

FAMILY EDUCATION PACKET

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Family Education Information for Home Visits

We understand that being separated from our families at this time can be very difficult and we are grateful for your interest in reconnecting as soon as possible. COVID-19 does continue to present risks those who live in our homes and the general community. Given that, there are guidelines that are required to keep everyone safe during this situation.

1. Review carefully the materials provided in the Family Education Packet.
2. While out of the facility, please take your loved one's temperature daily and record on the sheet provided. In addition, please take all family members' temperatures daily.
3. Monitor for other signs/symptoms of COVID-19 noted on the screening tool in this packet.
4. Please call the facility staff immediately if anyone in your home becomes ill. We will discuss next steps for the person on pass from our facility.
5. If possible/appropriate, keep your loved one at home for the duration of illness (following [quarantine/isolation guidelines](#)).
6. If not possible, please phone ahead before returning your loved one to the home so isolation procedures can be put into place. Please understand that we need to plan to protect everyone and obtain needed supplies, so you may be asked to delay the return trip to the facility.
7. While at home, please refrain from large family gatherings or community events.
8. Remember to practice social distancing, good handwashing, and wear a mask when in public places.

If you have any questions or concerns, please do not hesitate to contact us at:

Staff Person to Contact

Phone Number

By signing below, you are acknowledging you have reviewed the information above and have been provided with a Family Education Packet.

Family/Guardian

Date

Phone Number

Symptoms of Coronavirus (COVID-19)



Your symptoms can include the following:

Fever



Cough



Shortness of breath



If you have COVID-19, you may have mild (or no symptoms) to severe illness.

Symptoms can appear 2-14 days after you are exposed to the virus that causes COVID-19.

Seek medical attention immediately if you or someone you love has **emergency warning signs**, including:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning.



cdc.gov/coronavirus

Prevent the spread of COVID-19 if you are sick

Accessible version: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

If you are sick with COVID-19 or think you might have COVID-19, follow the steps below to help protect other people in your home and community.

Stay home except to get medical care.

- **Stay home.** Most people with COVID-19 have mild illness and are able to recover at home without medical care. Do not leave your home, except to get medical care. Do not visit public areas.
- **Take care of yourself.** Get rest and stay hydrated.
- **Get medical care when needed.** Call your doctor before you go to their office for care. But, if you have trouble breathing or other concerning symptoms, call 911 for immediate help.
- **Avoid public transportation, ride-sharing, or taxis.**



Separate yourself from other people and pets in your home.

- **As much as possible, stay in a specific room** and away from other people and pets in your home. Also, you should use a separate bathroom, if available. If you need to be around other people or animals in or outside of the home, wear a cloth face covering.
 - See COVID-19 and Animals if you have questions about pets: <https://www.cdc.gov/coronavirus/2019-ncov/faq.html#COVID19animals>



Monitor your symptoms.

- **Common symptoms of COVID-19 include fever and cough.** Trouble breathing is a more serious symptom that means you should get medical attention.
- **Follow care instructions from your healthcare provider and local health department.** Your local health authorities will give instructions on checking your symptoms and reporting information.



If you develop **emergency warning signs** for COVID-19 get **medical attention immediately.**

Emergency warning signs include*:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or not able to be woken
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency. If you have a medical emergency and need to call 911, notify the operator that you have or think you might have, COVID-19. If possible, put on a facemask before medical help arrives.

Call ahead before visiting your doctor.

- **Call ahead.** Many medical visits for routine care are being postponed or done by phone or telemedicine.
- **If you have a medical appointment that cannot be postponed, call your doctor's office.** This will help the office protect themselves and other patients.



If you are sick, wear a cloth covering over your nose and mouth.

- **You should wear a cloth face covering over your nose and mouth** if you must be around other people or animals, including pets (even at home).
- You don't need to wear the cloth face covering if you are alone. If you can't put on a cloth face covering (because of trouble breathing for example), cover your coughs and sneezes in some other way. Try to stay at least 6 feet away from other people. This will help protect the people around you.



Note: During the COVID-19 pandemic, medical grade facemasks are reserved for healthcare workers and some first responders. You may need to make a cloth face covering using a scarf or bandana.



[cdc.gov/coronavirus](https://www.cdc.gov/coronavirus)

Cover your coughs and sneezes.

