Alberta Health Services

Wellness Articles

Attached are weekly health and wellness articles provided by Alberta Health Services. As a way to help all Albertans live a healthy life, we welcome and encourage weekly newspapers, community newsletters and other publications to reproduce this information free of charge. Credit to Alberta Health Services or the identified content provider would be appreciated.

If you would like to be added to the distribution list for these articles, please email: Rebecca.johnson2@albertahealthservices.ca. You will receive a monthly email containing articles for the upcoming four weeks.

An archive of past wellness articles is available at http://www.albertahealthservices.ca/9966.asp

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How to care for someone with Covid-19 at home

If you are caring for a person who has been diagnosed with COVID-19, follow this advice to protect yourself and others in the home, as well as those in your community.

Limit contact

- Only one healthy person should provide care.
- Do not share personal items with the ill person, such as toothbrushes, towels, bed linen, utensils or electronic devices.
- Use a separate bathroom from the ill person if possible.
- If not possible, the ill person should put the toilet lid down before flushing.
- If at all possible, try to ensure that the ill person has a designated bedroom and bathroom.

Protect yourself

If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (e.g., heart disease, diabetes) or compromised immune systems.

- Maintain physical from the ill individual, as much as possible.
- If you need to be within 2 metres of the ill person, wear a mask, disposable gloves and eye protection.
- Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- Do not re-use masks or gloves.
- Clean your hands often for at least 20 seconds, especially after contact with the ill person and after removing gloves, masks and eye protection.

- Dry your hands with disposable paper towels.
- If not available, use a reusable towel and replace it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.

Keep your environment clean

- Place used masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- Place possibly contaminated laundry into a container with a plastic liner and do not shake.
    - Wash with regular laundry soap and hot water (60-90°C), and dry well.
    - Clothing and linens belonging to the ill person can be washed with other laundry.
- At least once daily, use household disinfectants or diluted bleach (1 part bleach and 9 parts water) to clean and disinfect surfaces that people touch often (e.g., toilets, laundry containers, bedside tables, doorknobs, phones and television remotes).
    - Clean touch screens with 70 per cent alcohol wipes.

Monitor yourself for symptoms

- If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- If you have had direct contact with body fluids of the ill person (e.g., were coughed or sneezed on when you weren't wearing a mask), contact your local public health authority for further instructions.
- If you develop symptoms, isolate yourself as quickly as possible and contact your local public health authority for further instructions.