



# Covid-19 and Household Caregivers

## Peoria Tribe of Indians of Oklahoma

Researched by La Shell Thomas, Environmental Specialist 105

### **Precautions for household members, intimate partners, and caregivers in a nonhealthcare setting of a patient with symptomatic laboratory-confirmed COVID-19 or under investigation**

Close contacts with a person with symptomatic, laboratory-confirmed COVID-19 or a person under investigation should monitor their health; they should call their healthcare provider right away if they develop symptoms suggestive of COVID-19 (e.g., fever, cough, shortness of breath)

#### **Close contacts should also follow these recommendations:**

- Make sure that you understand and can help the patient follow their healthcare provider's instructions for medication(s) and care.
- Monitor the patient's symptoms. If the patient is getting sicker, call his or her healthcare provider and tell them that the patient has laboratory-confirmed COVID-19
- Household members should stay in another room or be separated from the patient as much as possible.
- Prohibit visitors.
- Do not handle pets or other animals while sick.
- Make sure that shared spaces in the home have good air flow, such as by an air conditioner or an opened window, weather permitting.
- Perform hand hygiene frequently. Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer that contains 60 to 95% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- The patient should wear a facemask when you are around other people. If the patient is not able to wear a facemask (for example, because it causes

trouble breathing), you, as the caregiver, should wear a mask when you are in the same room as the patient.

- Wear a disposable facemask and gloves when you touch or have contact with the patient's blood, stool, or body fluids, such as saliva, sputum, nasal mucus, vomit, urine.
  - Throw out disposable facemasks and gloves after using them. Do not reuse.
  - When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Avoid sharing household items with the patient.
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, every day. Also, clean any surfaces that may have blood, stool, or body fluids on them.



### Clean and disinfect

- **Clean AND disinfect frequently touched surfaces daily.** This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- **If surfaces are dirty, clean them:** Use detergent or soap and water prior to disinfection.

#### To disinfect:

Most common EPA-registered household disinfectants will work. Use disinfectants appropriate for the surface.

#### Options include:

- **Diluting your household bleach.**

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water
- OR
- 4 teaspoons bleach per quart of water

Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household bleach with ammonia or any other cleanser. Unexpired household bleach will be effective against coronaviruses when properly diluted.

- **Alcohol solutions.**

Ensure solution has at least 70% alcohol.

- Wash laundry thoroughly.

- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- Discuss any additional questions with your state or local health department or healthcare provider. Check available hours when contacting your local health department.

#### Local Information:

- Miami News Record: <https://www.miamiok.com/>
- Miami Regional Chamber of Commerce: <https://miamiokchamber.com/>
- Oklahoma State Department of Health: <https://www.ok.gov/health/>
- Oklahoma State Department of Health Covid-19 Oklahoma Map: [https://osdh.maps.arcgis.com/apps/opsdashboard/index.html?fbclid=IwAR19Gq-Fw\\_Q\\_kXUcl5ZU1SVND0wuQuGE7vTBMxL4ShKtW-PX04gDNI2IPws#/ab1ae58c41a84249a274eb163c2e04fc](https://osdh.maps.arcgis.com/apps/opsdashboard/index.html?fbclid=IwAR19Gq-Fw_Q_kXUcl5ZU1SVND0wuQuGE7vTBMxL4ShKtW-PX04gDNI2IPws#/ab1ae58c41a84249a274eb163c2e04fc)
- Tulsa Channel 8: <https://ktul.com/>
- KOAM News Now 4 States Area: <https://www.koamnewsnow.com/>

#### **Create a Household Plan**

Create a [household plan](#) of action in case of illness in the household or disruption of daily activities due to COVID-19 in the community.

- Consider 2-week supply of prescription and over the counter medications, food and other essentials.
- Know how to get food delivered if possible.
- Establish ways to communicate with others (e.g., family, friends, co-workers).
- Establish plans to telework, what to do about childcare needs, how to adapt to cancellation of events.

This document was copied directly from the CDC website found at the link below.

<https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-prevent-spread.html#precautions>