

CARING FOR SOMEONE WITH MILD SYMPTOMS

If someone who has symptoms or has been diagnosed with COVID-19 is instructed to self isolate in the same residence as you, you must ensure you practice safety precautions when caring for the individual.

USEFUL TIPS WHEN CARING FOR SOMEONE WITH MILD SYMPTOMS



Paracetamol is recommended to treat symptoms of a fever, high temperature, headaches & a sore throat.



If the person you are caring for cannot take paracetamol & they have a fever which isn't resolving, they could lower their temperature by taking a lukewarm bath (which is likely to feel cold), &/or by drinking room temperature drinks.

! Please ensure that you clean the bath thoroughly after use as the virus could live on enamel for up to 48 hrs.



Loss of appetite is a common symptom, however you should encourage the person you are caring for to eat & drink regularly to ensure their body has enough energy to support the immune system in fighting the virus.

COVID-19

EFFECTIVE CARE FOR OTHERS

SAFETY PRECAUTIONS WHEN CARING FOR SOMEONE



ISOLATE IN DIFFERENT ROOMS

Ensure you isolate from the individual by staying & sleeping in separate rooms.



KEEP A 2M DISTANCE

Keep a 2 meter distance from the person you are caring for.



WEAR A MASK

Wear a mask if you have one whenever in the same room as the person you are caring for.



WEAR PROTECTIVE GLOVES

Wear latex or other protective gloves whenever handling any objects with the person you are caring for.



AVOID PERSONAL CONTACT

Avoid personal contact at all times.



WIPE DOWN SURFACES

Wipe down surfaces using anti-bacterial spray or wipes regularly, especially door handles & other areas of contact.



DON'T TOUCH YOUR FACE

Avoid touching your face.



USE DIFFERENT KITCHEN WEAR

Where possible, segregate & use different kitchen wear. Ensure that all kitchen wear used by the person you are caring for is thoroughly washed in hot water.



WASH YOUR HANDS

Wash your hands in hot water for at least **20 seconds** or use hand sanitiser regularly.



USE & DISPOSE OF TISSUES

Ensure that you & the person you are caring for use tissues when sneezing & coughing, disposing of them immediately in a bin.

