How to Help Take Care of Someone Who is Sick

If a family member or friend has a fever, cough, or shortness of breath, they might have COVID-19.
If you care for them, protect yourself from becoming infected.

MONITOR FOR SYMPTOMS

- Have a way to get in contact with a healthcare provider.
- If the person you are caring for is getting sicker, help the person get in touch with a healthcare provider.
- For medical emergencies, call 911 and let them know that the person might have COVID-19.
- If they develop **emergency warning signs,** get them **medical attention immediately**. Emergency warning signs include
    » Trouble breathing
    » Persistent pain or pressure in the chest
    » New confusion or inability to arouse
    » Bluish lips or face

This list is not all inclusive. Please consult a medical provider for any other symptoms that are severe or concerning.

PREVENT THE SPREAD OF GERMS

- Have the person stay away from other people, including yourself, as much as possible.
    » If possible, have the person use a different bathroom.
    » Avoid sharing personal items like clothes, dishes, or cigarettes.
    » If masks are available, the sick person should wear a mask when around people, including you.
    » If the sick person can't wear a mask but masks are available, you should wear one if you need to be close to them.
    » If masks are not available, encourage the sick person to cough into a tissue and throw the tissue away
- Wash your hands often with soap and water for at least 20 seconds, especially after interacting with the sick person.
- Avoid touching your eyes, nose, and mouth.
- Avoid having visitors.

PROVIDE SYMPTOM TREATMENT

- Make sure the sick person drinks a lot of fluids to stay hydrated and rests.
- Over-the-counter medicines may help with symptoms.
- For most people, symptoms last a few days and get better after a week.
- After the person's fever and other symptoms have been gone for at least 3 days, and it has been at least one week since the start of their symptoms, the person can stop staying away from other people and wearing a mask.

cdc.gov/coronavirus