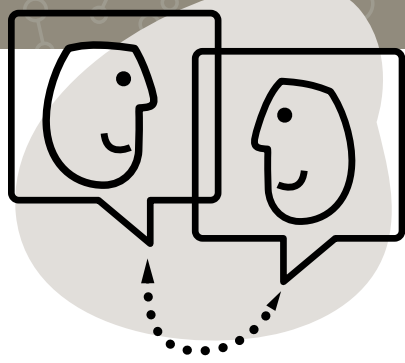


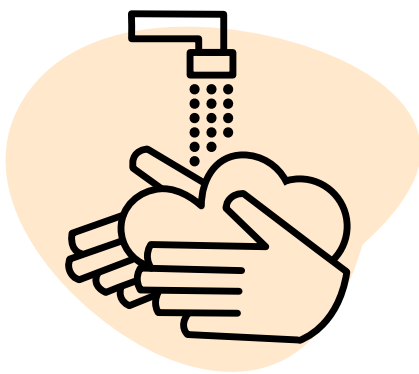
Tips for caregivers providing care at home



Explaining COVID-19.

- Think about what you want to say ahead of time. Anticipate the questions the person might have.
- Contact your local Alzheimer Society to speak with knowledgeable staff about your situation.

 [More about EXPLAINING COVID-19](#)



Maintain hygiene.

- Provide step-by-step instructions for handwashing and demonstrate alongside the person.
- Try your best to follow public health guidelines, but don't expect perfection.

 [More about HANDWASHING](#)



Take care of yourself.

- Go for a daily walk to stay physically active.
- Take things one day at a time.

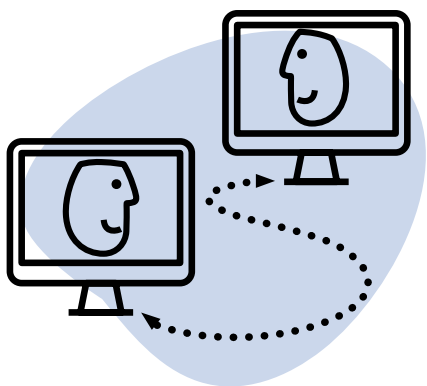
 [More about SELF-CARE](#)



Stay active at home.

- Consider the person's likes, dislikes and current abilities when planning an activity.
- If you live away from the person, pick up the phone or use Skype, Zoom or video chat to do activities together.

 [More about HOME ACTIVITIES](#)



Stay connected.

- Schedule regular calls with friends or family—even if it's only for a few minutes.

 [More about CONNECTING](#)

What to do if you get COVID-19

- Make a plan in case you or the person you care for becomes ill.
- If you are experiencing symptoms, contact your healthcare provider or local public health agency.

 [More about planning ahead](#)