Caregiving and the Coronavirus: TIPS FOR CAREGIVERS

During the ongoing infection-prevention measures associated the novel coronavirus, family and friend caregivers should take extra precautions to keep themselves and those they care for healthy.



PLAN AND PREPARE

- Create a list of local organizations you and your family can contact in case you need access to information, health care services, and resources.
- Contact the doctor to request several weeks' worth of medications or sign up for medication delivery through the pharmacy.
- Choose a room in your house that can be used to separate sick household members from others.



TAKE PREVENTIVE STEPS

- Wash your hands frequently, especially before and after helping your loved one and when bringing in groceries.
- Avoid touching your eyes, nose, and mouth. Cover your cough. Remind others in your house to do the same.
- Sneeze into your elbow or a tissue. If you use a tissue, throw it in the trash.
- Use germ-killing wipes and cleaner to disinfect frequently touched objects such as doorknobs, mailboxes, microwaves, and TV remotes.
- Limit close contact with others. This includes avoiding hugs, kisses, and handshakes with others.



WATCH FOR SYMPTOMS

- Stay home and speak to a health care provider if you or the one you care for develops any of these symptoms: fever or cough or shortness of breath.
- If you or the one you care for develops emergency warning signs for COVID-19, get medical attention immediately.

THOSE AT HIGHER RISK OF SEVERE ILLNESS

- □ As much as possible, stay at home and away from crowds.
- When you go out in public, wear a face covering or mask. Keep away from those who are sick. Limit close contact with others. Maintain at least six feet of distance.



Always practice good hand hygiene.

Learn more

For a continually updated list of related caregiver resources, visit **<u>bit.ly/2UteVXa</u>**.

For more information on caregiving services, resources, and tips visit **www.caregiver.org**.

