

Caring for a client who is sick with suspected or confirmed COVID-19.

Monitor the client for worsening symptoms. Know the emergency warning signs. If the client is experiencing any of these warning signs SEEK MEDICAL CARE RIGHT AWAY

Emergency warning signs include*:

- Trouble breathing, breathlessness, feeling short of breath
- Persistent pain or pressure in the chest; can occur as sharp, stabbing pain.
- New confusion or inability to arouse
- Bluish lips or face may indicate lack of oxygen in the blood

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.

- Have their healthcare provider's contact information on hand.
- If the client is getting sicker, call their healthcare provider. For medical emergencies, call 911 and notify the dispatch personnel that they have or are suspected to have COVID-19.

Prevent the spread of germs when caring for a client who is sick

- Have the client stay in one room, away from other people, including yourself, as much as possible. Provide client with a plastic bag within reach to dispose soiled Kleenex or tissues. If wearing gloves, be sure to wash hands immediately after removing gloves.
 - If possible, have client use a separate bathroom. If not possible, clean bathroom with household cleaners or bleach wipes after each use by client and as needed, at least daily.
 - Avoid sharing personal household items, like dishes, towels, and bedding
 - Have client wear a mask or cloth face covering (that covers their nose and mouth) when they are around people, including PCA.

- If the client can't wear a mask or cloth face covering, PCA should wear one while in the same room with client.
- If the client needs to be around others (within the home, in a vehicle, dialysis or doctor's office), client should wear a mask or cloth face covering that covers their mouth and nose.
- Wash your hands often with soap and water ***for at least 20 seconds***, **especially** after interacting with the client. If soap and water are not readily available, **use a hand sanitizer that contains at least 60% alcohol**. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth.
- **Every day**, clean all surfaces that are touched often, like counters, tabletops, and doorknobs
 - Use household cleaning sprays or wipes according to the label instructions.
- Wash laundry thoroughly in hot water.
 - If laundry is soiled, wear disposable gloves and keep the soiled items away from your body while laundering. Wash your hands immediately after removing gloves.
- Avoid having any unnecessary visitors.
- For any additional questions about their care, contact their healthcare provider or state or local health department.

With COVID questions and/or related medical concerns, DHS recommends to first have client call the nurse line listed on the back of their insurance card. If unable to reach, feel free to call Minnesota Department of Health at

- **DHS COVID-19 Hotlines-Interpreters available**

Health Questions: 651-201-3920 from 7am-7pm

Schools and Childcare Questions: 651-297-1304 from 7am-7pm