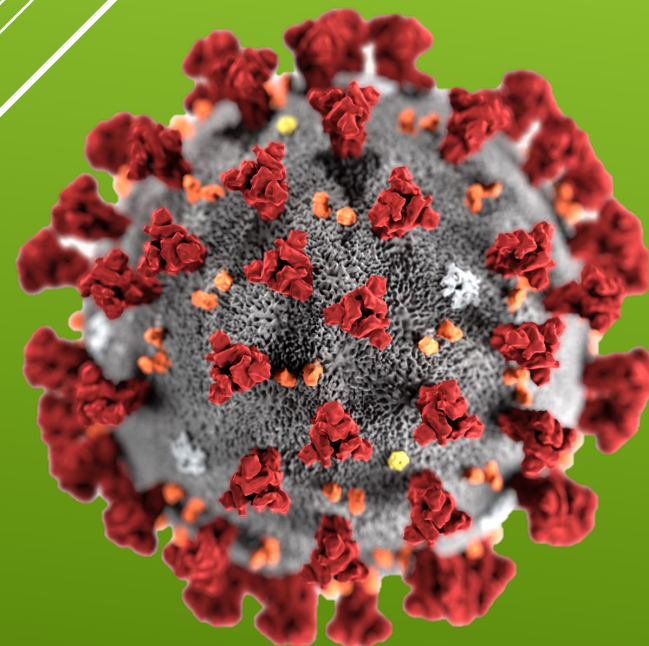
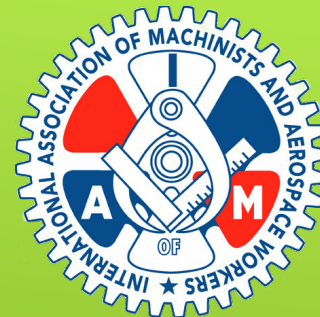


# COVID-19 PRECAUTIONS

Caring for an Infected Person





## CARING FOR A HOUSEHOLD MEMBER WITH COVID-19

- Have them use one separate room, away from others, as much as possible.
- Have them use a separate bathroom. If this isn't possible, they should disinfect the bathroom after each use (if able).
- Have them wear a cloth face covering (that covers their nose and mouth), if they must be around others. If they can't make sure you do!

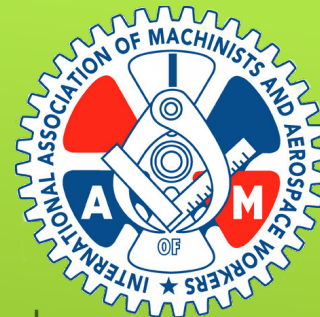


## CARING CONTINUED

- Wash your hands often, particularly after interacting with the sick person.
- Avoid touching your eyes, nose, and mouth
- Every day, clean all frequently touched surfaces!
- Avoid having any **UNNECESSARY** visitors.
- Avoid sharing personal items like dishes, towels and bedding.

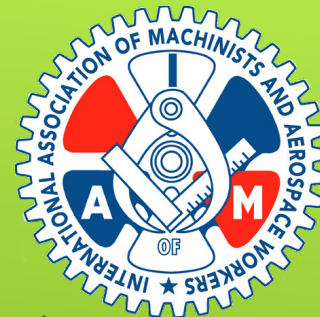






## MONITOR THE PERSON

- Monitor the person for worsening symptoms and contact their healthcare provider if they get sicker.
- Seek **IMMEDIATE** medical attention if they experience:
  - Trouble breathing
  - Persistent pain/pressure in the chest
  - New confusion or inability to arouse
  - Bluish lips or face
- Inform dispatch if suspected or known COVID-19 positive



## LAUNDRY

- Wear disposable gloves & keep soiled laundry away from your body
- **Do Not Shake** dirty laundry
- Use warmest appropriate water temp
- It is okay to launder with other people's items
- Clean and **disinfect** clothes hampers
- Wash hand immediately after removing gloves.

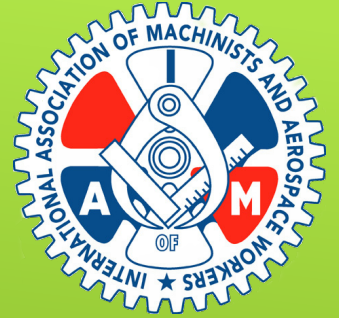


## PROVIDING SYMPTOM TREATMENT

- Make sure they drink a lot of fluids and rests at home.
- Over-the-counter medications may help with symptoms.
- For **most people**, symptoms last a few days and get better after a week.







# WHEN CAN HOME ISOLATION END?

NOT tested to determine if they are contagious:

Must meet **ALL** of the following conditions:

- No fever for at least 72 hours (3 full days of no fever without the use medicine that reduces fevers)

**AND**

- Other symptoms have improved

**AND**

- At least 7 days have passed since their symptoms first appeared

Tested to determine if they are contagious:

Must meet **ALL** of the following conditions:

- No longer have a fever (without the use medicine that reduces fevers)

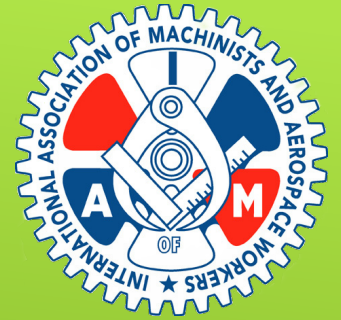
**AND**

- Other symptoms have improved

**AND**

- Received two negative tests in a row, 24 hours apart.

# CONTACT INFORMATION



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# FOR THE MOST UP-TO-DATE INFORMATION, FACT SHEETS AND POSTERS VISIT:



IAM COVID-19 Resource Center:

- <https://www.goiam.org/news/iam-coronavirus-covid-19-resource-center/>

Centers for Disease Control and Prevention COVID-19 information:

- <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

OSHA's Guidance:

- <https://www.osha.gov/SLTC/covid-19/>