

novel coronavirus (COVID-19) at-home prevention and care

Most people who have coronavirus (COVID-19), or the symptoms of it, are able to recover by taking care of themselves at home. This sheet covers tips based on what we know now about both novel coronavirus and other viral respiratory infections.

at-home prevention if your child is confirmed to have or is being tested for COVID-19

Doctors and public health staff will evaluate if your child can be cared for at home. If so, your child will be monitored by staff from your local or state health department. Follow these steps until a health care provider or local or state health department says you can return to normal activities.

- Keep your child home except to get medical care.
- Keep child to a separate area of the home than the rest of the family, if possible. This includes using a separate bathroom.
- Call ahead before visiting your child's doctor. They can take steps to keep other people from getting infected.
- Teach children to cover coughs and sneezes with a tissue or sleeve. Then throw used tissues in a lined trash can. Finally, immediately wash hands.
- Teach good hand washing, using soap and water for at least 20 seconds. You can use an alcohol-based hand sanitizer if soap and water aren't available.
- Avoid touching your eyes, nose, and mouth with unwashed hands.
- Avoid sharing household items (dishes, cups, towels or bedding).
- Keep an eye on your child's symptoms. Seek help if your child's illness is getting worse, like if they're having difficulty breathing.
- Wear a homemade facemask when caring for your child. The CDC has a tutorial for making your own facemask, called "How to Make Your Own Face Covering." Your child should also wear a homemade mask when you are caring for them, unless they are under two years old. This will limit the spread of the virus and may reduce the risk of infection to family members and others close by.

prevention steps for caregivers and household members

- Follow all above steps.
- Make sure that you understand and can follow the health care provider's instructions for medication and care.
- Limit visitors.
- Make sure that shared spaces in the home have good air flow. An air conditioner or an opened window help, if the weather is okay for that.
- Wash your hands often and carefully with soap and water for at least 20 seconds. Wash your hands after handling soiled (dirty) items, and when you touch or have contact with your child.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



- Wash household items thoroughly after your child uses them.
- Immediately remove and wash clothes or bedding that have blood, body fluids and/or excretions on them.
- Read and follow directions on labels of laundry, clothing items and detergent. In general, wash and dry with the warmest temperatures recommended on the clothing label.
- Every day, clean:
 - “High-touch” surfaces like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets and bedside tables.
 - Any surfaces that may have blood, body fluids and/or excretions on them.
- Read label of cleaning products. Follow recommendations provided on product labels.
- Use a diluted bleach solution or a household disinfectant with a label that says “EPA-approved.” To make a bleach solution at home:
 - Add 1 tablespoon of bleach to 1 quart (4 cups) of water.
 - For a larger supply, add ¼ cup of bleach to 1 gallon (16 cups) of water.
- Keep track of your child’s symptoms. If they are getting sicker, call medical provider.
- Discuss any questions with your state or local health department.

prevention steps for people who have had close contact with someone who has COVID-19

- Watch for these signs and symptoms, starting from the first day you had close contact with the person and continue for 14 days after you last had close contact with the person:
 - Fever over 100.4 degrees. Take your temperature twice a day.
 - Coughing.
 - Shortness of breath or difficulty breathing.
 - Chills, body aches, sore throat, headache, diarrhea, nausea/vomiting and runny nose.
- If you develop fever or any of these symptoms, call your health care provider right away.
- Before going to your appointment, be sure to tell your health care provider about your close contact with someone who is confirmed to have, or being evaluated for, COVID-19 infection. This will help the health care provider’s office take steps to keep other people from getting infected.

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