

HOW TO: PROTECT YOUR HEALTH WHEN CARING FOR A SICK LOVED ONE



SEPARATE WHEN POSSIBLE

Sleep in separate bedrooms and use different bathrooms, if possible.



CLEAN COMMON AREAS

Keep high-touch surfaces as clean as possible with household cleaners or wipes.



ASK FOR ADVICE

If the sick person you're living with seems to be getting worse, call your health care provider for advice.



PRACTICE GOOD HYGIENE

When you do have to come in contact with a sick family member, practice good hygiene. Wash hands with soap and water for 20 seconds after each contact with ill person. Avoid touching your eyes, nose or mouth.



WASH CLOTHING WITH CAUTION

Laundry clothing and linens in warmest water fabric allows. Wash hands thoroughly after handling soiled laundry.



VIDEO CHAT

Video call your loved one from the living room to interact with the family and keep their spirits up.