- **Cover your mouth and nose** with a tissue when you cough or sneeze.
- **Throw used tissues** in a lined trash can.
- **Immediately wash your hands** with soap and water for at least 20 seconds. If soap and water are not available, clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.



Clean your hands often.

- **Wash your hands often** with soap and water for at least 20 seconds. This is especially important after blowing your nose, coughing, or sneezing; going to the bathroom; and before eating or preparing food.
- **Use hand sanitizer** if soap and water are not available. Use an alcohol-based hand sanitizer with at least 60% alcohol, covering all surfaces of your hands and rubbing them together until they feel dry.
- **Soap and water are the best option**, especially if your hands are visibly dirty.
- **Avoid touching** your eyes, nose, and mouth with unwashed hands.



Avoid sharing personal household items.

- **Do not share** dishes, drinking glasses, cups, eating utensils, towels, or bedding with other people in your home.
- **Wash these items thoroughly after using them** with soap and water or put them in the dishwasher.



Clean all “high-touch” surfaces everyday.

- **Clean and disinfect** high-touch surfaces in your “sick room” and bathroom. Let someone else clean and disinfect surfaces in common areas, but not your bedroom and bathroom.
- **If a caregiver or other person needs to clean and disinfect** a sick person’s bedroom or bathroom, they should do so on an as-needed basis. The caregiver/other person should wear a mask and wait as long as possible after the sick person has used the bathroom.



High-touch surfaces include phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tablets, and bedside tables.

- **Clean and disinfect areas that may have blood, stool, or body fluids on them.**

- **Use household cleaners and disinfectants.** Clean the area or item with soap and water or another detergent if it is dirty. Then use a household disinfectant.
 - Be sure to follow the instructions on the label to ensure safe and effective use of the product. Many products recommend keeping the surface wet for several minutes to ensure germs are killed. Many also recommend precautions such as wearing gloves and making sure you have good ventilation during use of the product.
 - Most EPA-registered household disinfectants should be effective.

How to discontinue home isolation

- People **with COVID-19 who have stayed home (home isolated)** can stop home isolation under the following conditions:
 - **If you will not have a test** to determine if you are still contagious, you can leave home after these three things have happened:
 - You have had no fever for at least 72 hours (that is three full days of no fever without the use of medicine that reduces fevers)AND
 - other symptoms have improved (for example, when your cough or shortness of breath has improved)AND
 - at least 7 days have passed since your symptoms first appeared.
 - **If you will be tested** to determine if you are still contagious, you can leave home after these three things have happened:
 - You no longer have a fever (without the use of medicine that reduces fevers)AND
 - other symptoms have improved (for example, when your cough or shortness of breath has improved)AND
 - you received two negative tests in a row, 24 hours apart. Your doctor will follow CDC guidelines.



In all cases, follow the guidance of your healthcare provider and local health department. The decision to stop home isolation should be made in consultation with your healthcare provider and state and local health departments. Local decisions depend on local circumstances.

Guidance for Large or Extended Families Living in the Same Household

Older adults and people of any age who have serious underlying medical conditions are at higher risk for severe illness from coronavirus disease 2019 (COVID-19). **If your household includes people in these groups, then all family members should act as if they, themselves, are at higher risk.** This can be difficult if space is limited for large or extended families living together. The following information may help you protect those who are most vulnerable in your household.

This document explains how to:

- Protect the household when you leave for errands
- Protect household members at high risk for severe illness
- Protect children and others from getting sick
- Care for a household member who is sick
- Isolate a household member who is sick
- Eat meals together and feed a sick household member

How to protect the household when you must leave the house

Don't leave the household unless **absolutely necessary!**

For example, only leave if you must go to work, the grocery store, pharmacy, or medical appointments that cannot be delayed (such as for infants or for people with serious health conditions). Choose one or two family members who are not at higher risk for severe illness from COVID-19 to do the needed errands. **If you must leave the household, follow these nine tips:**



