

Coronavirus Disease 2019 (COVID-19):

10 Tips for Caring for Someone Sick at Home

Protect yourself and others
when caring for someone with COVID-19 at home.

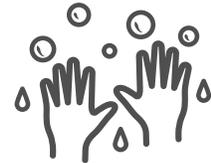
1

Provide needed support and help cover the ill person's basic needs.



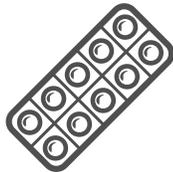
6

Wash hands thoroughly and frequently.



2

Help the ill person follow instructions from their healthcare provider and make sure needed supplies and medicine are available.



7

Clean and disinfect frequently-touched surfaces and items every day.



3

Limit contact between the caregiver and ill person. Sleep and eat in separate rooms or areas of the house when possible.



8

Wash and dry laundry thoroughly.



4

Have the ill person wear a face covering when around others.



9

Use a dedicated, lined trash can to dispose of items used by the ill person.



5

Avoid sharing personal items (e.g., dishes, utensils, cups, linens, electronics).



10

Monitor health and contact a healthcare provider if the caregiver develops symptoms or the ill person has new or worsening symptoms.



For current COVID-19 information:

<https://phc.amedd.army.mil/covid19>
<https://www.coronavirus.gov/>

The Military Health System Nurse Advice Line is available 24/7:

Call 1-800-874-2273 option #1
or visit <https://www.health.mil/I-Am-A/Media/Media-Center/NAL-Day-at-a-glance>

For more information, contact your installation's Department of Public Health.



Public Health
Prevent. Promote. Protect.

Army Public Health

The Army COVID-19 Information Hotline:

1-800-984-8523
Overseas DSN 312-421-3700
Stateside DSN 421-3700