



What to do if you have a sick family member in your home

1. The sick household member should have their own bedroom and bathroom if possible.
2. If a separate bathroom is not available, the bathroom should be cleaned and disinfected after each use by an ill person.
3. Avoid sharing household items such as dishes, drinking glasses, cups, utensils, towels, bedding and any other items you normally share.
4. The ill person should eat/be fed in their room if possible. Non-disposable food service items used should be handled with gloves and washed with hot water or in the dishwasher.
5. If possible dedicate a lined trash can for the ill person.
6. Wash laundry thoroughly at the warmest temperature recommended by manufacturer. Dry clothing completely. Do not shake laundry as it may disperse the virus into the air. Wear gloves when touching laundry. Wash hands immediately after removing gloves. Immediately wash clothes or bedding that has blood, stool or body fluids on them.
7. Clean and disinfect clothes hampers or use a bag liner that can be laundered or disposed of.
8. The caregiver can provide personal cleaning supplies for an ill person's room and bathroom unless occupied by a child the chemicals may be inappropriate.
9. Wash your hands frequently with soap and water for at least 20 seconds or use an alcohol based sanitizer that contains 60-95% alcohol.
10. Avoid touching eyes, nose and mouth with unwashed hands.
11. Patient should wear a facemask (if available) when around other people.
12. Dispose of all disposable gloves, face masks and other contaminated items in a lined container before disposing of them with other household waste.