



CORONAVIRUS COVID-19

CHESTER COUNTY HEALTH DEPARTMENT

BE INFORMED

LEARN THE FACTS, SHARE THE FACTS, STOP THE FEAR



CARING FOR SOMEONE WITH COVID-19



How to safely care for a friend or family member recovering at home.

Prevent the Spread of Germs at Home:

- Whenever possible, persons recovering from COVID-19 at home should self-isolate to a separate area of the home, such as a specific bedroom or the basement
- If possible, have them use a separate bathroom from the rest of the household
- Wash their clothing and bedding frequently
- Avoid sharing household items like dishes, towels, or electronic devices
- Disinfect the living space often and wash hands with soap & water for 20 seconds
- Avoid unnecessary visitors
- Limit interactions. Caregiver and sick individual should both cover their mouth and nose when interactions do need to take place

Offer Comfort and Monitor Symptoms:

- Most people who get sick with COVID-19 will experience mild symptoms, and should recover at home while self-isolating
- Offer over the counter medications, like a cough suppressant or fever reducer, as needed. Symptoms typically linger for a few days to about one week
- Notify a health care provider immediately if mild symptoms progress:
 - Trouble breathing
 - Persistent chest pain or pressure
 - Confusion
 - Bluish lips or face



2-1-1

Call if you need assistance finding food, paying bills or accessing other essential services

When Can a Sick Individual Stop Isolation?

- Persons with COVID-19 who have symptoms and were directed to care for themselves at home may discontinue home isolation under the following conditions:
 - At least 3 days (72 hours) have passed since recovery defined as resolution of fever without the use of fever-reducing medications;
 - AND improvement in respiratory symptoms (e.g., cough, shortness of breath);
 - AND at least 7 days have passed since symptoms first appeared
- For Household Contacts of Persons with COVID-19:
 - Because exposure is considered to be ongoing within the house, household contacts of persons with COVID-19 must be quarantined for 14 days after the case has been released from isolation. This means that household contacts will need to remain at home longer than the initial case
 - Notify your health care provider immediately if you, as a caregiver, start to experience symptoms

STAY CALM & STAY HOME



Order groceries online or ask a friend to drop them off.



Social distance is really about keeping physical distance, not social isolation. Enjoy regularly scheduled e-mails, calls, FaceTime/Skype with friends and family. Safe interaction with others is important!