

Information for People with Probable or Confirmed COVID-19



This information is intended for clients that have been diagnosed with probable or confirmed COVID-19. If you are a family member caring for someone with COVID-19, please [CLICK HERE](#)

Important Note: If you develop any of the following symptoms you should call 911:

- Have severe difficulty breathing (struggling for each breath, can only speak in single words)
- Have severe chest pain (constant tightness or crushing sensation)
- Start to feel confused (for example, unsure of where you are)
- Lose consciousness

Once diagnosed with COVID-19 it is important that you do not leave your home, unless it is an emergency, or to be tested. Take care of yourself. Get some rest, eat a balanced diet and stay in touch with others through communication devices. The following information will help to control further spread of the virus, particularly if you have other people living at home with you:

- If you have other people living in the home, try to self-isolate in a well-ventilated single room (i.e. with open windows and an open door).
- Household members should stay out of the room as much as possible or, if that is not possible, maintain a distance of at least 2 metres from you (e.g. sleep in a separate bed).
- Limit movement at home and minimize shared space. Ensure that shared spaces (e.g. kitchen, bathroom) are well ventilated (keep windows open). Do not share utensils, towels etc.
- Before touching anything outside of the room you are staying in, wash your hands with alcohol hand rub. This will kill any virus on your hands, reducing the risk of contaminating surfaces.
- Immediately after using the bathroom, when washing hands with soap and water, it is preferable to use disposable paper towels to dry hands. If these are not available, use clean cloth towels and replace them frequently.





- Surfaces outside the room, including the bathroom, should be cleaned frequently with disinfectant wipes such as Lysol.
- A medical mask should be worn as much as possible and changed daily. If you cannot tolerate a medical mask you should use rigorous respiratory hygiene; that is the mouth and nose should be covered with a disposable paper when coughing or sneezing. Materials used to cover the mouth and nose should be disposed of immediately into a lined garbage can. Use alcohol based hand rub to clean your hands immediately after. **A medical mask must be worn when a home care provider is in your home to provide care.** Do not reuse your mask. Use dedicated linen and eating utensils and making sure to clean them well with soap and water after use.
- If you are able, clean and disinfect surfaces that are frequently touched in the room, such as bedside tables, bedframes, and other



bedroom furniture. For visible dirt, clean first with regular household soap or detergent, followed by disinfectant such as Lysol.

- Bed linen and towels should be washed using regular laundry soap and water or machine wash at 60–90 °C (140–194 °F) with common household detergent and dried thoroughly. Place contaminated linen into a laundry bag. Do not shake soiled laundry and avoid contaminated materials coming into contact with skin and clothes.
- Visitors should not be allowed to come and see you for at least 14 days after symptoms started, or date of the positive test.
- Your home care provider will wear a mask, gown, gloves, eye protection, and shoe covers while in your home. They will continue to wear this while providing care for 28 days from the onset of symptoms or date of positive test. Just before they leave your home they will place the items in a plastic bag that can be put in the regular garbage.

