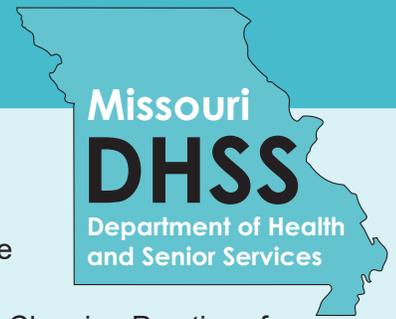


# COVID-19: Home Care Guidance



Patients with confirmed COVID-19 and individuals with close contact to patients should remain under home isolation/quarantine precautions until the risk of secondary transmission to others is thought to be low. The decision to discontinue home isolation/quarantine precautions shall be made in consultation with healthcare providers and state and local health departments.

Cleaning and disinfecting while in the home is extremely important. See COVID-19 Cleaning Practices for Individuals in Home Isolation/Quarantine (Cleaning Guidance)<sup>1</sup> guidance at [www.health.mo.gov/coronavirus](http://www.health.mo.gov/coronavirus).

This interim guidance is intended for:

- People with confirmed or suspected COVID-19, including persons under investigation, who do not need to be hospitalized and who can receive care at home.
- Household members, intimate partners, and caregivers in a nonhealthcare setting of a person with symptomatic, laboratory-confirmed COVID-19.

---

## Prevention steps for people with confirmed or suspected COVID-19

Stay home except to get medical care

Separate yourself from other people and animals in your home

- As much as possible, you should stay in a specific room and away from other people in your home. Also, you should use a separate bathroom, if available.
- You should restrict contact with pets and other animals while you are sick with COVID-19. Little is known about the virus and animals.

Call ahead before visiting a medical provider to notify them that you have or are being evaluated for COVID-19

- Call ahead before visiting your doctor for a scheduled appointment. If possible, also call ahead before arriving for an unscheduled visit. If you have a medical emergency and need to call 911, notify the dispatch personnel.

Wear a facemask

- You should wear a facemask if you are able when you are around other people or pets and before you enter a healthcare provider's office.

Cover your coughs and sneezes with a tissue (and do not reuse tissues)



Clean your hands often and thoroughly

- Wash your hands often with soap and water for at least 20 seconds, especially after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food. If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.

Avoid touching your eyes, nose, and mouth with unwashed hands.

Avoid sharing personal household items

- You should 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.

Clean all "high-touch" surfaces everyday (see Cleaning Guidance<sup>1</sup>)

Monitor your symptoms

- Seek prompt medical attention if your illness is worsening (e.g., difficulty breathing).



## Recommended precautions for household members or others that may have close contact with people with confirmed or suspected COVID-19

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care.
- Help the patient with basic needs in the home and provide support for getting groceries, prescriptions, and other personal needs.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19.
- Household members should stay in another room or be separated from the patient as much as possible. Household members should use a separate bedroom and bathroom, if available.
- Prohibit visitors who do not have an essential need to be in the home.
- Household members should care for any pets in the home and restrict pets from access to the patient as much as possible.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (that contains at least 60% alcohol).
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- The patient should wear a facemask when around other people. If the patient is not able to wear a facemask (for example, because it causes trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.
- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
  - Throw out disposable facemasks and gloves after using them. Do not reuse.
  - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient. You should not share dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items. After the patient uses these items, you should wash them thoroughly (see Cleaning Guidance<sup>1</sup>).
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them. (see Cleaning Guidance<sup>1</sup>)
- Wash laundry thoroughly (adhering to precautions in Cleaning Guidance<sup>1</sup>)
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- Discuss any additional questions with your state or local health department or healthcare provider.
- If you have questions about guidance for your specific home setting, or other questions about this guidance, contact your state or local health department.
- Further detail and updates can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>



<sup>1</sup> For COVID-19 Cleaning Practices for Individuals in Home Isolation/Quarantine, see DHSS Home Care Guidance Fact Sheet or visit: <https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html>

**For more information: [www.health.mo.gov/coronavirus](http://www.health.mo.gov/coronavirus)**

**Hotline: 877-435-8411**

**Updated 6/11/2020**

