



# WHAT TO DO IF YOU ARE A CAREGIVER WITH COVID-19



If you are a caregiver of an older adult or a person with disabilities, it is important that you plan ahead.

## 1- MAKE A PLAN

1. Identify who your back-up caregiver will be if you get sick. This could be family, friend, or a substitute caregiver.
2. Review the Service Plan with your back-up caregiver.
3. Communicate with your back-up person the type of daily support the member will need.
4. Notify the Service Coordinator if you think additional in-home supports will be needed.



- Create a list of emergency contacts and share it with your back-up caregiver.
- Support the emotional well-being of person member throughout the emergency by acknowledging any feelings the member may have and talk about things that can help bring the stress level down.

## 2- PREVENT THE SPREAD OF DISEASE



Follow the steps from the [Center for Disease Control and Prevention](https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html)  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

## 3- MONITOR SAFELY

- Dry cough, fever, and difficulty breathing are signs of infection that may worsen with time.
- Wear PPE as indicated.
- Contact your physician or 911 for support when advanced medical care is required.
- Follow CDC and DOH recommendations on when to discontinue home monitoring.



**For more info, visit -**

<https://health.hawaii.gov/coronavirusdisease2019/>

<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

<https://acl.gov/sites/default/files/common/Plain-Language-Tips-For-Working-With-Support-Staff-During-COVID-19-March-30-2020.pdf>