- 1. Avoid crowds, including social gatherings of any size.**
- 2. Keep at least 6 feet away from other people.**
- 3. Wash your hands often.**
- 4. Don't touch frequently touched surfaces in public areas, such as elevator buttons and handrails.**
- 5. Don't use public transportation, such as the train or bus, if possible. If you must use public transportation,**
 - » Maintain 6 feet of distance from other passengers as much as possible.
 - » Avoid touching frequently touched surfaces such as handrails.
 - » Wash your hands or use hand sanitizer as soon as possible after leaving public transportation.
- 6. Don't ride in a car with members of different households.**
- 7. Wear a cloth face covering to help slow the spread of COVID-19.**
 - » Cloth face coverings fashioned from household items or made at home from common materials at low cost can be used as an additional, voluntary public health measure. Information about the use of cloth face coverings is available at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.



cdc.gov/coronavirus

8. Wash your hands immediately when you return home.

9. Maintain a physical distance between you and those at higher risk in your household.

For example, avoid hugging, kissing, or sharing food or drinks.

You can find more information about running essential errands at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/essential-goods-services.html.

How to protect members of the household who are at higher risk for severe illness

Adults 65 or older and people who have serious underlying medical conditions are at highest risk of severe illness from COVID-19. **If your household includes people in these groups, then all family members should act as if they, themselves, are at higher risk.**



Here are seven ways to protect your household members.

1. Stay home as much as possible.

2. Wash your hands often, especially after you have been in a public place or after blowing your nose, coughing, or sneezing. Information on when and how to wash hands can be found here: www.cdc.gov/handwashing/when-how-handwashing.html.



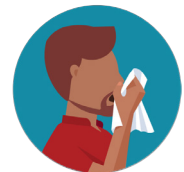
3. Use an alcohol-based hand sanitizer that contains at least 60% alcohol if you can't wash with soap and water.

» Place a dime-sized amount in your palm and rub your hands together, covering all parts of your hand, fingers, and nails until they feel dry.

4. Don't touch your eyes, nose, and mouth with unwashed hands.

5. Cover your coughs and sneezes.

- » If you cough or sneeze, cover your mouth and nose with a tissue or use the inside of your elbow.
- » Throw used tissues in the trash.
- » Immediately wash your hands.



6. Clean and then disinfect your home.

- » Wear disposable gloves, if available.
- » Clean frequently touched surfaces daily with soap and water or other detergents. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- » Then, use an EPA-registered disinfectant that is appropriate for the surface. Follow the instructions on the label for safe and effective use of the cleaning product. Disinfectants are chemicals that kill germs on surfaces.



EPA-registered disinfectants are listed here: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

More about cleaning and disinfecting can be found here: www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html

7. Don't have visitors unless they need to be in your home.

You can find more information at www.cdc.gov/coronavirus/2019-ncov/need-extra-precautions/people-at-higher-risk.html.

How to protect children and others from getting sick

Adults 65 years and older and people who have serious medical conditions should avoid caring for the children in their household, if possible. If people at higher risk must care for the children in their household, the children in their care should not have contact with individuals outside the household.

Follow these five tips to help protect children and others from getting sick.

- 8. Teach children the same things everyone should do to stay healthy.** Children and other people can spread the virus even if they don't show symptoms. Learn more at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-covid-spreads.html.
- 9. Don't let children have in-person playdates with children from other households.**
- 10. Teach children who are playing outside to stay 6 feet away from anyone who is not in their own household.**
- 11. Help children stay connected to their friends through video chats and phone calls.**
- 12. Teach children to wash their hands.** Explain that hand washing can keep them healthy and stop the virus from spreading to others.
 - » **Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
 - » **Lather** your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.
 - » **Scrub** your hands for at least 20 seconds.
 - » **Rinse** your hands well under clean, running water.
 - » **Dry** your hands using a clean towel or air dry them.



You can find more information about caring for children at www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/children.html.

How to care for a household member who is sick

Most people who get sick with COVID-19 will have only mild illness and should stay at home to recover. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

If you are caring for someone who is sick at home, follow these six tips:

- 1. Have the person stay in one room, away from other people, including yourself, as much as possible.**
- 2. Have them use a separate bathroom, if possible.**
- 3. Monitor them for emergency warning signs and get medical attention immediately if they have any of the following:**
 - » Trouble breathing
 - » Continuing pain or pressure in the chest
 - » New confusion or if they are unable to wake up
 - » Bluish lips or face
 - » Any other symptoms that are severe or concerning



4. Make sure the person with COVID-19 does the following:

- » Drinks a lot of fluids to stay hydrated
- » Rests at home
- » Uses over-the-counter medicines to help with symptoms (after talking to their doctor)

For most people, symptoms last a few days and they get better after a week.

