



## AT HOME CARE FOR PATIENTS WITH COVID-19

Follow these guidelines in caring for the patient and to keep the virus from spreading to others.

### For those who are sick with COVID-19:

- **Stay in a well-ventilated (aired out) room.** Keep doors and windows open if the weather allows for it.
- Stay in this room as much as possible. **Avoid shared spaces.**  
If possible, use a separate bathroom from other household members.
- **Open windows** to keep fresh air circulating at all times in any shared spaces you use.
- **Wear a medical/surgical mask** to keep the virus from spreading through the air.
- **Stay away from other household members**, including pets. Do NOT have contact with your pet, to keep them from spreading the virus to others.
- **Stay isolated until** it has been 10 days since you first felt sick AND the fever has been gone for 24 hours.

### For the Caregiver:

- Try to have as **few caregivers** as possible for the sick person.
- **Wash your hands** with soap for 20 seconds (or use Hand Sanitizer with at least 60% alcohol) before you care for the sick person and after you touch them or anything around them. Do not touch your face with unwashed hands.
- **Wear a medical/surgical mask** when you are caring for the person. If you do not have one, use a bandana or fabric facemask. Use a fresh mask each day or sooner if it becomes wet or dirty. Wash fabric masks between uses.
- **DO NOT** touch any bodily fluids (saliva, blood, urine, etc.) if possible.
- **DO NOT** let the sick person use the same towels, bedding or eating utensils as the rest of the household. Wash the towels and bedding with regular laundry detergent. Clean dishes and utensils with soap and water after each use.
- **Clean all surfaces in the sick person's room** with regular household cleaning products. Then go over them with a household disinfectant (diluted bleach, Lysol or Clorox wipes, etc.).
- **Clean the person's bathroom** and toilet at least once a day.

### **For the rest of the household:**

- Do not stay in the same room as the sick person.
- **Keep at least 6 feet away from the person** whenever possible.
- **NO VISITORS:** Do not visit the sick person until their fever has been gone for 24 hours AND it has been 10 days since they first felt sick.
- Do not touch anything used by the person (toothbrush, towels, sheets, clothes, dishes, eating utensils, etc.).
- **Stay connected.** Friends and family are important for healing. Please stay in touch with the sick person often by phone, video chat or other electronic communication

### **Outpatient management of children with COVID-19**

- **How should children be managed?** Children with documented or suspected COVID-19 and mild symptoms (eg, fever, cough, pharyngitis, other respiratory symptoms) generally should be managed at home unless they have a chronic condition that increases their risk of severe disease.
- **Management** is focused on prevention of transmission to others (ie, isolation), monitoring for clinical deterioration, and supportive care.
- **Monitoring for clinical deterioration** Caregivers of children who are managed at home should monitor for symptoms of clinical deterioration, which may occur suddenly after approximately one week of symptoms and should prompt urgent re-evaluation. These include:
  - Severe respiratory distress, difficulty breathing (for infants: grunting, central cyanosis, inability to breastfeed) It is best to use a Pulse Oximeter. Let us know if readings remain less than 95.
  - Chest pain or pressure
  - Blue lips or face
  - Findings associated with shock (eg, cold, clammy, mottled skin; new confusion; difficulty arousing; substantially reduced urine output)
- **Symptomatic and supportive care** – Symptomatic care for COVID-19 in the outpatient setting is similar to that for other upper respiratory or gastrointestinal clinical syndromes. You may use OTC pain or fever meds as needed such as Tylenol (acetaminophen) or Motrin (ibuprofen). OTC cough or cold products are also fine to use as needed for those symptoms. You may also consider vitamins or supplements such as **Zinc and Vitamin C**. Your doctor will let you know if the patient is a candidate for monoclonal antibody infusion. Antibiotics are not indicated for COVID.

We strongly recommend using a pulse oximeter at home if possible. These can usually be purchased online or at your pharmacy. Those with shortness of breath should have their oxygen saturations checked twice daily. Readings consistently less than 95% should be reported to a doctor.

## **DISCONTINUATION OF HOME ISOLATION FOR PERSONS WITH COVID-19**

**Persons with COVID-19** who were directed to care for themselves at home may discontinue isolation under the following conditions:

- At least 24 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 10 days have passed *since symptoms first appeared*.
- Repeat testing is NOT recommended.
- Athletes 12 and over need additional clearance from their doctor before returning to play.