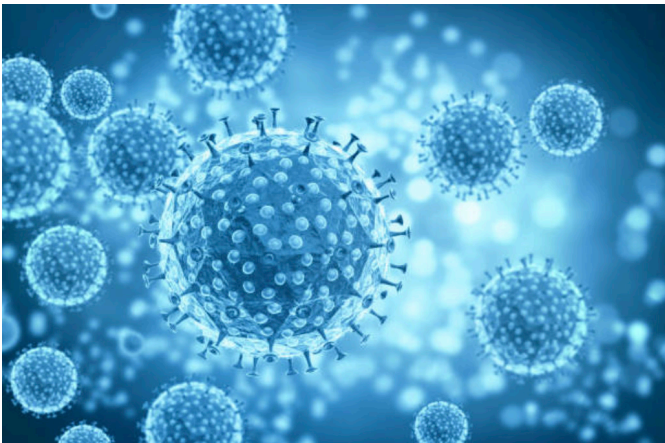




“Caring for our community’s health since 1973”



## The following instructions are for people who have or might have Novel Coronavirus (COVID-19) and their families or caregivers:

People who live with or provide home care for the COVID-19 patient at home should:

- 1. Be informed.** Make sure that you understand and can help the patient follow their healthcare provider’s instructions for medication(s) and care.
- 2. Limit visitors to only people caring for the patient.**
  - ✔ As much as possible, anyone who is not caring for the patient should stay in another home or stay in other rooms. They should also use a separate bathroom if possible.
  - ✔ Keep elderly people and those who have weak immune systems or chronic health conditions away from the person. This includes people with diabetes, chronic heart or lung or kidney conditions.
- 3. Make sure that shared spaces in the home have good air flow.** Open windows or use an air conditioner if possible.

**4. Wash hands.** People in the home should wash their hands often and thoroughly with soap and water for at least 20 seconds, especially before eating or after using the bathroom. Use an alcohol-based hand sanitizer if soap and water are not available and if your hands are not visibly dirty. Avoid touching your eyes, nose, and mouth with unwashed hands.

**5. Wear disposable personal protective equipment (PPE)** e.g., facemask, and gloves when you touch or have contact with the patient’s blood, body fluids and/or secretions, such as sweat, saliva, sputum, nasal mucus, vomit, urine, or diarrhea. Throw these away after use and do not reuse. When removing PPE, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.

**6. Avoid sharing household items.** Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items with the patient.

**7. Clean all “high-touch” surfaces,** such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day using household disinfectants. Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.

**Los Angeles County Department of Public Health**

<http://publichealth.lacounty.gov/media/Coronavirus/>

