



# COVID-19 Recovery at Home

VNSNY is pleased to be able to care of you as you recover at home. We understand this may appear overwhelming, but we are here to help. Your VNSNY clinician will review these instructions with you in detail to answer any questions you may have.



## These guidelines will help protect the patient, and caregiver, through the recovery process:

1. As much as possible you should stay in one designated room away from the rest of the household. Ideally, this should be a well-ventilated room (*i.e. with open windows and an open door*).
2. Limit your movement in the house and minimize shared space. If possible, keep windows in the kitchen and bathrooms open.
3. If you cannot be in a separate room, household members should maintain a distance of at least six feet. Partners should sleep in separate beds.
4. If available use a separate bathroom.
5. Items should not be shared between the patient and the rest of the household including: eating utensils, dishes, drinks, towels, washcloths, bed linen or toothbrushes.
6. If you are a new mother, you can continue breastfeeding. Always wear a mask when near your baby and wash your hands before and after having close contact with the baby. Remove the mask by untying it, do not touch the front. Discard the mask immediately after use and wash your hands.
7. Stay at home except to get medical care.



## When caring for the patient, please adhere to the following guidelines:

1. Limit the number of people caring for the patient. Ideally, assign one person who is in good health and has no underlying health conditions (*i.e. heart disease, diabetes, asthma, COPD, recent cancer even if cancer free, or non-virally suppressed HIV*).
2. The patient should wear a surgical face mask as much as possible to contain respiratory secretions (*sneezing, coughing*). VNSNY will supply a facemask to the patient. People who cannot tolerate a medical mask should cover their nose and mouth with a paper tissue when coughing or sneezing.
3. Use disposable gloves and a mask if possible when providing oral or respiratory care and when handling stool, urine, and other waste. Wash your hands before and after removing gloves and mask.
4. Avoid direct contact with body fluids, particularly respiratory secretions, (*coughing and sneezing*).
5. Wash your hands after any type of contact with the patient or the area around them.
6. Use paper towels to dry your hands if possible. If paper towels are not available, use clean cloth towels and replace them frequently.

## Please follow these Preventative Cleaning and Sterilization guidelines as you care for the patient:

1. Gloves should be used when cleaning surfaces or handling clothing or linen soiled with body fluids. Either utility or single-use gloves can be used.
  - a. After use, utility gloves should be cleaned with soap and water and decontaminated with regular bleach. Single-use gloves (*e.g. nitrile or latex*) should be discarded after use.
  - b. Wash your hands before putting on and after removing gloves.
2. Use one set of linen and eating utensils for the patient; these items should be cleaned after use. They may be re-used after cleaning.
3. Clean and disinfect frequently touched surfaces, such as bedside tables, bedframes and furniture in the room where the patient is being cared for every day. Clean first with regular cleaning products, then apply a regular household disinfectant (*e.g. Lysol*).
4. Clean and disinfect bathroom and toilet surfaces at least once daily. Use the process outlined above for the patient's room.
5. Wash the patient's clothes, bed linen, and towels using a hot water setting on a home or commercial washing machine. Make sure they are thoroughly dried.
6. Do not shake soiled laundry and avoid having your it touch your skin and clothes.



If you have any questions, please do not hesitate to call us at:  
**1-866-949-8205** or visit us at **[vnsny.org](https://www.vnsny.org)**