

Caring for Someone with Suspected or Confirmed COVID-19 at Home

Most cases of COVID-19 are only mild and do not require hospitalization. Patients should recover at home in self-isolation. Care at home can help stop the spread of the disease protecting people who are at risk from getting seriously sick.

Monitor symptoms and emergency warning signs

- If the sick person's symptoms worsen, call healthcare provider as soon as possible.
- If the sick person's develop emergency warning signs (trouble breathing, persistent pain or pressure in the chest, new confusion or bluish lips or face), seek immediate medical attention.
- If the sick person is having a medical emergency, call 911 and notify dispatch that patient have or are suspected be COVID-19 positive.



Prevent the spread of germs

- Avoid unnecessary exposure to the sick person and unnecessary visitors
- Have the sick person self-isolate in a separate room, and use a separate bathroom if possible
- Have the sick person wear a face mask, and others wear a face mask around the sick person
- Wash your hands frequently with soap and water or alcohol-based sanitizer, especially before and after caring for the sick person
- Cover coughs and sneezes
- Avoid sharing household items, such as eating utensils, dishes, drinks, and towels
- Clean all surfaces that are frequently touched, like counters, tables, and doorknobs, everyday
- Wash laundry thoroughly and wear disposable gloves if laundry is soiled. Wash hands immediately after removing and disposing of gloves




Treat symptoms

- Ensure the sick person is well rested and well hydrated with plenty of fluids
- Use over-the-counter medications to relieve symptoms



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在家照護疑似或確診新冠肺炎病人的建議

大多數新冠病毒病例僅是輕度的，不需要住院治療。患者應自我隔離在家中康復。居家護理有助於阻止該疾病的傳播，從而保護高危人群免於患上重症的風險。

密切監控症狀 留意緊急重症體徵

- 如果患者病情加重，請儘快致電醫生
- 如果您出現緊急警告體徵（例如呼吸急促、持續性胸痛、意識混亂、嘴唇或臉色發紫）應立即尋求醫療幫助
- 如果患者出現緊急醫療情況，請致電911，並告訴調度員該人員患有或疑似感染新冠病毒疾病



阻止病毒傳播

- 限制與患者接觸，避免任何人做不必要的探訪
- 讓病人留在單獨的房間中自我隔離，如果可能，讓病人使用單獨的衛生間
- 讓病人戴上口罩，其他人在靠近病人時也應戴上口罩
- 經常用肥皂和水或酒精洗手液洗手，尤其是在照顧病人之前和之後
- 遮擋咳嗽和打噴嚏
- 避免共用家居用品，例如食具，碗碟，飲料和毛巾
- 每天清潔所有頻繁接觸的物體表面，例如櫃檯，桌子和門把手
- 徹底清洗衣物。處理髒衣服時佩戴一次性手套，摘下和丟棄手套後立即洗手



護理病人

- 確保病人得到充分的休息，並大量飲用流質
- 讓病人服用非處方藥緩解症狀



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