Caring For Others

C omfort the ill person without putting yourself at risk for infection. Wash your hands often and avoid being in the path of coughs and sneezes.

A pply hand sanitizer (≥60% alcohol) after assisting with meals, changing bedding, washing contaminated surfaces, etc.

L imit visitors so your patient can rest and others are not put at risk for infection.

& M onitor for signs of complications or worsening illness.

C onsult a health care provider by phone if you need information or advice.

L ocate books, movies, games, and others diversions for a restless patient.

E nlist a helper to obtain supplies from the grocery store, pharmacy, etc.

A dhere to recommendations regarding recovery time away from school or work.

N urture your own health as you care for others.

More info: www.gannett.cornell.edu