



CORONAVIRUS PANDEMIC

HOW TO CARE FOR SOMEONE WITH COVID-19

LIMIT CONTACT

ONLY ONE HEALTHY PERSON SHOULD PROVIDE CARE.

- Do not share personal items with the ill person
- Use a separate bathroom if possible. If not possible, the ill person should put the toilet lid down before flushing
- Monitor yourself for symptoms for 14 DAYS FOLLOWING YOUR LAST CONTACT with the ill person



If possible, people who are higher risk should not care for someone with COVID-19.

THESE PEOPLE INCLUDE:

- Elders
- People with weakened immune systems from a medical condition or treatment, such as chemotherapy

PROTECT YOURSELF

DO NOT REUSE MASKS OR GLOVES.

YOU WILL NEED TO WEAR:



DISPOSABLE GLOVES



MASK



EYE PROTECTION

WEAR DISPOSABLE GLOVES WHEN TOUCHING:



THE ILL PERSON



THEIR ENVIRONMENT



SOILED ITEMS OR SURFACES

DON'T TOUCH YOUR FACE

- Avoid touching your eyes, nose and mouth
- Place used masks, gloves and other contaminated items in a lined container
- Secure the contents and dispose of them with other household waste



CLEANING & LAUNDRY

PLACE LAUNDRY IN A CONTAINER WITH A PLASTIC LINER.

- Do not shake
- Wash with regular laundry soap and hot water and dry well
- Laundry belonging to the ill person can be washed with other laundry



HOT WATER 60-90°

- Use regular household disinfectants or diluted bleach to disinfect
- Clean and disinfect surfaces that people touch often
- Clean touch screens with 70% alcohol wipes



DILUTED BLEACH
1 part bleach
99 parts water



FOLLOW THE ADVICE OF YOUR HEALTH CARE PROVIDER

IF YOU HAVE QUESTIONS, OR YOU START TO FEEL SICK/WORSE:
CALL YOUR LOCAL NURSING STATION OR HEALTH CENTRE OR
TELEHEALTH ONTARIO (1-866-797-0000)

VISIT IFNA.CA AND WWW.FACEBOOK.COM/IFNA.CA

