

# 5 STEPS WHEN CARING FOR A PERSON WITH COVID-19 IN THE HOME

People with disabilities can be at increased risk of becoming infected or having unrecognized illness. If someone who lives in your home becomes infected with COVID-19, following these guidelines will help prevent the spread of infection.

## 1. PREVENT THE SPREAD OF DISEASE



- Have the person stay in a separate bedroom by themselves, away from others utilizing their own bathroom, if possible.
- Avoid unnecessary visitors, limit to essential visits only.
- Maintain at least a 6 foot distance from each other whenever possible.
- Have the person with COVID-19 wear a mask.
- If person cannot wear a mask, caregiver should use PPE when treating the person.

## 2. PERIODIC SYMPTOM MONITORING



- Monitor household residents and support staff for fever, cough, shortness of breath, or at least 2 other symptoms such as muscle pain, sore throat, headache, loss of taste or smell
- Contact a healthcare provider if anyone experiences these symptoms

## 3. PROVIDE SYMPTOM TREATMENT



- Follow the guidance of your health care provider on treating fever, shortness of breath, or other symptoms
- Contact your healthcare provider if considering ending isolation

## 4. WORSENING SYMPTOMS: CALL 9-1-1



- Trouble breathing, shortness of breath
- Persistent pain
- Pressure in the chest
- New confusion
- Bluish lips or face

## 5. KEEP OTHERS INFORMED



- Inform necessary people of COVID-19 infection in the home and provide updates to: service coordinator, parent/guardian, and family

**for more info, visit -**

<https://health.hawaii.gov/coronavirusdisease2019/>  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html>