



## GOOD HYGIENE WHEN CARING FOR SOMEONE WITH DEMENTIA

Experts think that COVID-19 is mostly spread from person-to-person. Right now, one of the best ways to not get COVID-19 is to practice good hygiene. That means washing your hands and keeping your house germ-free.

It can be hard for someone with dementia to practice good hygiene because he or she may forget or get confused. Caregivers should try to be patient and may need to repeat things over and over again.

### WASH HANDS WELL & OFTEN



- Make sure everyone washes their hands with soap and water for at least 20 seconds, especially after going to the bathroom, before eating, and after blowing their nose, coughing, or sneezing.
- Try singing “Happy Birthday” two times to make sure you are washing your hands long enough. Have the person with dementia sing with you!
- Keep hand sanitizer (with at least 60% alcohol) with you, in case you can’t wash your hands with soap and water. This may be a good way to make sure the hands of the person with dementia stay clean if a sink is not nearby.

### KEEP GERMS AWAY



- Try to not touch your eyes, nose, and mouth. This may be very difficult for the person living with dementia, but just do the best you can.
- Cover your cough or sneeze with your elbow or a tissue and throw the tissue in the trash.
- Don’t reuse tissues. Continue to give the person with dementia clean tissues.
- Try your best to stay at least 6 feet away from other people. During these times it may be best to ask others, even family, not to come to your home.

### KEEP THE HOUSE GERM-FREE



- Clean and disinfect things that are often touched, like doorknobs, telephones, and light switches. You can use regular household cleaning sprays or wipes. In some cases, the person with dementia may be able to help you with this as an activity.

To learn more about COVID-19, visit [cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)