

Sick at home with COVID-19

How to care for your loved ones infected with coronavirus

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Coronavirus cases continue to surge throughout the United States, and experts say some portions of the country are beyond containment.

The widespread virus has a high person-to-person transmission rate and is beginning to seriously affect younger adults, not just older generations.

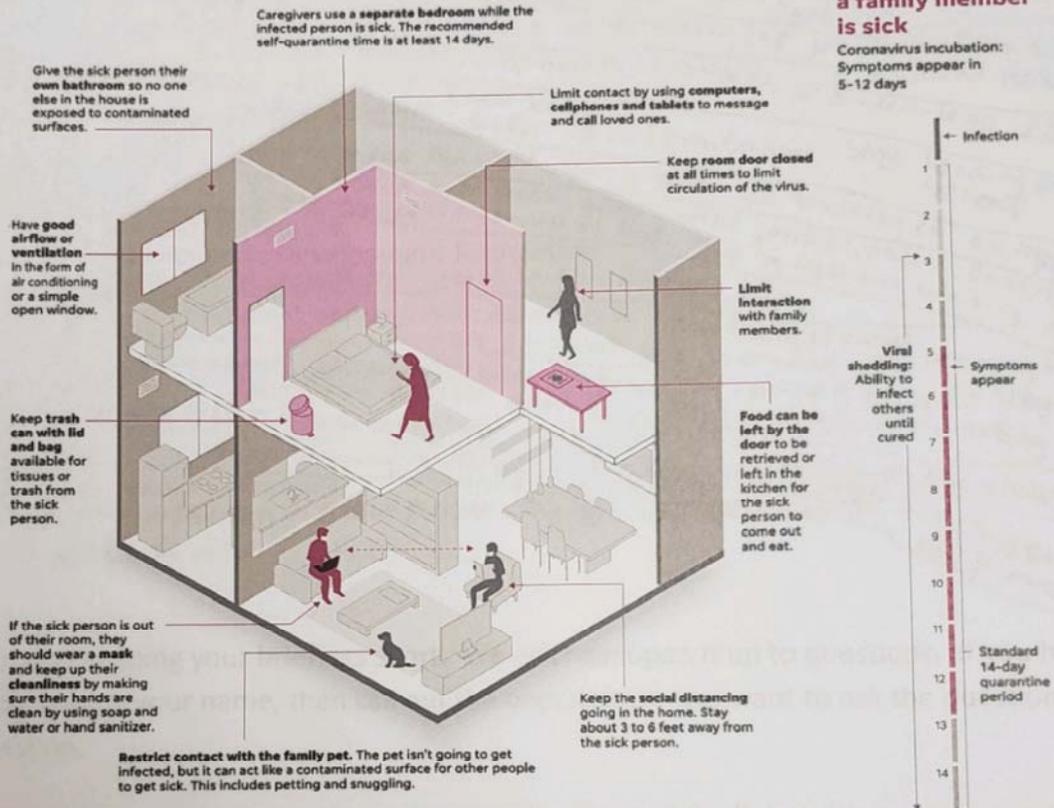
According to a report by the Centers for Disease Control and Prevention that tracked the first 2,500 cases in the

U.S., nearly 40% of COVID-19 patients who were hospitalized were between the ages of 20 and 54.

Those who are infected and don't require hospitalization are instructed to stay home, but that still leaves families and roommates vulnerable.

What can one do to keep loved ones safe while recovering at home from COVID-19? And what can caregivers do to stay healthy?

Designate personal space for COVID-19 patient



If you suspect a family member is sick

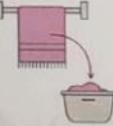
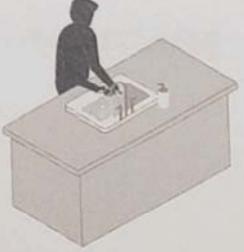
Coronavirus incubation: Symptoms appear in 5-12 days

How to best clean your home

The CDC defines cleaning as the removal of germs, dirt and impurities of surfaces, and defines disinfecting as using chemicals to kill germs on surfaces. The agency recommends disinfecting surfaces after cleaning to further lower the risk of spreading infection. The CDC recommends taking the following precautions when disinfecting the house while a family member is sick with COVID-19:

 <p>Wear a mask and disposable gloves while cleaning and disinfecting surfaces. Gloves should be discarded after each cleaning.</p>	 <p>Use diluted household bleach solutions, alcohol solutions with at least 70% alcohol or most common EPA-registered household disinfectants.</p>	 <p>Clean and disinfect frequently touched surfaces daily: tables, doorknobs, toilets, phones, light switches, faucets and keyboards.</p>	 <p>Used nondisposable food service items should be handled with gloves and washed with hot water or in a dishwasher. Clean hands after handling.</p>	 <p>Wear disposable gloves when handling laundry from an ill person and then discard after use. If possible, do not shake dirty laundry.</p>
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So what do you do with the waste?

<p>Be aware that there can be contaminated residue on used tissues, masks and gloves from someone sick with the coronavirus that can be dangerous to others who live in the home. Here are some ways to correctly dispose of the contaminated items.</p>	 <p>Disposable masks and gloves should be thrown away in a dedicated lined trash can for the ill person.</p>	 <p>Use gloves when removing garbage bags, handling and disposing of trash. Wash hands after handling or disposing. Consult with your local health department about trash disposal guidance if available.</p>	 <p>If possible, dedicate a towel for the sick person and use the warmest appropriate water setting when washing. Make sure to dry items completely. Dirty laundry from an ill person can be washed with other people's items.</p>	 <p>Wash hands before and after cleaning and disinfecting. Other key times to clean your hands: blowing one's nose, eating, after contact with pets, and caring for another person who needs assistance.</p>
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