow or organ transplantation, immune deficiencies, HIV with a low CD4 cell count or not on HIV treatment, and prolonged use of corticosteroids and other immune weakening medications.

- + If you are immunocompromised, continue any recommended medications or treatments and follow the advice of your doctor.
- + Call your doctor if you have concerns about your condition or feel sick.

Care advice for people at higher risk *(Continued)*

People aged 65 years and older

Although COVID-19 can affect any group, the older you are, the higher your risk of serious disease. Eight out of 10 deaths reported in the U.S. have been in adults 65 years or older. The risk of death is highest among those 85 years or older. The immune systems of older adults weaken with age, making it harder to fight off infections. Also, older adults commonly have chronic diseases that can increase the risk of severe illness from COVID-19.

- + Take your medications for any underlying health conditions exactly as prescribed.
- + Follow the advice of your doctor.
- + Develop a care plan that summarizes your health conditions and current treatments.
- + Prepare yourself to stay home for long periods using this checklist:
 - Stay informed and up to date with your local news for COVID-19 updates.
 - Stay home as much as possible and especially if you are sick.
 - Avoid crowds and people who are sick.
 - Delay all travel when possible.
- + Follow the everyday prevention tips.
- + Stay in touch with others by phone or email and seek out a “buddy” who will check on and help care for you if you become sick.
- + Have an emergency contact list.
- + Have a list of your daily medication and the time of day you take them, so a caregiver will be able to help you if you get sick.
- + Have extra medication on hand. Contact your doctor to arrange.
- + Be sure you have over-the-counter medicines and medical supplies ready.
- + Have enough household items and groceries so that you will be comfortable staying home for a few weeks, or arrange with a trusted person to have these items delivered if possible.

Care advice for pregnant people



Pregnant people living in a household with someone who has COVID-19 should take steps to reduce their risk of getting sick and should talk with their doctor to ensure they continue to get essential prenatal care.

Inform your doctor that someone in your household has COVID-19 and ask for their guidance.

Call your doctor if you have an urgent medical question.

In case of emergency, call 911 or go to your local emergency department. If possible, call the emergency department to explain you are pregnant and have an emergency. Let them know that you live with someone who has COVID-19. Do not delay getting emergency care, and rest assured that the emergency department has an infection prevention plan in place to protect you.

General information about COVID-19 and pregnancy

Risk of COVID-19 during pregnancy

- + Based on available information, pregnant people seem to have the same risk of COVID-19 as adults who are not pregnant. However, much remains unknown. We do know that pregnant people have had a higher risk of severe illness when infected with viruses that are similar to COVID-19, as well as other viral respiratory infections, such as influenza.
- + Pregnant people have changes in their bodies that may increase their risk of some infections. It is always important for pregnant people to try to protect themselves from illnesses whenever possible.

Care advice for pregnant people *(Continued)*

Risks to the pregnancy and to the baby

- + Mother-to-child transmission of COVID-19 during pregnancy is unlikely, but after birth a newborn can be infected after exposure to an infected person, including the baby's mother or other caregivers.
- + Based on limited published reports, a very small number of babies have tested positive for the virus shortly after birth. However, it is unknown if these babies got the virus before, during, or after birth.
- + There have been a small number of reported problems, such as preterm birth, in babies born to mothers who tested positive for COVID-19 late in their pregnancy. However, we do not know if these problems were related to the virus.

Prenatal care during the COVID-19 outbreak

- + It is important to take care of yourself and your baby during pregnancy, and this includes prenatal care.
- + Inform your doctor that you live in a household with someone who has COVID-19 and ask for their guidance.
- + Ask if your doctor's office, clinic, or hospital has steps in place to separate healthy patients from those who might be sick.
- + Some doctor's offices might choose to cancel or postpone some visits. Others may switch certain appointments to telemedicine visits, which are appointments through the phone or over the internet. These decisions will be based on the circumstances in your community, as well as your individual care plan.

Parenting support



During the quarantine period, it's important to take steps to protect the children in the household from exposure to COVID-19, to teach them how to protect themselves, and to keep them active and engaged.

Take steps to protect children and others from getting sick.

Limit time with other children

Practice physical distancing

- + During the quarantine period, children should not have in-person playdates with children from other households. If children are playing outside their own homes, it is essential that they remain 6 feet from anyone who is not in their own household.
- + To help children maintain social connections while quarantining, help your children have supervised phone calls or video chats with their friends.

Children 2 years and older should wear a mask

- + Children 2 years and older should wear a mask that covers their nose and mouth. This is in addition to (not instead of) physical distancing, frequent hand washing, and other actions to stop the spread.

