Public Health Ontario | Santé publique Ontario

Coronavirus Disease 2019 (COVID-19)

Guide for Caregivers, Household Members and Close Contacts

> If you are caring for or living with someone who has COVID-19 symptoms or who has tested positive for COVID-19, you may be considered a 'close contact.' Monitor your own health and complete **COVID-19 Self-assessment Tool** for recommendations on what to do next. If you have worsening symptoms contact your health care provider or Telehealth (1-866-797-0000).

Clean your hands often

- Clean your hands with soap and water or alcohol-based hand sanitizer after each contact with the infected person and throughout the day.
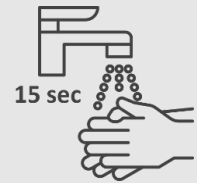
Wear mask, gloves and eye protection

- Wear a well fitted mask. When in a room with an infected person, have them wear a mask, keep your distance and wear a mask.

- Wear gloves and eye protection when you have contact with the person's saliva, phlegm or other body fluids (e.g., blood, sweat, vomit, urine and feces).

- Examples of eye protection include safety glasses, goggles and face shields.

Dispose of mask, gloves and eye protection after use

- Take the gloves, eye protection and mask off right after you provide care and dispose of them in the wastebasket lined with a plastic bag. Cloth masks can be washed with other laundry using a high temperature cycle.

- Take off the gloves first and clean your hands with soap and water or alcohol-based hand sanitizer before taking off your mask and eye protection.

- Most face shields and goggles can be reused and cleaned between use with dish detergent and water or disinfectant wipe.

- Clean your hands again before touching your face or doing anything else.

Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the infected person.

- After use, these items should be washed with soap or detergent in warm water. No special soap is needed.

- Dishwashers and washing machines can be used.

- Do not share cigarettes or vapes.

Limit close interactions with the infected person

- Avoid having outside visitors. If a visitor is essential for personal support, keep the visits short.

- Keep seniors and people with chronic medical conditions (e.g., diabetes, lung problems and immune deficiency) away from the infected person.

- Designate caregiver(s) for the infected person if possible.

Clean

- Clean your home with regular household cleaners.

- Clean regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

Wash laundry thoroughly

- There is no need to separate laundry, but clean your hands after handling.

## Be careful when touching waste

- All waste can go into regular garbage bins. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.

- Clean your hands with soap and water or alcohol-based hand sanitizer after emptying the wastebasket.

Improve fresh air supply and indoor air quality

Ensure your home has good ventilation/fresh air. You can do this by:

- Opening windows if weather permits and is safe to do so.

- Ensuring ventilation supply and return vents are not obstructed.

- Keeping bathroom and kitchen exhaust fans running longer or often.

- Ensuring the furnace or HVAC system is maintained.
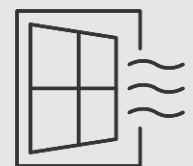
Get vaccinated

- Get fully vaccinated for COVID-19, plus a booster if you are eligible.

- Being vaccinated helps to protect you from severe disease and hospitalization due to COVID-19.

The information in this document is current as of April 7, 2022

Ontario