Caregiving and the Coronavirus:
TIPS FOR CAREGIVERS

During the ongoing infection-prevention measures associated the novel coronavirus, family and friend caregivers should take extra precautions to keep themselves and those they care for healthy.

PLAN AND PREPARE

- ☐ Create a list of local organizations you and your family can contact in case you need access to information, health care services, and resources.
- ☐ Contact the doctor to request several weeks' worth of medications or sign up for medication delivery through the pharmacy.
- ☐ Choose a room in your house that can be used to separate sick household members from others.

TAKE PREVENTIVE STEPS

- ☐ Wash your hands frequently, especially before and after helping your loved one and when bringing in groceries.
- ☐ Avoid touching your eyes, nose, and mouth. Cover your cough. Remind others in your house to do the same.
- ☐ Sneeze into your elbow or a tissue. If you use a tissue, throw it in the trash.
- ☐ Use germ-killing wipes and cleaner to disinfect frequently touched objects such as doorknobs, mailboxes, microwaves, and TV remotes.
- ☐ Limit close contact with others. This includes avoiding hugs, kisses, and handshakes with others.

WATCH FOR SYMPTOMS

- ☐ Stay home and speak to a health care provider if you or the one you care for develops any of these symptoms: fever or cough or shortness of breath.
- ☐ If you or the one you care for develops emergency **warning signs for COVID-19,** get medical attention immediately.

THOSE AT HIGHER RISK OF SEVERE ILLNESS

- ☐ As much as possible, stay at home and away from crowds.
- ☐ When you go out in public, wear a face covering or mask. Keep away from those who are sick. Limit close contact with others. Maintain at least six feet of distance.
- ☐ Always practice good hand hygiene.

Learn more

For a continually updated list of related caregiver resources, visit **bit.ly/2UteVXa**.

For more information on caregiving services, resources, and tips visit **www.caregiver.org**.

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National Center on Caregiving

The information was obtained from the CDC's Coronavirus Disease 2019 Checklist: bit.ly/2wN2FaW.