

WHAT TO DO IF SOMEONE IS SICK IN YOUR HOUSEHOLD



Life has to continue even where COVID-19 is spreading.

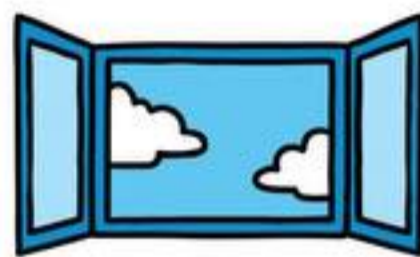
Here's how to stay safe.

1 ISOLATE THE SICK PERSON

Prepare a separate room or isolated space, and keep distance from others.



Keep the room well ventilated and open windows frequently.



3 TAKE CARE OF THE SICK PERSON

Monitor the sick person's symptoms regularly.



Pay special attention if the person is at high risk for serious illness.



Ensure the sick person rests and stays hydrated.

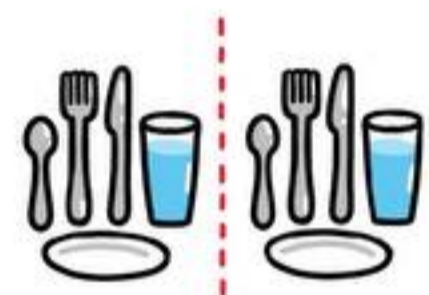
2 REDUCE CONTACT WITH THE VIRUS

Identify one household member to be the contact person who is not at high risk and has the fewest contacts with people outside.



Wear a medical mask if in the same room as the sick person.

Use separate dishes, cups, eating utensils and bedding from the sick person.



Clean and disinfect frequently touched surfaces.



! DANGER SIGNS



Call your healthcare provider immediately if you see any of these **danger signs**:

- Difficulty breathing
- Confusion
- Loss of speech or mobility
- Chest pain



REMEMBER, IT'S ALWAYS SAFER TO



KNOW YOUR RISK.
LOWER YOUR RISK.

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VISITING FAMILY IN A LONG-TERM CARE FACILITY



Life has to continue even where COVID-19 is spreading.

Here's how to stay safe.



Visiting family members is important. Your support can play an important role in their mental and physical well-being.



HERE'S HOW TO PROTECT THEM AND YOURSELF

1 IF UNWELL

Cancel your visit if you feel unwell or have had contact with someone diagnosed with or suspected of having COVID-19. Talk to facility administrators if there are unusual circumstances, such as a gravely ill family member.



2 CHECK IN ADVANCE

Ask about the time and conditions of visits, such as required testing, mask and hygiene advice.



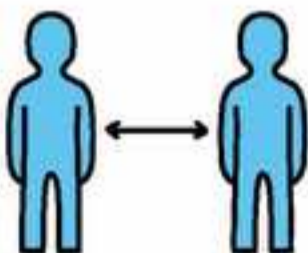
3 STAY SAFE DURING YOUR VISIT

Wear a mask.



Use sanitizer at the building and room entrance.

Keep at least 1 metre from others.



4 EXPLAIN



Help your family members understand any **changes or procedures**, such as vaccinations for influenza and COVID-19, or why wearing a mask or isolation may be needed.

5 STAY IN TOUCH



Continue to keep in touch by phone or video calls, especially if your visit is postponed.



