

Caring for Someone Who is Sick

Most people who get sick with COVID-19 can stay home to recover. See the guide below to care for someone in your home who may be sick. Older people and people with certain existing conditions (lung or heart disease, diabetes) are at a greater risk of serious implications and should seek medical care at the first sign of symptoms.



Monitor for worsening symptoms

Keep doctor's contact information nearby. Contact a doctor immediately for worsening symptoms including:

- Trouble breathing
- Persistent chest pain or pressure
- New confusion or inability to arouse
- Bluish lips or face
- Any other symptoms that are severe or concerning

Prevent the spread of germs

The sick person should:

- The sick person should stay in one room, away from others, as much as possible.
- Use a separate bathroom when possible
- Not share items like dishes, towels and bedding
- Wear a mask or face covering when around others

You and others should:

- Wash hands often
- Avoid touching your face
- Daily, clean surfaces that are touched often (doorknobs, counters, tables, light switches)
- Wash laundry thoroughly; wear gloves when handling soiled laundry
- Avoid having visitors in the house





Treatment

- Provide lots of fluids (like water) and time for rest.
- Over-the-counter medicines can help with symptoms like coughing and pain.
- Most people feel better after about a week.

When to End Isolation at Home

- There is no fever for at least 72 hours without medicine.
- Other symptoms have improved.
- At least 7 days have passed since symptoms started OR they receive 2 negative tests in a row, 24 hours apart.

In all cases, follow your doctor's guidelines for home isolation.



[Caring for Someone who Might Have COVID \(ASL video\)](#)

Adapted from Centers for Disease Control and Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>