

Coronavirus (COVID-19)

Prevention steps for those who **DO NOT** need to be hospitalized **AND** those who were hospitalized and determined to be medically stable to go home.

Your health care provider and public health staff will evaluate whether you can be cared for at home. You should follow the prevention steps below until a health care provider or local or state health department says you can return to your normal activities.

Stay home except to get medical care.

Cover your coughs and sneezes.

Clean your hands often.

Clean all "high-touch" surfaces every day.

Separate yourself from other people and animals in your home.

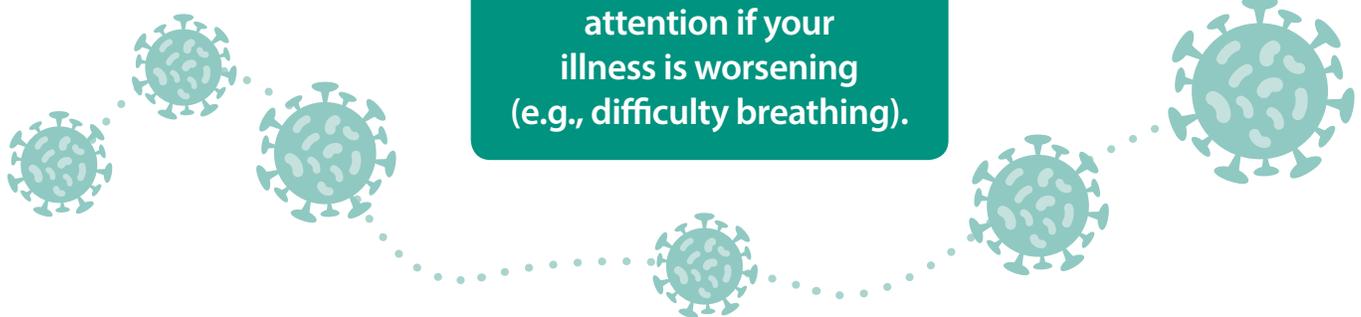
Avoid sharing personal household items.

Wear a face mask.

Call ahead before visiting your doctor.



Monitor your symptoms. Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).



RIVERSIDE



Recommended precautions for household members and caregivers in a non health care setting.

Those in close contact should follow these recommendations:

- **Make sure that you understand and can help the patient follow their health care provider's instructions for medication(s) and care.** Help the patient with basic needs in the home and provide support for getting groceries, prescriptions and other personal needs.
- **Monitor the patient's symptoms.** If the patient is getting sicker, call his or her health care provider and tell them that the patient is suspected or confirmed to have COVID-19. This will help the health care provider's office take steps to keep other people in the office or waiting room from getting infected. Ask the health care provider to call the local or state health department for additional guidance. If the patient has a medical emergency and you need to call 911, notify the dispatch personnel that the patient has, or is being evaluated for, COVID-19.
- **Household members should stay in another room and use a separate bedroom and bathroom, if available and be separated from the patient as much as possible.**
- **Prohibit visitors who do not have an essential need to be in the home.**
- **Household members should care for any pets in the home.** Do not handle pets or other animals while sick.
- **Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.**
- **Perform hand hygiene frequently.** Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95 percent alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Avoid touching your eyes, nose and mouth.**
- **The patient should wear a face mask when around other people.** If the patient is not able to wear a face mask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- **Wear a disposable face mask and gloves when you touch or have contact with the patient's blood, stool or body fluids, such as saliva, sputum, nasal mucus, vomit or urine.**
 - Throw out disposable face masks and gloves after using them.
 - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of face mask and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- **Avoid sharing household items with the patient.** You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items. After the patient uses these items, you should wash them thoroughly.
- **Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables, every day. Also, clean any surfaces that may have blood, stool or body fluids on them.**
 - Use a household cleaning spray or wipe, according to the label instructions.
- **Wash laundry thoroughly.**
 - Immediately remove and wash clothes or bedding that have blood, stool or body fluids on them.
 - Wear disposable gloves while handling soiled items and keep soiled items away from your body. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after removing your gloves.
 - Read and follow directions on labels of laundry or clothing items and detergent.
- **Place all used disposable gloves, face masks and other contaminated items in a lined container before disposing of them with other household waste.** Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items.
- **Discuss any additional questions with your health care provider or state or local health department.**