



PAHO

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For caregivers



Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch your mask or face during use; discard it afterward.

Frequently clean hands with soap and water or alcohol-based handrub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash these with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your healthcare facility immediately if the ill person worsens or has trouble breathing.

#COVID19

www.paho.org/coronavirus



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Take care of yourself and your family

All members of the household



Wash hands with soap and water regularly, especially:

- after coughing or sneezing
- before, during and after preparing food
- before eating
- before and after caring for the ill person



Avoid unnecessary exposure to the ill person and avoid sharing items, such as eating utensils, dishes, drinks and towels.



When coughing or sneezing, cover your mouth and nose with flexed elbow or use a disposable tissue and discard immediately after use.



Monitor everyone's health to detect symptoms such as fever, cough and difficulties breathing; if detected, call your healthcare facility immediately.

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Take care of yourself and your family

For ill people

If you have a fever and/or cough:



Clean hands frequently with soap and water or with alcohol-based handrub.



Stay at home. Do not go to work, school or public places. Rest, drink plenty of fluids and eat nutritious food.



Stay in a separate room from other family members, but if not possible, wear a medical mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well-ventilated and, if possible, use a separate bathroom.



When coughing or sneezing, cover your mouth and nose with flexed elbow or use a disposable tissue and discard after use. If you have trouble breathing, call your healthcare facility immediately.

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