

15 ACTIONS WHEN CARING FOR SOMEONE WHO HAS CONTRACTED COVID-19



If you are in charge of caring for an infected patient, we recommend the following measures to protect your health and contribute to the person's recovery:

- 1 Make sure you understand the healthcare provider's instructions regarding medications and patient care, and help the person follow them.
- 2 Monitor the patient's symptoms. If the illness gets worse and you need to leave home, contact your healthcare providers and notify them that you are bringing a patient with Covid-19. This will help them take preventive measures to prevent the spread to others.
- 3 You and the patient should wear a mask if you are in the same room. Discard disposable masks and gloves after use. Do not use them again.
- 4 Wear disposable gloves when handling dirty items, and keep these items away from your body. Wash your hands immediately (with soap and water, or use an alcohol-based hand sanitizer) after removing your gloves.
- 5 Prohibit visits from those who do not have an essential need to be in the house or place of care.
- 6 Keep other household members away from the patient. It is suggested to use a separate bedroom and bathroom, if possible.
- 7 Make sure the shared spaces in the home have good air circulation, either through an air conditioning system or an open window.
- 8 Avoid sharing personal use items with the patient. Dishes, glasses, cups, cutlery, towels, bed linen or other items should not be shared. After the patient uses the items, they should be washed thoroughly.

- 9 Help with basic household needs and provide support with food preparation, prescriptions and other personal needs.
- 10 Clean all frequent contact surfaces every day, such as tables, doorknobs, bathroom faucets, toilets, phones, keyboards, tablets and nightstands. Also clean all surfaces that may contain blood, feces or bodily fluids.
- 11 Wash clothes thoroughly. Immediately remove and wash clothing or bedding that has blood, feces or bodily fluids.
- 12 Wash your hands frequently with soap and water for at least 20 seconds, or clean them with a hand sanitizer that contains at least 60-95% alcohol. Cover all the surfaces of your hands, and rub them until they feel dry. If your hands are visibly dirty, it is preferable to use soap and water.
- 13 Avoid touching your eyes, nose and mouth without washing your hands.
- 14 When removing personal protective equipment, remove and discard the gloves first. Then wash your hands immediately with soap and water, or an alcohol-based hand sanitizer. Then remove and throw away the mask and wash your hands immediately again with soap and water, or an alcohol-based hand sanitizer.
- 15 Place all used gloves, masks and disposable items in a plastic bag before throwing them away with regular household trash. Wash your hands immediately after handling these items. If your hands are visibly dirty, it is preferable to use soap and water.

At MCS, our priority is to give you peace of mind and keep you informed. We're committed to educating and protecting citizens with the appropriate response.

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Orientation services and phone consulting, with healthcare professionals addressing concerns regarding the correct management of medical conditions and symptoms.

Reference:

Interim Guide to Preventing the Spread of the Coronavirus 2019 (COVID-2019) in Homes and Residential Communities <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread-sp.html>