5. Have their doctor's phone number on hand, and call their doctor if the person with COVID-19 gets sicker.

If English is your second language, a household member should know how to ask for an interpreter.

6. Call 911 for medical emergencies.

Tell the 911 operator that the patient has or is suspected to have COVID-19.

If English is your second language, a household member should know how to ask for an interpreter.

You can find more information about caring for someone who is sick at www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/care-for-someone.html.



How to isolate a sick household member when household space is limited

If you cannot provide a separate room and bathroom for a person who is sick with COVID-19, try to separate them from other household members. Try to create adequate separation within your household to protect everyone, especially those people at higher risk (those over 65 years and those who have medical conditions).

Follow these ten tips when isolating a household member who is sick:

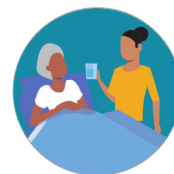
1. **Keep 6 feet between the person who is sick and other household members.**
2. **Cover coughs and sneezes; wash hands often; and don't touch your eyes, nose, and mouth.**
3. **Have the sick household member wear a cloth face covering when they are around other people at home and out (including before they enter a doctor's office).**

The cloth face covering can be a scarf or bandana. But they should not be placed on children under age 2, anyone who has trouble breathing, or anyone who is not able to remove the covering without help. You can find more about cloth face coverings at www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/diy-cloth-face-coverings.html.

4. **Keep people at higher risk separated from anyone who is sick.**
5. **Have only one person in the household take care of the person who is sick.**

This caregiver should be someone who is not at higher risk for severe illness.

- » The caregiver should clean where the sick person has been, as well as their bedding and laundry.
- » The caregiver should minimize contact with other people in the household, especially those who are at higher risk for severe illness.
- » Have a caregiver for the person who is sick and a different caregiver for other members of the household who require help with cleaning, bathing, or other daily tasks.



6. **Clean and disinfect surfaces, doorknobs, and other commonly touched surfaces** with EPA-registered disinfectants daily. Find a list here: www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2.

7. **Limit visitors to those with an essential need to be in the home.**
8. **Don't share personal items like phones, dishes, bedding, or toys.**
9. **Try to do the following if you need to share a bedroom with someone who is sick:**

- » Make sure the room has good air flow. Open a window and turn on a fan to bring in fresh air.
- » Place beds at least 6 feet apart, if possible.
- » Sleep head to toe.
- » Put a curtain around or place another physical divider to separate the bed of the person who is sick from other beds. For example, you might use a shower curtain, room screen divider, large cardboard poster board, quilt, or large bedspread.



10. **Have the person who is sick clean and disinfect frequently touched surfaces in a shared bathroom.**

If this is not possible, others who share the bathroom should wait as long as possible after the sick person uses the bathroom before entering it to clean and disinfect or to use the bathroom. Make sure the room has good air flow. Open a window and turn on a fan (if possible) to bring in and circulate fresh air.

How to eat meals together and feed a household member who is sick

If possible, make a plate for the sick household member to eat in the separate area they are staying in. If they cannot eat in the separate area they are staying in, they should stay at least 6 feet away from other members of the household during meals. Or, they should eat at a different time than others in the household.

Also, follow these seven tips:

1. **Don't help prepare food if you are sick.**
2. **Wash your hands for at least 20 seconds with soap and water before eating.**
This includes everyone in the household!
3. **Use clean utensils when placing food on every household member's plate.**
4. **Don't eat from the same dishes or use the same utensils as someone else in the household.**
5. **Wear gloves to handle dishes, drinking glasses, and utensils (food service items), if possible.** Also, wash these non-disposable items with hot water and soap or in a dishwasher after you use them.
6. **Have only one person bring food to the sick person and clean-up the sick person's food service items.** This should be someone who is not at higher risk for severe illness.
7. **Wash your hands after handling used food service items.**



KNOW HOW IT SPREADS

- There is currently no vaccine to prevent COVID-19. The best way to prevent illness is to avoid being exposed to this virus.
- The virus is thought to spread mainly from person-to-person.
- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes.
- These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

TAKE STEPS TO PROTECT YOURSELF & OTHERS

CLEAN YOUR HANDS OFTEN

- Wash your hands often with soap and water for at least 20 seconds.
- Use an alcohol-based hand sanitizer that contains at least 60% alcohol if soap and water are not available.
- Avoid touching your eyes, nose and mouth with unwashed hands.

