

## TIPS TO HELP CAREGIVERS STAY HEALTHY

### **Tips to Help Caregivers Stay Healthy**

- Avoid being face to face with the sick person. If possible, it is best to spend the least amount of time in close contact with a sick person.
- When holding sick children, place their chin on your shoulder so they will not cough in your face.
- Wash your hands with soap and hot water often, and the right way. Sing the “Happy Birthday” song two times or count slowly to 20 as you wash.
- If soap and water are not available, use an alcohol-based hand rub.
- Make sure to wash your hands after touching the sick person.
- Make sure to wash your hands after handling their tissues or laundry.