Parenting support *(Continued)*

Keep children healthy

Teach and reinforce everyday preventive actions

- + Parents and caretakers play an important role in teaching children to wash their hands. Explain that hand washing can keep them healthy and stop the virus from spreading to others.
- + Be a good role model—if you wash your hands often, they're more likely to do the same.
- + Make handwashing a family activity.
- + Learn more about what you can do to protect children.

Help your child stay active

- + Use indoor activity breaks (like stretch breaks or dance breaks) throughout the day to help your child stay healthy and focused.
- + If you have private outdoor space, encourage your child to play outside.

Help your child stay socially connected

- + Reach out to friends and family via phone or video chats.
- + Write cards or letters to family members they may not be able to visit.
- + Some schools and non-profits, such as the Collaborative for Academic, Social, and Emotional Learning (<https://casel.org/>) and The Yale Center for Emotional Intelligence (<http://ei.yale.edu/>), have resources for social and emotional learning. Check to see if your school has tips and guidelines to help support social and emotional needs of your child.

Parenting support *(Continued)*

Talking with children about COVID-19

Children may be curious and concerned about COVID-19. Parents, family members, school staff, and other trusted adults can play an important role in helping children make sense of what they hear and what they experience in a way that is honest, accurate, and minimizes anxiety or fear.

Inform

- + Pay attention to what children see or hear on television, radio, or online. Consider reducing the amount of screen time focused on COVID-19. Too much information on one topic can lead to anxiety.
- + Provide information that is truthful and appropriate for the age and developmental level of the child. Talk to children about how some stories on COVID-19 on the Internet and social media may be based on rumors and inaccurate information. Children may misinterpret what they hear and can be frightened about something they do not understand.
- + Teach children everyday actions to reduce the spread of germs. Remind children to wash their hands frequently and stay away from people who are coughing or sneezing or sick. Also, remind them to cough or sneeze into a tissue or their elbow, then throw the tissue into the trash.

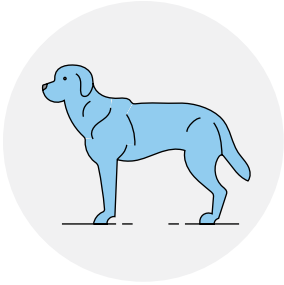
Reassure

- + Remain calm. Remember that children will react to both what you say and how you say it. They will pick up cues from the conversations you have with them and with others.
- + Reassure children that they are safe. Let them know it is okay if they feel upset. Share with them how you deal with your own stress so that they can learn how to cope from you.
- + Talk to children about what is happening in a way that they can understand. Keep it simple and appropriate for each child's age.
- + Avoid language that might blame others and lead to stigma.

Be Open

- + Make yourself available to listen and to talk. Let children know they can come to you when they have questions.
- + Provide children with opportunities to talk about what they went through or what they think about it. Encourage them to share concerns and ask questions.
- + If school is open, discuss any new actions that may be taken at school to help protect children and school staff.

If you have pets



It is advised that you not interact with pets if you have COVID-19, as the virus has been shown to spread to animals. If you do not have COVID-19, but are in a home with someone who does, practice handwashing and cleaning/disinfecting your home often to keep everyone—including pets—safe.

Risk of people spreading the virus that causes COVID-19 to pets

- + The CDC is still learning about the virus that causes COVID-19, but it appears that it can spread from people to animals in some situations.
- + The CDC is aware of a small number of pets, including dogs and cats, reported to be infected with the virus that causes COVID-19, mostly after close contact with sick people. Only a few of the pets reported to be positive showed signs of illness.

What to do if you own pets

- + Until we learn more about how this virus affects animals, treat pets as you would other human family members to protect them from a possible infection.
- + Do not let pets interact with people or other animals outside the household.
- + Keep cats indoors when possible to prevent them from interacting with other animals or people.
- + Walk dogs on a leash, maintaining at least 6 feet from other people and animals.
- + Avoid dog parks or public places where a large number of people and dogs gather.
- + Talk to your veterinarian if your pet gets sick or if you have any concerns about your pet's health.

If you have pets *(Continued)*

Protect pets if you are sick

What you should do

- + Restrict contact with your pets and other animals, just like you would with people. Until we know more about this virus, sick people should avoid contact with pets and other animals.
- + When possible, have another member of your household care for your pets while you are sick.
- + Avoid contact with your pet including petting, snuggling, being kissed or licked, and sharing food or bedding.
- + If you must care for your pet or be around animals while you are sick, wear a mask and wash your hands before and after you interact with them.

What you should not do

- + If you are sick and your pet becomes sick, do not take your pet to the veterinary clinic yourself. Call your veterinarian and let them know you have been sick. Some veterinarians may offer telemedicine consultations or other plans for seeing sick pets. Your veterinarian can evaluate your pet and determine the next steps for your pet's treatment and care.

