

Caregiving and the Coronavirus: TIPS FOR CAREGIVERS

During the ongoing infection-prevention measures associated with 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 bit.ly/2UteVXa.

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

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