AVOID CLOSE CONTACT

- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

STAY HOME IF YOU ARE SICK

- Stay home when you are sick, except to get medical care.

COVER COUGHS AND SNEEZES

- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.

CLEAN AND DISINFECT

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, counter tops, handles, desks, phones, keyboards, toilets, faucets and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

SCREENING

- Assess your health each morning by taking your temperature and answering the questions on the Employee Screening Tool. If you answer “yes” to any of the questions, please contact your supervisor, and do not come to work.
- Follow BrightSpring guidelines on screening patients/clients in home and clinical settings.
- Minimize visitors entering an office, clinic or home. Visitors may enter only if essential, and if passing the Visitor Screening Tool.

STAY UP TO DATE

- Use this piece in addition to the COVID-19 and Outbreak prevention and action resources on REACH and our OUTREACH app (in the Resources section) and educational webinars held regularly.

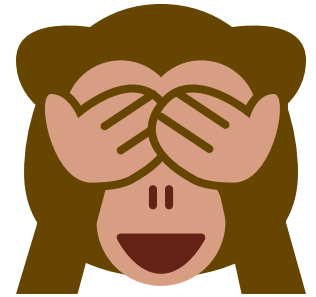
COVID-19 Prevention Recommendations



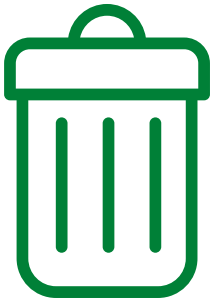
Wash your hands for 20 seconds



Cover your mouth with a tissue or sleeve when coughing or sneezing



Avoid touching your face



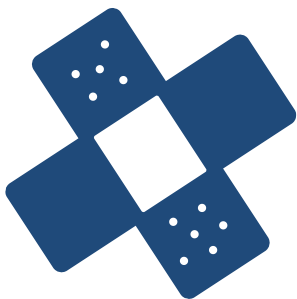
Use tissues and throw them away



Clean items around you like doorknobs, tables, and phones



Know the risks of traveling to other towns, states, and countries



Stay home if you are feeling sick



Stay home if you have family members who are sick



Call before visiting your doctor

AVOID THE SPREAD OF GERMS

The Importance of Handwashing

Follow these five steps every time you wash your hands.

1



Wet your hands with clean, running water (warm or cold), turn off the tap, and apply soap.

2



Lather your hands by rubbing them together with the soap. Lather the backs of your hands, between your fingers, and under your nails.

3



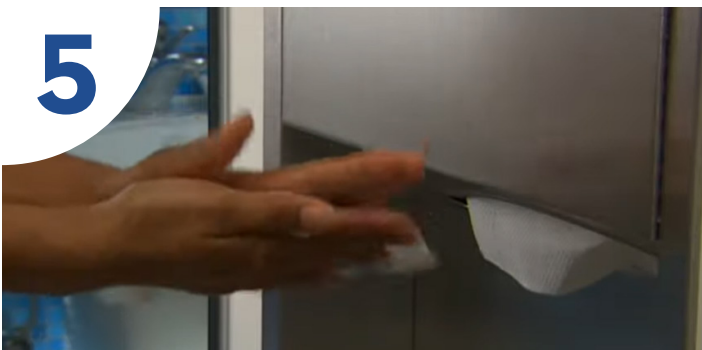
Scrub your hands for at least 20 seconds. Need a timer? Hum the “Happy Birthday” song from beginning to end twice.

4



Rinse your hands well under clean, running water.

5



Dry your hands using a clean towel or air dry them.


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HEALTH SERVICES

Cleaning and Disinfection

Following handwashing, cleaning and disinfection of surfaces may be the most critical thing you can do to help reduce the transmission of illness, including COVID-19.

Current evidence suggests that COVID-19 may remain viable for hours to days on surfaces made from a variety of materials. Cleaning visibly dirty surfaces followed by disinfection is a best practice measure for prevention of COVID-19 and other viral respiratory illnesses in households and community settings.

