

Caring for Someone with Suspected or Confirmed COVID-19 at Home

Most cases of COVID-19 are only mild and do not require hospitalization. Patients should recover at home in self-isolation. Care at home can help stop the spread of the disease protecting people who are at risk from getting seriously sick.

Monitor symptoms & emergency warning signs

- If the sick person's symptoms worsen, call healthcare provider as soon as possible.
- If the sick person's develop emergency warning signs (trouble breathing, persistent pain or pressure in the chest, new confusion or bluish lips or face), seek immediate medical attention.
- If the sick person is having a medical emergency, call 911 and notify dispatch that patient have or are suspected be COVID-19 positive.



Prevent the spread of germs

- Avoid unnecessary exposure to the sick person and unnecessary visitors
- Have the sick person self-isolate in a separate room, and use a separate bathroom if possible
- Have the sick person wear a face mask, and others wear a face mask around the sick person
- Wash your hands frequently with soap and water or alcohol-based sanitizer, especially before and after caring for the sick person
- Cover coughs and sneezes
- Avoid sharing household items, such as eating utensils, dishes, drinks, and towels
- Clean all surfaces that are frequently touched, like counters, tables, and doorknobs, everyday
- Wash laundry thoroughly and wear disposable gloves if laundry is soiled. Wash hands immediately after removing and disposing of gloves

Treat symptoms

- Ensure the sick person is well rested and well hydrated with plenty of fluids
- Use over-the-counter medications to relieve symptoms



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