

COVID CARE TIP #1

**IT IS POLITE NOT TO SHARE
WHEN TAKING CARE OF
SOMEONE WITH COVID-19.**



This disease spreads easily when you're in close contact with someone who is sick. If you're caring for a family member with COVID-19, do not share dishes, plates, eating utensils, towels, or bedding with them. Try to also keep at least 6 ft of distance between yourself and sick family members. Make sure to mask up if you have to come in close contact with each other.



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COVID CARE TIP #2

**FLUIDS AND REST ARE THE
VERY BEST.**



Water is your friend. Make sure you are well acquainted. Help them get plenty of H₂O and rest on the regular. Check in with their doctor and see if they have any other treatment advice and if any over-the-counter medications may help. Make sure you know what signs may indicate a medical emergency and the need for professional medical help. If you have to call 911 make sure to warn the dispatcher that your loved one has COVID-19 so emergency responders can wear protective equipment.

Source: CDC



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COVID CARE TIP #3



**CLEAN LIKE YOUR HEALTH
DEPENDS ON IT.**

COVID-19 spreads from person-to-person so it's important to constantly clean when sharing a home with a sick family member. Clean and disinfect commonly touched and visibly dirty surfaces and objects at home like tables, counter tops, doorknobs, light switches, phones, tablets, keyboards and remote controls. Clean with soap and hot water or disinfect with a cleaner like Lysol or Clorox to kill the virus. If you use a product to help clean, make sure to follow instructions on the label.

Source: CDC



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COVID CARE TIP #4



DON'T SHARE GERMS, NOT EVEN WITH PETS.

Pets can be our ultimate therapy but it's important to limit interaction with animals when you have a probable or confirmed case of COVID-19 just in case your furry friend can get sick, or unintentionally spread the disease. If your loved one has a pet limit contact whenever possible.

Helping that person with grocery shopping, filling prescriptions, and other essential errands will also help them follow guidelines and stay away from other people while they are sick.

Source: CDC



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COVID CARE TIP #5

WASH USED ITEMS CAREFULLY.



Recent research shows this disease is more likely to spread through respiratory droplets (spit) between people than through touching common items like clothing or doorknobs. However, as a precaution, the CDC still recommends using safeguards when cleaning up after someone with COVID-19. Double line trash cans and tie them closed before putting in your curbside garbage can. Wear gloves when washing their laundry and run your machines on the hottest settings possible. Wash your hands well after touching anything they have touched.

Source: CDC



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