

COVID-19

Recover at Home: FAQs



1. Is it safe for me to stay at home?

Yes. Most patients with COVID-19 can recover at home. Seek medical attention right away if you have any of these symptoms:

- Trouble breathing
- Ongoing pain or pressure in the chest
- Feel confused or unable to wake up
- Bluish lips or face

Contact your provider for any other concerning symptoms.

Call 911 if you have a medical emergency: Let them know you have COVID-19. If possible, put on a mask over your nose and mouth before help arrives.

2. How long do I have to stay home?

This depends on how sick you are. If you were sent home from the clinic, you'll need to follow the guidelines included here for at least five days after you got sick. If you were admitted to the hospital, you'll need to follow these guidelines for 20 days or more—talk to your health care provider about when you can stop these measures.

3. How do I protect others from the virus?

Follow these tips to prevent the spread of this virus:

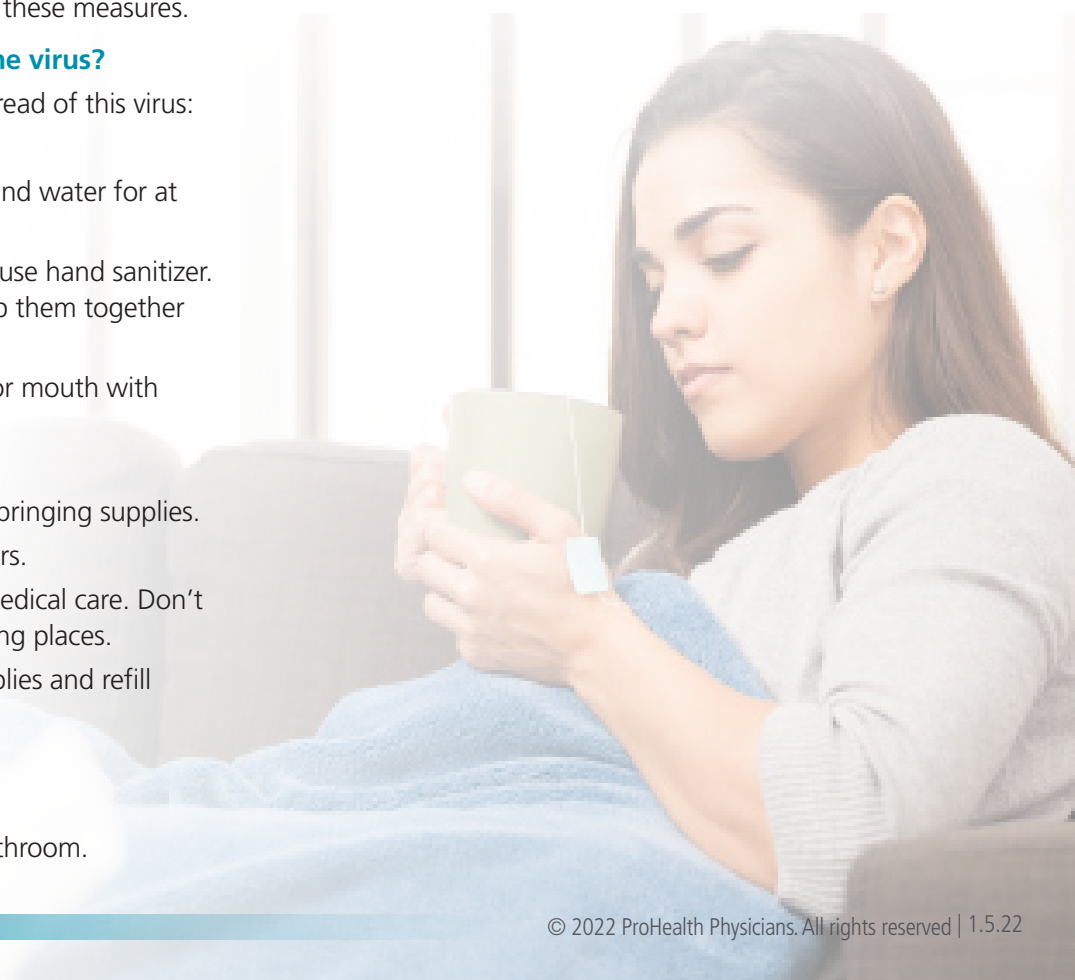
• Hand Hygiene

- Wash hands often. Use soap and water for at least 20 seconds.
- If you can't wash your hands, use hand sanitizer. Apply over your hands and rub them together until they feel dry.
- Don't touch your eyes, nose, or mouth with unwashed hands.

