



HOW TO SET UP YOUR HOME IF A FAMILY MEMBER BECOMES SYMPTOMATIC:

BEDROOM, WHAT YOU NEED:

- Pick a bedroom in your house that ideally has a bathroom attached and one that no one else would have to use.
- Have an airbed available in case you need to put more than one family member in the room.
- Make sure there are clean sheets, towels, washcloths and pillowcases. Plan to change pillowcases daily and sheets on a frequent basis.
- Put a box of tissues on the bedside table and a small trash can with a bag inside next to the bed.
- THERMOMETER. Get alcohol wipes if you can. Wipe down the thermometer with an alcohol wipe after each use.
- Humidifier.
- Box of gloves for inside the room.
- Lysol spray and disinfectant wipes.
- TV, cell phone, iPad, book, music...XBox, or whatever the sick person can use to pass the time.
- Small refrigerator stocked with juices, water, protein shakes, fruit or whatever finger foods they might feel like eating such as sandwiches, crackers, etc. Fluids should be encouraged even if the person doesn't want to eat solid food.
- Get or make a mask if you can. Even a homemade mask is better than no mask at all.
- Put a trash bag inside the laundry hamper in the sick room.

SET UP AN ISOLATION CART OUTSIDE THE BEDROOM:

- Put a separate hamper outside the room also with a large trash bag inside.
- A small table with a box of gloves and some clean button shirts that can be worn backwards and used as a protective gown.
- Extra masks if you have them (N95 is best), and
- A trash can with a bag inside.

BATHROOM, WHAT YOU NEED:

- Have prescription medications set up in a pill box. This will make it easier for the sick person to take daily medications with less stress and it's a way to make sure the sick person is remembering to take these medications.
- Put OTC meds for symptomatic relief on the bathroom counter, i.e., Tylenol, cough medicine, etc.
- Stock antibacterial wipes or a bleach or alcohol-based cleaner and paper towels for wiping down the bathroom daily especially if someone is sharing the bathroom (and even if that other person is also sick). Plan to wipe down all surfaces that are touched by skin such as sink, tap, shower door, shower controls, toilet (handle, seat, lid and rim), doorknobs at least once a day.
- Line the garbage can with a trash bag so it can be tied up tight and thrown away.

SICK ROOM PROCEDURE TO MINIMIZE SPREAD OF VIRUS:

- The sick person should try to take a shower every day. If not feeling well enough to shower, the sick person should try to at least change clothes, pajamas, underwear and socks. All removed clothing should be put straight into the trash bag in the hamper. Use towels once and put them in the laundry trash bag.
- Before entering the sick person's room, the caregiver should put on a protective mask (N95 is best if you have one), a pair of gloves and a button shirt with the opening in the back.
- The sick person should ALSO put on a mask before the caregiver enters the room.
- Use an antibacterial wipe to wipe down surfaces in the bedroom daily. Doorknobs, anything on the bedside table, cell phone, iPad, TV remote, bed posts, alarm clock.
- Open a window and get some fresh air in the room, if you can.
- Use paper plates and disposable plastic silverware if you can. Throw them away in the lined trash can in the room.
- Any laundry in the sick room should be put directly into the trash bag that is lining the hamper. When the caregiver takes the laundry, he/she should just pull the drawstring on the trash bag (tight) and place the bag gently outside the bedroom door. Put a fresh trash bag in the hamper.
- Same with trash. Close the bags in the trash cans and put them gently outside the bedroom door. Put a fresh bag in the trash cans.

- **After leaving the room with laundry and trash, the caregiver should:**

- a. CHANGE GLOVES, but KEEP THE PROTECTIVE SHIRT AND MASK ON
- b. The caregiver should bring the trash bags directly to the trash cans in the garage.
- c. The laundry trash bag should be brought to the washer and laundry should be gently transferred into the washer, raising as little dust as possible.
- d. Shed the protective shirt directly into the washing machine when done. KEEP GLOVES AND MASK ON. Wash load on “hot” or “sanitize.” THROW TRASH BAG AWAY.
- e. Wipe down all surfaces touched (controls on washer, doorknobs, etc.). Remove mask, spray it with Lysol and allow it to air dry.
- f. Remove gloves and throw away. WASH HANDS THOROUGHLY.

- **After leaving the room after intermittent, short visits, the caregiver should:**

- a. Shed the protective shirt into the hamper outside the room,
- b. Shed the gloves into the lined trash can outside the room.
- c. Remove mask, spray it with Lysol and allow it to air dry.
- d. WASH HANDS THOROUGHLY.

- **Washing protective gowns:**

Periodically, the protective shirts should be carried (in the tightly closed trash bag) to the washer and carefully transferred into the washing machine without raising too much dust. Wash on hot or sanitize cycles.

THROW THE TRASH BAG AWAY. It should not be reused.

BEING A CAREGIVER, WHAT TO MONITOR:

1. Take the temperature of the sick person every few hours, or if the sick person can take his/her own temperature, better yet. Keep a log of the times and temps, as well as when fever reducing medication is taken. Make a note about the effectiveness of the medication in reducing fever.
2. Keep fluids at the bedside and encourage the sick person to drink. Offer foods with high water quantity when possible like grapes, watermelon, oranges. Encourage at least small, frequent intakes of food.
3. Keep a log of symptoms and the timing of the onset of symptoms (fever, cough, difficulty breathing). Keep a list of temperature readings and a log of when medication was administered to treat a fever.
4. Call the doctor if the fever is persistent or very high and not responsive to fever-reducing medications such as Tylenol.
5. Locate your local testing sites now, just in case you need them at some point. Here is a website where you can find NJ County drive-through testing sites:
<https://www.northjersey.com/story/news/coronavirus/2020/03/30/nj-coronavirus-testing-centers-each-county-see-list/508610002/>

Many Urgent Care centers also offer testing.

Before showing up for testing, call the NJ Dept of Health Coronavirus Call Center to see if you are eligible for testing and if so, what you need to bring with you and where you should go.

1-800-222-1222 or 1-800-222-1253

6. If you need to take the sick person to the hospital:
 - Both the healthy person and the sick person should wear masks.
 - Have this information in a packet for the hospital staff:
 - Written log of symptoms (above)
 - Two- or three-day supply of prescription medications IN THE ORIGINAL RX BOTTLES
 - List of medication and food allergies