

Prevent the virus from spreading

Instructions for caregivers of someone who has, or who may have, COVID-19

If you are caring for someone who has tested positive for COVID-19 or who has symptoms of COVID-19, at home or in a non-health care setting, be COVID-safe to protect yourself and others.

If the person you are caring for starts to feel worse, seek medical attention or contact [Telehealth Ontario](#) online or by telephone at 1.866.797.0000 24 hours a day, 7 days a week. If they have difficulty breathing or are experiencing other severe symptoms, call 911.

Special instructions for caregivers

Protect yourself

- ❖ Wash your hands with soap and water after each contact with the sick person. Use alcohol-based hand sanitizer if soap and water are not available.
- ❖ Wear gloves, a well-fitted face covering or a mask, and eye protection (goggles or a face shield) while you provide care or are in the same room as the person. Maintain physical distance as much as possible during interactions.
- ❖ Complete your COVID-19 vaccination series, including a booster dose as soon as you are eligible.

Taking protection off

Follow these steps when you remove your protective equipment:

1. Take your gloves off.
2. Wash your hands with alcohol-based hand rub or sanitizer (preferred method). Use of plain soap and water is acceptable if alcohol-based hand rub or sanitizer is not available. If your hands are visibly soiled, clean them with plain soap and water. Wash your hands for 15 seconds (count out loud as a reminder).
3. Remove your eye protection.
4. Remove your face covering or mask by only holding the ear loops or ties—do not touch the front of the mask that was over your face.
5. Put the face covering or mask in a container or bag right away.
6. Use a cleaner or disinfectant to clean your eye protection. Follow the product instructions.
7. Wash your hands a second time. If your hands look dirty or came into contact with respiratory secretions or other body fluids, clean them with plain soap and water for 15 seconds.



Stop the spread of infection

- ❖ Avoid sharing items that might be contaminated, for example, toothbrushes, cigarettes or vapes, eating utensils, drinks, towels, washcloths, or bed linen. Do not share a bed.
- ❖ Clean dishes and eating utensils with dish soap and water after use. Use of a dishwasher with a drying cycle will also provide a sufficient level of cleaning.
- ❖ Clean high-touch areas such as toilets, sink tap handles, doorknobs, and bedside tables daily. Use regular household cleaners and clean more often, if visibly soiled.
- ❖ Wash laundry thoroughly using regular laundry soap and water.
- ❖ Wash your hands frequently. The infected person should do the same. Wash your hands for 15 seconds (count out loud as a reminder). Alcohol-based hand sanitizer is preferred. If alcohol-based hand sanitizer is not available, plain soap and water is acceptable. If hands are visibly soiled, clean them with plain soap and water for 15 seconds.

Monitor your health

- ❖ If you are caring for someone with symptoms of COVID-19 or who has tested positive for COVID-19 and you are living in the same household, you must self-isolate. Other household members must also self-isolate.
- ❖ If you are caring for someone with symptoms of COVID-19 or who has tested positive for COVID-19 and does not live in the same household as you, self-monitor for symptoms. If you develop symptoms of COVID-19, please self-isolate, along with other household members.
- ❖ If you think you may have COVID-19 or were exposed to the virus, follow [these steps](#) to take care of yourself and protect others.

If you need to take someone with COVID-19 to the hospital or an appointment

- ❖ Do not use public transportation such as buses, taxis, airplanes, or trains. Use a private vehicle.
- ❖ If you have questions, for non-urgent appointments call the location of the appointment prior to visiting and they will assist you in preparing for your visit.
- ❖ The person you are caring for should wear a well-fitted face covering or mask over their nose mouth and chin, and travel in a private vehicle if possible.
- ❖ If you need to call an ambulance, advise them that the person you care for has or may have COVID-19 so they can take special precautions.



For more information

- ❖ Call Public Health Sudbury & Districts, Control of Infectious Diseases Program at 705.522.9200, ext. 301 (toll-free: 1.866.522.9200; after-hours: 705.688.4366) or Telehealth Ontario (24/7) at 1.866.797.0000.
- ❖ Visit ontario.ca/exposed for more information.
- ❖ For more resources to support families and caregivers, please visit connectability.ca/covid-19/.

Ce document est disponible en français

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