

COVID-19 - Homecare Instructions

These instructions are for patients with COVID-19 or suspected COVID-19 who do not require hospitalization based on the Centers for Disease Control's (CDC) Guidelines.

IF YOU BECOME SICKER OR DEVELOP SHORTNESS OF BREATH CALL 911 OR YOUR DOCTOR

Criteria for ideal Homecare

- Patient is stable to go home
- Able to do self-care or appropriate caregivers are available at home
- Separate bedroom or space where the patient can quarantine until symptoms go away
- Available resources for food and other necessities
- Appropriate personal protective equipment for patient and caregiver at home may be indicated (e.g. masks, gown, gloves)
- There are NO household members in the high risk category (.e.g., people >65 years old, young children, pregnant women, people who are immunocompromised or who have chronic heart, lung, or kidney conditions)

Patient Rules

- **Stay at home except for medical care**
- Wear a facemask when you are around other people and going to a medical appointment or the hospital
- Cover your coughs and sneezes with tissues then immediately wash your hands, do not cough into your elbow
- WASH YOUR HANDS often with soap and water for 20 seconds or clean your hands with an alcohol- based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- Do not share household items with family members/friends
- Separate yourself from your family and animals
- Clean hard surfaces daily with antibacterial/anti-germicidal solutions such as Clorox or Lysol. See list of products at this link: [Novel Coronavirus \(COVID-19\) Fighting Products](#)
- Monitor your symptoms and report to emergency room if fever exceeds 103 or you have difficulty breathing
- Home ISOLATION may be as long as 14 days and will be lifted by your healthcare provider or the local health department

More information is available and updated regularly at the CDC website: [Interim Guidance for Implementing Home Care of People Not Requiring Hospitalization for Coronavirus Disease 2019 \(COVID- 19\)](#)

Reference:

Interim Guidance for Preventing the Spread of Coronavirus Disease 2019 (COVID-19) in Homes and Residential Communities. (2019, February, 12):

https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fguidance-home-care.html