

Home Care Instructions for Household Members Living with a Loved One or Roommate Possibly Infected with Coronavirus

- 1. Limit visitors to only those who are caring for your loved one/roommate.** As much as possible, anyone who is not caring for them should stay in another home or in another room. They should also use a separate bathroom, if possible. Keep elderly people and those who have weak immune systems or chronic health conditions away.
- 2. Make sure that shared spaces in the home have good air flow.** Open windows or use an air conditioner, if possible.
- 3. Wash your hands often.** Use soap and water for at least 20 seconds or use 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. You should use soap and water if your hands are visibly dirty.
- 4. Avoid touching your eyes, nose, and mouth with unwashed hands.**
- 5. Wear a disposable facemask if one is available when in the same room as your loved one/roommate.**
- 6. Wear a disposable facemask (if available) and gloves when you touch or have contact with blood, body fluids and/or secretions, such as saliva, sputum, nasal mucus, vomit, urine, or diarrhea.** Throw these away after use and do not reuse. When removing, 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 the facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- 7. Avoid sharing household items.** Do not share dishes, drinking glasses, utensils, towels, or bedding. Follow the cleaning instructions below.
- 8. Clean all “high-touch” surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day using household disinfectants.** Also, clean any surfaces that may have blood, body fluids and/or secretions or excretions on them.
- 9. Cleaning Instructions:**
 - Follow the recommendations provided on cleaning product labels, including precautions you should take when applying the product, such as wearing gloves or aprons and making sure you have good ventilation during use of the product
 - Wash laundry thoroughly. Immediately remove and wash clothes or bedding that have blood, body fluids and/or secretions or excretions on them. Wear disposable gloves while handling soiled items and keep soiled items away from your body. Wash your hands immediately after removing your gloves. Read and follow directions on labels of laundry or clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.
 - Place all used disposable gloves, gowns, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Wash your hands immediately after handling these items.
- 10. Monitor their symptoms.** If they are getting sicker (e.g., trouble breathing, pain in chest), call their medical provider and tell the medical staff that he/she has, or is being evaluated for, COVID-19. This will help the healthcare provider’s office take steps to keep other people from getting infected. Ask the healthcare provider to call the local or state health department for additional guidance. If he/she has a medical emergency and you need to call 911, notify the dispatch personnel that he/she has, or is being evaluated for, COVID-19.
- 11. Monitor your own health for signs and symptoms of COVID-19, including fever, cough, or shortness of breath.** If you develop any of these symptoms, use the IU Health Virtual Clinic App or contact your healthcare provider to describe your symptoms and let them know you are in close contact of someone with COVID-19. Before you visit a clinic or hospital, call your healthcare provider. This will help your provider take steps to keep other people from getting infected.

