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**CARE MEASURES FOR THOSE INDIVIDUALS INFECTED  
WITH CORONAVIRUS**

It's estimated that up to 60% of people will get SARS-CoV-2, the coronavirus that causes COVID-19.

It is prudent to assume that anyone with a cough or fever might have COVID-19 coronavirus infection.

The virus is transmitted primarily through large droplets, touching contaminated surfaces, or through the air. The following steps may minimize the spread of the virus.

Isolate those who are visibly ill in one room. Keep the door closed. Avoid visitors. Care providers should remove shoes and clothes at the infected person's door and put on a separate set of clean clothing (but not shoes). A separate set of clean clothing should always be left outside the door.

On leaving the room, the guest or care provider should remove clothing worn in the room and place the clothing in a plastic bag. Before putting on clean clothes, wash your hands with soap and water or apply an alcohol-based sanitizer.

Put the bag of contaminated clothing that was worn in the individual's room into the washing machine. Repeat washing your hands with soap and water before touching the controls on the washing machine. Wash the clothes on the highest hot water setting. Thoroughly dry the clothes.

**Increase air filtration**

Airborne viral particles can be captured by some air filters. Place a portable air purifier machine in the room with the individual who is infected. The more expensive machines have prefilters, hyper HEPA filters, and filters that remove volatile organic compounds.

## **Humidity**

Scientific studies show that viruses survive longer at lower humidity and cooler temperatures.

Theoretically, raising humidity may be a way of discouraging viral proliferation. Raising the humidity in the infected individuals' room can be done using a mist humidifier. The potential risk of increasing humidity in the room, however, is the growth of molds and spores within the space.

A more focal way to increase humidity is periodically have the infected individual "steam" their face in a sink or bowl. Boil water or run hot water into the sink or bowl. Have the infected individual place a towel over the head, lean over the sink or bowl without touching the water and inhale the hot vapors. Repeat as often as needed. Sometimes adding a product like Vicks Vapor Rub® to the water may provide additional symptom relief.

## **Clean and disinfect surfaces**

Contaminated surfaces may infect others and may result in persistence of the virus in the infected persons room.

Approved home cleaning wipes and sprays are listed at the EPA website (EPA.com). A homemade dilute solution of bleach and water can serve as an excellent antiviral preparation for cleaning.

The recommended CDC concentration of bleach for disinfection is 1:100. This can be prepared by adding 4 teaspoons of bleach to a quart of water. Additional instructions on how to carry out disinfection can be found at the CDC website.

**[cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html](https://www.cdc.gov/coronavirus/2019-ncov/prepare/cleaning-disinfection.html)**