

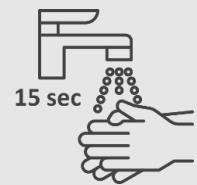
## Coronavirus Disease 2019 (COVID-19)

# Guide for Caregivers, Household Members and Close Contacts

The information below is for caregivers and household members on ways to reduce the risk of spread of COVID-19 at home. If you develop symptoms or become sick complete the [COVID-19 Self-assessment Tool](#) for further instructions. If you need help managing your symptoms contact your health care provider or Telehealth (1-866-797-0000). In a medical emergency, call 911.

### Clean your hands often

- Clean your hands with soap and water or alcohol-based hand sanitizer after each contact with the sick person and throughout the day.



### Wear a mask, gloves and eye protection

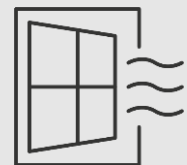
- When in a room with a person who is sick or self-isolating, wear a well-fitted mask. Encourage the sick person to wear a well-fitted mask (if possible to do safely, excluding children under two years of age). See Public Health Ontario's [Optimizing the Use of Masks Against COVID-19](#).
- Wear gloves and eye protection (e.g. safety glasses, goggles, face shield) when you expect contact with the sick person's saliva, phlegm or other body fluids (e.g., blood, sweat, vomit, urine and feces).
- After you provide care, take off your gloves first and clean your hands before taking off your mask and eye protection.
- Place disposable used items in a regular waste basket lined with a plastic bag and clean your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer.



### 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.
- Running bathroom and kitchen exhaust fans longer or often.
- Ensuring ventilation system is maintained and supply/return vents are not obstructed.
- Running your portable air cleaner if you have one.



## Avoid sharing

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with the sick person
- After use, items should be washed with liquid soap or detergent in warm water. No special soap is needed. Dishes do not need to be separated out and can be cleaned as usual in the dishwasher.
- Use a separate bathroom if you have one.
- Do not share cigarettes or vapes.



## Limit close interactions with the sick person

- Avoid having non-essential outside visitors. If a visitor is essential for personal support, keep the visits short. For more information see Public Health Ontario's [How to Self-Isolate](#).
- Seniors and people with chronic medical conditions (e.g., diabetes, lung problems and immune deficiency) should avoid contact with the sick person to reduce their risk of infection, wherever possible.
- Have a specified caregiver(s) care for the sick person, if possible.



## Household cleaning

- Clean your home with regular household cleaners.
- Clean frequently touched items such as toilets, sink tap handles, doorknobs and bedside tables, on a regular schedule and when visibly dirty).
- There is no need to separate laundry, but handle linens carefully and clean your hands after handling.



## 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.



To learn more and access up-to-date information on COVID-19, visit the Ontario Ministry of Health's website: [ontario.ca/coronavirus](https://ontario.ca/coronavirus).

The information in this document is current as of October 2022.