

Home care for people with suspected or confirmed COVID-19

Take care of yourself and your family

For caregivers



Ensure the ill person rests, drinks plenty of fluids and eats nutritious food.



Wear a medical mask when in the same room with an ill person. Do not touch your mask or face during use; discard it afterward.

Frequently clean hands with soap and water or alcohol-based handrub, especially:

- after any type of contact with the ill person or their surroundings
- before, during and after preparing food
- before eating
- after using the toilet



Use dedicated dishes, cups, eating utensils, towels and bedlinens for the ill person. Wash these with soap and water.



Identify frequently touched surfaces by the ill person and clean and disinfect them daily.



Call your healthcare facility immediately if the ill person worsens or has trouble breathing.