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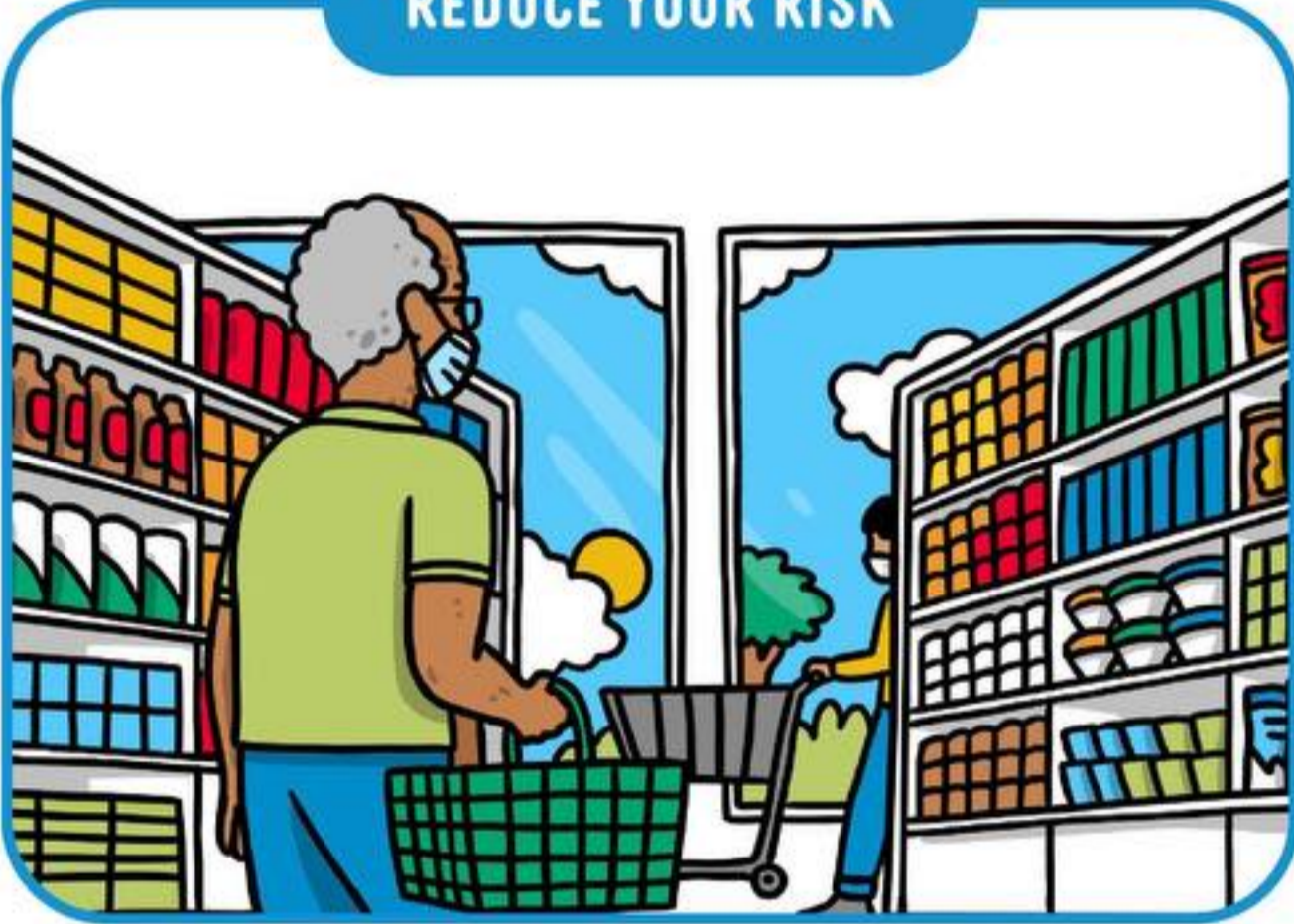
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SHOPPING FOR GROCERIES



Life has to continue even where COVID-19 is spreading. If online shopping is not an option, **here's how to stay safe.**

REDUCE YOUR RISK



Go outside peak hours.

BEFORE YOU GO OUT

Always check on local regulations.



Bring sanitizer and wear your mask.



If you are in a high-risk group, wear a medical mask.



WHEN INSIDE STORES



Keep your shopping time short and make a list.



Keep at least 1 metre distance from others.



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DON'T PUT OFF NECESSARY MEDICAL APPOINTMENTS



Life has to continue even where COVID-19 is spreading.

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REDUCE YOUR RISK

Call to check if a phone or telemedicine consultation is possible and appropriate. If not, schedule your appointment in advance.

BEFORE YOU GO OUT



Always check on local regulations.



Bring sanitizer and wear your mask.



If you are in a high-risk group, wear a medical mask.



WHILE WAITING FOR YOUR APPOINTMENT

Avoid crowded settings, maintain physical distance or ask to sit in a less crowded space.



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HOW TO PREPARE IN CASE SOMEONE GETS SICK IN YOUR HOUSEHOLD



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GET YOUR CONTACTS READY



For health information and care: your doctor, health facilities, health centre/hotline and emergency numbers.

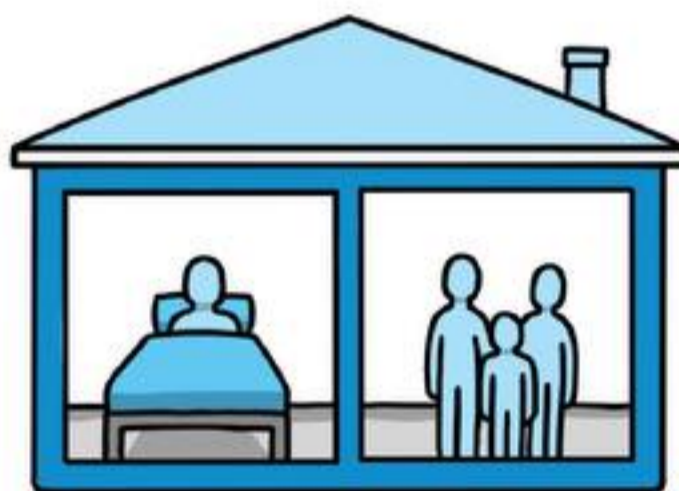


For your support network: family, friends, neighbors, school or work.

WHAT SHOULD BE PREPARED



Stock up on supplies such as regular medicines, medical masks and cleaners/disinfectants.



Prepare a separate room or isolated space, and keep distance from others.



Put in place a support network for groceries, transport, childcare and other essentials.



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