Stay healthy around animals

- + In the United States, there is no evidence that animals are playing a significant role in the spread of COVID-19. Based on the limited information available to date, the risk of animals spreading COVID-19 to people is considered to be low. However, because all animals can carry germs that can make people sick, it's always a good idea to practice healthy habits around pets and other animals.
 - Wash your hands after handling animals, their food, waste, or supplies.
 - Practice good pet hygiene and clean up after pets properly.
 - Talk to your veterinarian if you have questions about your pet's health.
 - Be aware that children 5 years of age and younger, people with weakened immune systems, and people 65 years of age and older are more likely to get sick from germs some animals can carry.



05

**Daily
Activities**

Running essential errands



During the quarantine period, everyone in the household should stay home. Many daily tasks can be done online, by phone, or by a trusted neighbor. If there are essential tasks that must get done out of the home, non-COVID-19-positive family members should follow this advice.

Food, groceries, and essential items

Order online, use curbside pickup, or request a family member/friend pick items up for you when possible

- + Limit in-person contact for deliveries by paying online if possible.
- + Accept deliveries without contact when possible. Ask for them to be left outside your home. If not possible, stay at least 6 feet away from the delivery person.
- + Wash hands immediately after receiving the food or delivery items, including regular mail from a post office or home mailbox.

When in the store

- + A sick person should not go to any store.
- + If the family member must go to a store, practice 6 feet physical distancing, wear a mask, and try to visit stores at hours when fewer people will be there (early morning or late night).
- + If the family member is at high risk for severe illness because of chronic conditions or being age 65 or above, check online to see if stores have special hours for you.
- + Do not touch eyes, nose, or mouth.
- + Disinfect the shopping cart using cleaner or wipes if possible.
- + If possible, use touchless payment. If you use cash, use hand sanitizer right after paying.
- + Before and after leaving the store, use hand sanitizer.

Running essential errands *(Continued)*

Food, groceries, and essential items *(Continued)*

When you bring your food inside

- + Wipe down packaging if possible or discard exterior packaging if not needed.
- + Wash produce with warm water and let air dry if possible.
- + Throw away any food delivery packaging.
- + Wash your hands after handling all foods and packaging.

Food assistance during the outbreak

- + Good nutrition is always important, but during this pandemic, it's even more important because a well-balanced diet of nutritious foods helps support a strong immune system.
- + If you're struggling with hunger or food insecurity as a result of the pandemic and economic downturn, visit local resources including food pantries and anti-hunger organizations. Also, speak with your doctor about available resources in your community.

Find your local food bank:

feedingamerica.org

Full cart (virtual food bank):

fullcart.org

Running essential errands *(Continued)*



Banking

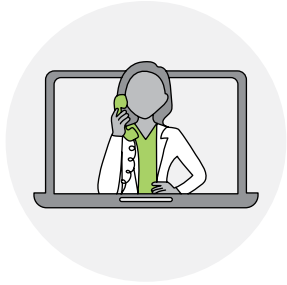
- + Bank online if possible.
- + A sick person should not go to any bank.
- + If the family member must visit the bank, use the drive-through ATM if available.
- + Clean the ATM keyboard with cleaner or a disinfecting wipe before using it.
- + Use hand sanitizer immediately afterwards.
- + Wash your hands with soap and water once you return home.



Getting gasoline

- + A sick person should not go to any gas station.
- + If the family member must get gasoline, disinfect the handles and buttons with wipes or cleaner before touching them.
- + Use hand sanitizer immediately after fueling.
- + Wash your hands with soap and water once you return home.

Running essential errands *(Continued)*



Receiving medical care

- + When possible, talk to your doctor online, by phone, or by email.
- + If you must visit in-person, let the doctor know in advance that you live in a household with COVID-19 present.
- + Practice physical distancing when possible, use a mask, and do not touch above your shoulders.
- + Disinfect surfaces before touching when possible.
- + Wash your hands with soap and water once you return home.
- + Contact Member Services for further assistance and questions.



Visiting the pharmacy

- + A sick person should not go into a pharmacy.
- + When possible, use mail order pharmacy, same-day delivery, or curbside pickup (if available) to get your prescriptions.
- + Ask your doctor if you can get a larger supply of your medicine so you don't have to leave the home as often.
- + Mail order pharmacy is a convenient option for getting your prescriptions delivered to your home, with no charge for shipping. Sign in to kp.org/pharmacy to get your prescriptions delivered.

