Prevent the virus from spreading

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

If you are caring for someone who has, or who may have, COVID-19, limit your contact with them as much as possible.

Public Health Sudbury & Districts will give you special instructions about how to monitor your own health, whether you should self-isolate, and what to do if you start to feel sick.

> **Follow the advice of your health care provider and/or Public Health Sudbury & Districts. If you have questions, or you or the person you are caring for start to feel worse, contact Public Health, and your health care provider or Telehealth Ontario.**

## Special instructions for caregivers (recommendations)

Wear protection

- Wear gloves, a mask, and eye protection (goggles or a face shield) while you provide care or are in the same room as the person.

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 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 mask in a waste container or disposable 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.
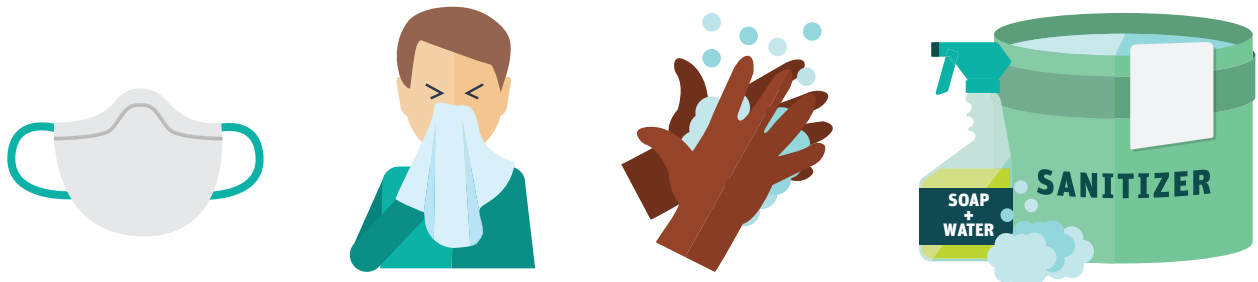
Stop the spread of infection

⇢ 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.

Monitor your health

⇢ Monitor for symptoms of COVID-19 (fever, cough, congestion (stuffy), difficulty breathing).

⇢ If you think you are ill, isolate yourself right away and call Public Health. See the self-isolation fact sheet for instructions.

⇢ Follow the instructions below if you need to go to the hospital or if you seek medical care.

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.

⇢ Call Public Health if you need to take the person you are caring for to the hospital or to a medical appointment. We will discuss transportation options for you, and we will call the hospital or clinic to make sure they are prepared when you arrive.

⇢ The person you are caring for should wear a mask (surgical or procedure mask) over their nose and mouth, and travel in a private vehicle if possible.

⇢ If you need to call an ambulance, tell them that the person you care for has COVID-19 (coronavirus) so they can take special precautions.

For more information, please contact:

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.