• Social Distancing

- Avoid visitors, unless they are bringing supplies.
- Stay at least six feet from others.
- Stay at home, except to get medical care. Don't go to work, school, or gathering places.
- Ask others to get food or supplies and refill prescriptions for you.
- If you live with others:
 - a. Stay in a separate room.
 - b. If possible, use a separate bathroom.

- Wear a mask covering your nose and mouth when in the same room for **10 days**.
- Don't touch your eyes, nose and mouth when removing your mask. Wash your hands after doing so.
- If possible, stay away from pets and have someone else care for them. If not possible, wash your hands before and after touching pets.
- **Cover your coughs and sneezes**
 - Cover your mouth and nose with a tissue when you cough or sneeze.
 - Throw away used tissues in a lined trash can.
 - Wash your hands right away.
- **General household cleaning for you and/or your caregivers**
 - Wear gloves when cleaning and disinfecting.
 - Clean with disinfectants, following product instructions.



– Follow these tips for:

- a. **Hard surfaces** – Clean tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, facets, and sinks often.
- b. **Hard floors** – Pour dirty water down the toilet. Don't pour down the kitchen sink.
- c. **Soft surfaces** – Consider cleaning carpets, rugs and drapes using the manufacturer's recommendation.
- d. **Electronics** – If possible, place a wipeable cover over tablets, phones, touch screens, keyboards and remote controls. Refer to manufacturer guidelines on cleaning. If no guidelines, use an alcohol wipe. Let the surface dry naturally.
- e. **Laundry** – Use the warmest water and dryer setting. Do not shake out dirty laundry. Clean and disinfect clothes hamper.
- f. **Dishes** – Wash dishes and utensils using gloves and hot water. Use disposable when possible.
- g. **Trash** – Use a lined trash can. Always use gloves when removing trash.
- h. **Bathroom** – If a separate bathroom is not available, clean after each use. Change towels and washcloths often. Do not share razors, toothbrushes, deodorant, combs, or brushes.

4. Are there any special supplies I need at home?

You may find the following items helpful:

- Masks for all household members
- Thermometer
- Over-the-counter medicines
- Tissues
- Enough household items and groceries on hand for two to four weeks

Your provider may recommend Durable Medical Equipment (DME) like canes or oxygen. When deliveries are expected inside the home, follow these tips:

- Let the delivery person know where the patient is within the home.
- Ask them to use masks, gloves, and eye protection.
- Ask them to wash hands or use an alcohol-based hand sanitizer.
- Wear masks covering nose and mouth while they are present.

- Minimize the length of time they are in the home.
- Use electronic payment/billing when possible.
- Have a trash can outside the home for them to use.

5. Can I recover alone, without help?

Ask your medical provider to discuss your recovery needs. These questions can help identify which resources may be necessary:

- Do you need help with:
 - Food (prep or shopping)
 - Dressing
 - Bathing
 - Medication management
 - Transportation
- Who can take charge of caregiving and/or make these arrangements?
- Do you have money to hire outside resources? Is there insurance to cover the costs?
- What days and times will you need help?

6. What other options are available?

Consider friends, family, religious communities, and neighbors. In this crisis, physical distancing may limit these options.

Visit the Family Care Navigator site to locate caregiving support services for all 50 states: www.caregiver.org/family-care-navigator

If you were hospitalized, work with your care manager to find services. They work with families, health care teams, and patients to find services like home care and meals.

7. How do we deal with the stress of this time?

Find support groups through health care facilities, mental health programs, and organizations. Many are virtual.

The following tips may help:

- Look for resources before you need them. It's hard to make important decisions during a crisis.
- Write down all information given. Include the date, name of agency, phone number or website, and what you asked for. Write down any follow-up items.

Don't hesitate to ask for help

Resources for home care and caregivers:

Family Caregiver Alliance—National Center on Caregiving

Phone: 1-800-445-8106

Website: www.caregiver.org

Email: info@caregiver.org

National Association for Home Care and Hospice

Phone: 1-202-547-7424

Website: www.nahc.org/resources-service