

NATION'S HEALTH

Sick at home with COVID-19 How to care for your loved ones infected with coronavirus

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Coronavirus cases continue to surge throughout the United States, and experts say some portions of the country are beyond containment.

The widespread virus has a high person-to-person transmission rate and is beginning to seriously affect younger adults, not just older generations.

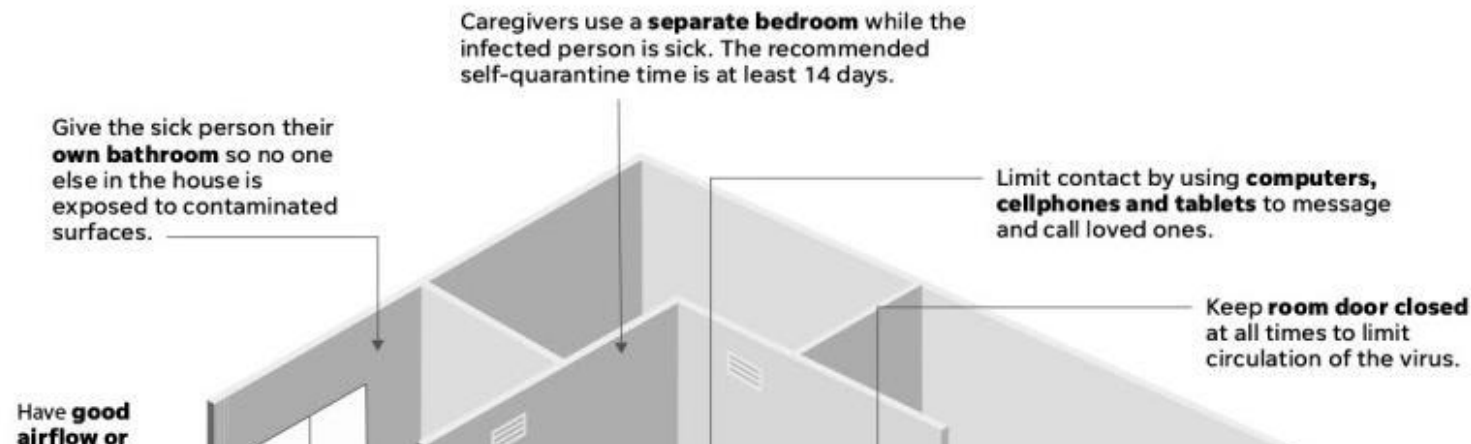
According to a report by the Centers for Disease Control and Prevention that tracked the first 2,500 cases in the

U.S., nearly 40% of COVID-19 patients who were hospitalized were between the ages of 20 and 54.

Those who are infected and don't require hospitalization are instructed to stay home, but that still leaves families and roommates vulnerable.

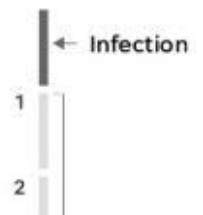
What can one do to keep loved ones safe while recovering at home from COVID-19? And what can caregivers do to stay healthy?

— Designate personal space for COVID-19 patient



If you suspect a family member is sick

Coronavirus incubation:
Symptoms appear in
5-12 days



ventilation
in the form of
air conditioning
or a simple
open window.

Keep **trash can with lid and bag** available for tissues or trash from the sick person.

If the sick person is out of their room, they should wear a **mask** and keep up their **cleanliness** by making sure their hands are clean by using soap and water or hand sanitizer.

Restrict contact with the family pet. The pet isn't going to get infected, but it can act like a contaminated surface for other people to get sick. This includes petting and snuggling.

Keep the **social distancing** going in the home. Stay about 3 to 6 feet away from the sick person.

Limit interaction with family members.

Food can be left by the door to be retrieved or left in the kitchen for the sick person to come out and eat.

