

Caregiver's Guide to COVID-19



Who needs to go to the hospital, and who can be managed at home?



- If your loved one has mild symptoms (sore throat, cough, fever/ chills, headache, low appetite, fatigue, runny nose), the safest place for them to recover is at **HOME**. The majority (at least 80%) of people infected with COVID19 recover at home without needing to go to the hospital.
- If your loved one is **SIGNIFICANTLY** short of breath, unable to eat or drink at all (even fluids), or acting confused (for example, does not know what month or year it is) they should be assessed at the hospital.
- If you are unsure, we are always here to help. Call our clinic (204-325-4312) or **Health Links** (1-888-315-9257 or <https://sharedhealthmb.ca/covid19/screening-tool>).

My loved one is suspected to have COVID19.

Where should he/she sleep?



- Alone in a well-ventilated single room (ex. Open windows/ door)
- OR in a separate bed at least 2 metres separated from others
- If more than one person is sick, they can be kept in the same room

Who should look after them?

- If they can, the patient should look after themselves.
- If the patient is unable, then **ONE** other person who is in good health and doesn't have chronic health problems should help.
- There is no known cure for COVID-19 yet. Provide a nutritious diet, and adequate fluids such as water or juice. Tylenol helps for fevers and body aches. A cleaned humidifier, steaming, or honey may help with the cough.



How can I protect myself, my family, and the community?



- **ISOLATE:** The patient should not leave their house until Public Health allows. No visitors or interaction with other people, especially not within 2 metres
- **DON'T SHARE:** The patient should have their own bathroom (if possible), separate eating utensils/ dishes, and keep pets separate. Don't share phones, computers, or electronic devices. Ensure common areas are well ventilated (ex. kitchen).
- **SEPARATE:** Avoid touching the patient - try to stay 2 metres from them. No visitors should be allowed. Everyone else in the house should isolate at the home and monitor for symptoms for 14 days - call Health Links if you get sick.



- **PROTECT:**

- Wash hands frequently with soap & water for 20 seconds, or hand sanitizer. Clean all parts of the hands (front, back, between fingers).
- **Don't touch your face**
- **PATIENTS** should be encouraged to wear a medical mask as much as possible. If not available a cloth mask or towel covering their mouth when coughing.



- **CAREGIVERS** should wear a medical/ cloth mask covering mouth and nose when in the same room as the patient, as well as goggles or a face shield. Avoid touching your face OR the front of the mask (touch straps only), then wipe down the goggles, and wash your hands.

- **CLEANING:**



- Use a **mask, gloves** and an **apron/ gown** when cleaning surfaces or washing clothing. Wash cloth masks, linens and face towels regularly with hot water (60-90 Celsius) and wipe down the laundry container. Wash your hands after handling these items.

- Clean surfaces that the patient may have come in contact with at least daily (ex. toilet, counters, door handles). Use store bought disinfectant or diluted bleach (0.5% sodium hypochlorite).

- If using reusable gloves, must wash with soap and water after every use.



- **DISPOSING:** Place contaminated waste in a lined garbage can with a lid in the patient's room. Handle with gloves and a mask when removing.

My doctor (or Health Links) told me to take my loved one to the hospital by car. How do I safely transport them?

- Both you and the patient should have a mask on. Seat them in the back of the car if possible.
- When you have arrived at the hospital, call or notify the front desk staff at the ER that you are waiting in the car, and await further instructions

