



Care in a time of CORONA



## HOW TO PROVIDE SUPPORT TO SOMEONE WITH COVID-19

### KEEP YOURSELF SAFE

If you can't look after yourself, you won't be able to look after someone else.

Avoid touching the sick person.

Wear a mask if you do need to be close to them.

Wash your hands and mask when you get home.

### SUPPORT FROM A DISTANCE



- Do not stop your care, and don't forget about them. Let them know you'll be there as long as they need you.



- Keep in contact via messages and phone calls.

- Help them with tasks they cannot do themselves, like collecting medicines or shopping for food.



- If you can afford to, prepare a meal for them, or give them other useful things, like soap.

- Whatever you give them, try to leave it at their gate or door, rather than entering their space.