



MASSACHUSETTS GENERAL HOSPITAL

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Caring for your Family Member with COVID-19 at Home: Instructions the patient should follow, with your help.

1. The patient should stay home except to get medical care.
2. The patient should call ahead before visiting the doctor to let the office know the patient has COVID-19.
3. Separate the patient from other people and animals in your home. This includes staying in a single room away from other people and using a separate bathroom if available. If there isn't, the bathroom should be cleaned and disinfected after the patient uses it.
4. Please do not allow visitors who do not have an essential need to be in the home.
5. The patient should wear a face mask if available or other face covering when they are around other people and pets. This includes leaving the house for any reason, including to get medical care. If the patient has trouble breathing with a mask on, other people in the household should wear a mask when in the same room with as the patient.
6. Everyone should cover their mouth and nose with a tissue when they cough or sneeze. Throw used tissues in a trash can lined with a disposable bag. Then, immediately wash hands. Cough or sneeze into the inside of your elbow if a tissue is not available.
7. Everyone should wash hands frequently with soap and water for at least 20 seconds. Rub the fronts and backs of hands, and the spaces between all fingers, the whole time. Then rinse with water. If soap and water are not available, clean hands with an alcohol-based hand sanitizer that contains at least 60% alcohol, covering all surfaces of each hand, and rubbing them together until they feel dry.
8. The patient should not share personal items like dishes, drinking glasses, cups, eating utensils, towels, or bedding. Wash all items thoroughly with soap and water. Immediately remove and wash clothes or bedding that have blood, stool or body fluids on them. Wash the patient's laundry separately.



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9. Clean all "high touch" surfaces include counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables with a household cleaning spray or wipes. Pay attention to labels of cleaning solutions for precautions to take, such as wearing gloves and making sure you have good ventilation during use.
10. The patient should not prepare or serve food to others.
11. The patient should monitor their symptoms, including the following:
 - Difficulty breathing
 - Confusion
 - Weakness
 - Fever

If symptoms worsen, call the patient's health care provider. If the patient experiences a medical emergency, please call 911. Notify EMS that the patient has COVID-19. This will allow them to take proper precautions to protect everyone's safety.

For Family Members, Home Caregivers, and Others in the Household: Instructions that everyone in the household should follow as you care for your family member with COVID-19.

1. Closely monitor your health. Call your health care provider right away if you develop symptoms that could be COVID-19 (fever, sore throat, cough, loss of smell, muscle aches, shortness of breath).
2. Make sure that you understand and can help the patient follow their health care provider's instructions for care as well as basic home needs (buying groceries and prescriptions).
3. Other household members (not the patient) should care for pets in the home.
4. Ensure that shared spaces in the home have good air flow (e.g. air conditioner or open windows).
5. Wash your hands frequently and avoid touching your eyes, nose and mouth with unwashed hands. Cover your own coughs and sneezes.
6. You and the patient should wear a face mask or face covering if you are in the same room.
7. If possible and available, use gloves when you touch or have contact with the patient's laundry or their blood, stool, or body fluids. Keep soiled items away from your body. If gloves are used, remove and dispose of gloves in a garbage can lined with a plastic bag. Immediately clean your hands with soap and water or alcohol-based hand sanitizer.
8. Throw out disposable facemasks and gloves after using them. Do not reuse. Place all used disposable gloves, face masks, and other contaminated items in a garbage can lined with a plastic bag. You can use the same garbage can that you use for other household garbage. Clean your hands with soap and water or an alcohol-based hand sanitizer immediately after handling these items.

Follow Quarantine Instructions - Everyone who lives in the same household as the patient will need to be on home quarantine. This means:



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1. Stay home except to get essential medical care. If you need to leave your house, do not take public transportation, including buses, trains, ride-sharing services, or taxis. Do not go to work or school.
2. Call ahead before visiting your health care provider. If you have an urgent medical need, call ahead to let them know that you have been exposed to COVID-19 and that you are under quarantine.
3. Call your local Board of Health to let them know about your household's quarantine and to find out how long you will need to remain under quarantine. You can find your local Board of Health's phone number by calling your local town or city hall, or on the internet. If you work in health care, please also call your employer's Occupational Health Department.

Additional guidance for you and your family on preventing the spread of Covid-19 can be found on the [CDC website](#). Helpful materials on safely caring for a sick family member at home are also available at the links below:

- Brochure format: [Caring for Yourself or a Family Member with Covid-19](#).
- Maintaining distance between the patient and others in the household: [Home precautions](#).
- Preventing spread of infection within your household, even after the patient has completed home isolation: [Preventing spread of virus](#)
- Disinfecting your household: [How to clean and disinfect your home](#)

Please contact your primary care provider's office with additional health questions. If you do not have a PCP or are unable to reach them, you can also call the Partners HealthCare COVID-19 hotline at 617-724-7000.

Call the State Hotline at 211 (Massachusetts Department of Public Health and New Hampshire Department of Health and Human Services) for up-to-date information at any time. You can also check the websites at the [Massachusetts Department of Public Health](#), (TTY/TDD (617-624-6001)), the [Boston Public Health Commission](#) (617-534-5395), and the [New Hampshire Department of Health and Human Services](#) (TTY 603-634-3388).