Caring for Clients with COVID-19

Recommendations for caregivers caring for a client with a confirmed COVID-19 case or under investigation for COVID-19

Help stop the spread of germs. Following basic recommendations per the CDC can help keep you and your client safe.

1. Monitor your client for worsening symptoms. If your client is getting sicker, have them call their health care provider.

2. If you notice your client has trouble breathing, persistent pain or pressure in the chest, new confusion or an inability to arouse, bluish lips or face, or any other concerning symptoms, call 911. Notify the dispatch personnel that the client has, or is being evaluated for, COVID-19.

3. Monitor the person for worsening symptoms. Monitor your own health closely. Contact your primary healthcare provider right away if you experience a fever, cough or shortness of breath.

4. Wash your hands with soap and water for at least 20 seconds regularly, especially after providing personal care assistance to the client. You can also use an alcohol-based sanitizer that contains 60% - 90% alcohol if soap and water aren't available.

5. Avoid touching your nose, eyes and mouth with unwashed hands.

6. Your client should wear a face mask when you are providing care, if one is available. If your client is not able to wear a face mask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the client.

7. Wear a disposable face mask and gloves when you touch have contact with the client's blood, stool or other body fluids. Place all used disposable gloves, face masks, and other contaminated items in a lined container to dispose of them. Clean your hands immediately afterward.

8. Avoid sharing household items with the patient.

9. Disinfect common areas frequently and wash used laundry thoroughly.

For additional guidance, contact your local health department.