



**Public Health**  
Prevent. Promote. Protect.

Champaign-Urbana Public Health District  
[www.c-uphd.org](http://www.c-uphd.org)

# CARING FOR A KNOWN OR SUSPECT COVID-19 PATIENT AT HOME

If you live in a household with a **confirmed case** of COVID-19, the entire household will be quarantined. These people should monitor their symptoms and contact their healthcare provider if they develop symptoms of COVID-19 (e.g fever, cough, shortness of breath). Close contacts should also follow these recommendations:

## SEPERATE

Household members should stay in another room or **be separated from the patient** as much as possible. Household members should use a separate bathroom and bedroom, if possible. Visitors should not be permitted.



## CLEAN

Counter tops, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, electronic devices (**high touch surfaces**) should be cleaned with a household cleaning spray or wipe every day.



## WASH YOUR HANDS

Wash your hands frequently. Use soap and warm water for **at least 20 seconds**. Use alcohol based sanitizer with at least 60% alcohol if soap and water are not available.



## AVOID TOUCH

Avoid touching your **eyes, nose and mouth** (the "T-Zone") with unwashed hands.



## FACEMASK

You and the patient should wear a facemask if you are in the same room. **Wear a disposable facemask and gloves** when you have any contact with the patient. Throw out disposable facemasks and gloves after using.



## WASH LAUNDRY

**Immediately remove and wash** bedding/clothing that have bodily fluids on them. Wear disposable gloves when handling these items. Keep your hands clean after removing gloves.





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# WHAT TO DO IF YOU HAVE COVID-19

If you are sick with COVID-19, follow the steps below to help prevent the disease from spreading to people in your home and community.

## STAY HOME

Stay home: People who are mildly ill with COVID-19 are able to **isolate at home** during their illness. Don't leave your home, unless essential, such as for medical care.



## MONITOR SYMPTOMS

Monitor your temperature and record the result and time you checked.

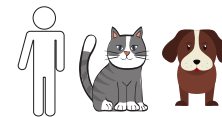
Call your doctor IMMEDIATELY if:

- You have a temperature of **100.4 or higher**
- You develop a **cough, or shortness of breath or sore throat**



## SEPERATE

Stay in a specific room and **away from other people in your home**. Use a **separate bathroom**. If not possible, clean after use. You should restrict contact with pets and other animals, just like you would around people.



## DON'T SHARE

Do not share **dishes, drinking glasses, cups, eating utensils, towels, or bedding** with other people or pets in your home. After using these items, they should be washed thoroughly with soap and water.



## FACEMASK

If you are sick: You should **wear a facemask when you are around other people** (e.g., sharing a room or vehicle) or pets and before you enter a healthcare provider's office.



## COVER COUGHS

**Cover your mouth and nose with a tissue** when you cough or sneeze. **Immediately wash your hands with soap and water** for at least 20 seconds or alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.

