

How to safely provide care for someone with COVID-19

For most people with COVID-19, recovery at home is the best care option. If you are caring for someone at home with COVID-19, there are things you can do to help them recover and keep everyone at home safe.

ISOLATION

- Make sure the person who has COVID-19 isolates from others by staying in a separate room.
- If you need to go into their room, wear a surgical mask (single-use face mask). If you don't have one, use a fitted face mask that covers your nose and mouth.
- Always wash your hands with soap and water, or use hand sanitiser before and after entering their room.

MEALS

- Take meals to the door of the person who has COVID-19 and leave them there. Knock and ask them to give you a few seconds to walk away.
- Eating lots of veggies and fruit and drinking plenty of water will help them get better.
- Don't share their food or drinks.
- Wash their dishes using hot water and disinfectant.

CLEANING

- Regularly clean and disinfect all household surfaces.
- If people are sharing a bathroom, make sure it is cleaned every time the person who has COVID-19 uses it.
- Dispose of tissues and face masks in a sealed plastic bag. Put the bag in the usual household waste.
- When washing clothes, wear a face mask and do not shake the person's laundry. Wash their clothes using the highest heat setting for the fabric with your usual detergent. After handling their laundry, wash your hands with soap and water or use hand sanitiser. Let their clothes dry completely.

AIR

- COVID-19 spreads in the air, so keep the person's door closed and external windows open where possible to reduce the risk to others.
- If the person with COVID-19 needs to leave their room to move within the house or garden, everyone should wear a face mask and stay physically separated.

MENTAL HEALTH

- Encourage the person you are caring for to stay in touch with family and friends as much as possible over video chat or telephone.
- Anyone who is sad, upset or worried can call **Yarning SafeNStrong 1800 959 563** or **Lifeline 13 11 14**. Both are available 24 hours a day every day.
- A carer is allowed in the house if they are normally required, but they must wear full personal protective equipment (PPE).

TREATMENT FOR THE PERSON WITH COVID-19

- If the person needs to visit their doctor, call the doctor and let them know that the person has COVID-19. This helps the doctor to prepare to keep everyone safe.
- If the person starts to feel worse, call the 24/7 **Coronavirus Hotline 1800 675 398** for advice.
- **If they develop serious symptoms, such as difficulty breathing even when resting, call triple zero (000) and ask for an ambulance. Say that the person has COVID-19.**

 **1800 312 911**

If you need help or advice contact your local Aboriginal health service or your doctor. You can also call the **Aboriginal COVID-19 Infoline 1800 312 911**, 9am-5pm, 7 days a week and speak to culturally safe staff.



Scan this code for the latest COVID-19 information and resources for Aboriginal and Torres Strait Islander communities.

For more information, go to coronavirus.vic.gov.au/what-to-do-if-you-have-covid-19



Community
Unity
Immunity