

## How to care for a household member who is sick

Most people who get sick with COVID-19 will have only mild illness and should stay at home to recover. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

**If you are caring for someone who is sick at home, follow these six tips:**

- 1. Have the person stay in one room, away from other people, including yourself, as much as possible.**
- 2. Have them use a separate bathroom, if possible.**
- 3. Look for emergency warning signs\* for COVID-19. If someone is showing any of these signs, seek emergency medical care immediately:**

- » Trouble breathing
- » Persistent pain or pressure in the chest
- » New confusion
- » Inability to wake or stay awake
- » Bluish lips or face

\* This list is not all possible symptoms. Please call your medical provider for any other symptoms that are severe or concerning to you.



**4. Make sure the person with COVID-19 does the following:**

- » Drinks a lot of fluids to stay hydrated
- » Rests at home
- » Uses over-the-counter medicines to help with symptoms (after talking to their doctor)

For most people, symptoms last a few days and they get better after a week.

**5. Have their doctor's phone number on hand, and call their doctor if the person with COVID-19 gets sicker.**

If English is your second language, a household member should know how to ask for an interpreter.

**6. Call 911 for medical emergencies.** Tell the 911 operator that the patient has or is suspected to have COVID-19.

If English is your second language, a household member should know how to ask for an interpreter.



You can find more information about caring for someone who is sick at [www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html).

