

# Home care for people with suspected or confirmed COVID-19

## Take care of yourself and your family

### For caregivers

Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch the mask or face during use and discard it afterward.

Frequently clean hands with soap and water or alcohol-based rub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash dishes, cups, eating utensils, towels, or bedlinens used by the ill person with soap and water.

Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your health care facility immediately if the ill person worsens or experiences difficulty breathing.

## Coping with Stress and Fear from COVID-19



### Take care of your body.

- Eat healthy, well-balanced meals
- Exercise regularly
- Get plenty of sleep
- Take deep breaths, stretch, or meditate



### Virtually connect with others.

Talk with people you trust about your concerns and how you are feeling.




Take breaks from watching, reading, or listening to news stories, including social media.



### Make time to unwind.

Try to do some other activities you enjoy.

Help is available:  
Visit [Mass.gov/COVID19](https://www.mass.gov/COVID19) or Call **2-1-1**

 Massachusetts Department of Public Health

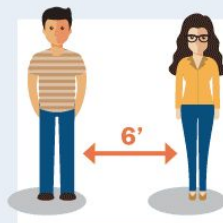
## Help Prevent COVID-19 with Social Distancing



Call/Facetime/online chat with friends and family.



Stay home as much as you can.



If you must go out:

- Don't gather in groups
- Stay 6 feet away from others
- Don't shake hands or hug



And please continue to wash your hands frequently.

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## Take care of yourself and your family

### For ill people

If you are ill with fever and cough



Clean hands frequently with soap and water or with alcohol-based hand rub.



Stay at home; do not attend work, school or public places. Rest, drink plenty of fluids and eat nutritious food.



Stay in a separate room from other family members, but if not possible wear a medical mask and keep a distance of at least 1 meter (3 feet) from other people. Keep the room well-ventilated and if possible use a dedicated bathroom.



When coughing or sneezing, cover mouth and nose with flexed elbow or use disposable tissue and discard after use. If you experience difficulty breathing, call your health care facility immediately.