COVID-19

How to care for COVID-19 at home

If possible, ensure the sick person has their own bedroom and bathroom.

Avoid visitors in your home.

Have one healthy family member care for sick person.

Have everyone else physically distance from the sick person as much as possible.

Do not let the sick person make food for others. Have the sick person make their own food in a separate area or, at least, at a different time. Wash all dishes and sanitize all surfaces after.

Avoid sharing household items such as dishes, drinking glasses, utensils, towels, bed linen and electronic devices.

Frequently wash or sanitize high-touch surfaces such as hand rails, door knobs, cupboard and fridge doors, sink taps and toilets.

Wash hands with soap and water or sanitize with alcohol-based hand rub.

Cover or sneeze into a tissue or your arm. Wash or sanitize hands before touching your nose, mouth or eyes.

Watch yourself for symptoms. If you get any, isolate immediately. Complete the COVID-19 Assessment & Testing tool at ahs.ca/covidscreen to find out if you need a COVID-19 test.

We're in this together.
We'll get through it together.

Alberta Health Services