Running essential errands *(Continued)*



When you arrive home

Arriving home from anything outside the house should always involve these measures

- + Wash hands with soap and water for at least 20 seconds.
- + Follow food safety guidelines noted earlier in this chapter.
- + Disinfect any items that might have been exposed to germs outside the home.
- + Set up a place to isolate any items that cannot be washed and you do not want to bring further into the house (keys, wallet, purse, hat, shoes, jacket, etc.).
- + Consider keeping paper towel and disinfectant by the door and wipe down your phone and keys, along with any other items, clothing, or surfaces that might have been exposed to germs outside the home.
- + If you are an essential worker or were potentially exposed to the virus, remove your clothing and place in a designated hamper by the door.

Visiting parks and recreation space



Exercise and getting outdoors

- + A sick person should not be out in public spaces.
- + During quarantine, all household members should avoid being in public spaces. Those who aren't sick should try to exercise at home or in private outdoor space, if possible.
- + For those in the household who are not sick and who must go outdoors, follow this advice:
 - Wear a mask. Do not touch your face.
 - Go for walks, staying as close to home as possible.
 - Do not walk in crowded areas where you cannot stay at least 6 feet away from others.
 - Avoid playgrounds, as cleaning surfaces is difficult in these spaces and they are frequently touched by others.
 - Do not participate in sports activities. These often require breaking physical distancing to do.
 - Avoid public pools and hot tubs.

Religious activities



Best practices

- + A sick person should not attend any in-person religious services.
- + If your religious institution offers televised or online services, try to attend those while you are in quarantine. Or, recreate your faith or spiritual practice at home.
- + If you must attend in-person religious services and don't have COVID-19, wear a mask and maintain 6 feet of distance, as your faith traditions allow, to lessen risk of spreading the virus.
- + Avoid use of items that are not easily cleaned, sanitized, or disinfected.
- + Avoid sharing of frequently touched objects, such as worship aids, prayer rugs, prayer books, hymnals, religious texts and other bulletins, books, or other items passed or shared among congregants.
- + If food is offered at any event, avoid buffet or family-style meals if possible.
- + Avoid drinking from the same cup and do not share utensils.
- + Practice proper hand hygiene.

Guidance for essential workers



If you are an essential worker, have a COVID-19 case in your home, and are not showing any symptoms, this section outlines how to safely go to work and return home.

Steps to take at work

- + Notify your supervisor that your household member has COVID-19.
- + Wear a mask at all times while in the workplace.
- + Practice proper hand hygiene.
 - Before eating food.
 - After using the toilet.
 - After blowing your nose, coughing, or sneezing.
 - After putting on, touching, or removing your mask.
 - Before and after work shifts and periodically throughout shift.
 - Before and after work breaks.
 - After touching money or objects that have been handled by others.
- + Keep hand sanitizer on hand in case you aren't able to reach a sink during your work day.
- + Limit close contact with others and maintain a distance of at least 6 feet, when possible.
- + Avoid gathering in crowded places like break rooms.
- + Do not share food, dishes, or utensils with co-workers.
- + Clean and disinfect frequently touched surfaces like electronics, desks, and door handles. Follow the cleaning and disinfecting guidelines and wash hands afterwards.
- + Avoid public transportation, taxis, and ride-share services, as well as sharing rides with friends or co-workers.
- + Do not share a headset or other items that are worn close to the face with co-workers.
- + Leave accessories at home, like jewelry, ties, rings and watches.
- + If you wear contacts, consider glasses. This will help keep your fingers out of your eyes and also provide additional protection.

Guidance for essential workers *(Continued)*

If you are feeling sick

- + Notify your supervisor and stay home if having symptoms (fever, cough, or shortness of breath).
- + Call your doctor if you have symptoms like shortness of breath, loss of taste and smell, fever, or cough.
- + You should not return to work until you have approval from your doctor.

Steps to take at home

- + Track your own health by taking your temperature and monitoring any symptoms daily. If you have any symptoms (fever, cough, shortness of breath, loss of taste or smell), notify your supervisor and stay home.
- + Disinfect any items (keys, cell phone, wallet, etc.) or clothing that might have been exposed to the virus outside the home. Have a dirty clothes bag and hand sanitizer at your door. Wash the exposed clothes using your usual laundry detergent.
- + If you have small children who spend time on the floor, you like to hang out on your floor, or if you want to be extra cautious, leave your shoes at the door when you come home, especially if you live in an area with a high number of COVID-19 cases. Then, wash your hands after handling your shoes.
- + Take normal precautions like cleaning high-touch surfaces and washing hands often.

06

**Getting
Help**



Kaiser Permanente National Resources

Digital Caregiver's Guide and supporting materials:

kp.org/covid19guide

General COVID-19 resource page:

kp.org/covid-19

Continuing insurance in the event of coverage loss:

continuecoverage.kaiserpermanente.org

Prescriptions:

kp.org/pharmacy

Get care (medical and behavioral health):

kp.org/getcare