The CDC has released best practices for cleaning and disinfection, but first definitions:

- Cleaning refers to the removal of germs, dirt, and impurities from surfaces. Cleaning does not kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.
- Disinfecting refers to using chemicals to kill germs on surfaces. This process does not necessarily clean dirty surfaces, but by killing germs on a surface after cleaning, it can further lower the risk of spreading infection.

General Recommendations for Routine Cleaning and Disinfection of Households

Encourage our staff, clients, patients, and family members to follow these guidelines. Practice routine cleaning of frequently touched surfaces (for example: tables, doorknobs, light switches, handles, desks, toilets, faucets, telephones, sinks) with household cleaners and EPA-registered disinfectants that are appropriate for the surface, following label instructions. Labels contain instructions for safe and effective use of the cleaning product including precautions you should take when applying the product, such as wearing gloves and making sure you have good ventilation during use of the product.

Important note for our Residential Homes:

Given the current COVID-19 pandemic, and effective immediately, our residential/IDD service sites are permitted to use certain products containing bleach ONLY under the following circumstances:

- Sprays and wipes containing bleach as an ingredient are permitted
- Bleach and bleach products are NEVER to be mixed with any other liquid or cleaning product
- This (and all other cleaning products) must be securely locked up when stored and always out of reach of those we serve

Undiluted bleach is NEVER to be used or stored in our residential homes unless extremely limited criteria are met. Should any operation require full-strength bleach for any reason, they're to contact their Region Director of Clinical Practice and complete the [bleach waiver form](#).

Please ensure that all staff receive education on the appropriate use, and storage of cleaning products.

Cleaning and Disinfecting Procedures:

Surfaces should be cleaned and disinfected several times each day. For our residential homes, *at least* at the start of each shift.

Surfaces

- Wear reusable or disposable gloves when cleaning and disinfecting surfaces. Disposable gloves should be discarded after each cleaning, reusable gloves should be dedicated for cleaning and disinfection of surfaces and should not be used for other purposes.
- If surfaces are dirty, they should be cleaned using a detergent or soap and water prior to disinfection.
- For disinfection, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.
- Cleaning solutions like Oxivir (available through Medline) are effective at disinfecting surfaces while being safe to use near people. Medline has a list of approved cleaning solutions for use in our residential facilities. Always follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. Never mix household cleaning solutions together.
- Products with EPA-approved emerging viral pathogens claims are expected to be effective against COVID-19 based on data for harder to kill viruses. Follow the manufacturer's instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.).
- For soft (porous) surfaces such as carpeted floor, rugs, and drapes, remove visible contamination if present and clean with appropriate cleaners indicated for use on these surfaces. After cleaning, launder items as appropriate in accordance with the manufacturer's instructions. If possible, launder items using the warmest appropriate water setting for the items and dry items completely or use products with the EPA-approved emerging viral pathogens claims that are suitable for porous surfaces.

Laundry

- Clothing, towels, linens and other items should go in the laundry.
- When handling dirty laundry, be sure to wash hands afterwards. Gloves should be worn handling dirty laundry from someone who is sick. Discard disposable gloves after each use. If using reusable gloves, those gloves should be dedicated for cleaning and disinfection and should not be used for other household purposes. Wash hands immediately after gloves are removed.
- Do not shake dirty laundry. This will minimize the possibility of dispersing virus through the air.
- Clean and disinfect clothes hampers according to guidance above for surfaces. If possible, consider placing a bag liner that is either disposable (can be thrown away) or can be laundered.

Hand hygiene and other preventive measures

- Hands should be washed often with soap and water for 20 seconds. If soap and water are not available and hands are not visibly dirty, an alcohol-based hand sanitizer that contains at least 60% alcohol may be used. However, if hands are visibly dirty, always wash hands with soap and water.
- Household members should follow normal preventive actions while at work and home including recommended hand hygiene and avoiding touching eyes, nose, or mouth with unwashed hands.
- Additional key times to clean hands include:
 - After blowing one's nose, coughing, or sneezing
 - After using the restroom
 - Before eating or preparing food
 - After contact with animals or pets
 - Before and after providing routine care for another person who needs assistance

Other considerations

- Please refer to the [infection control policy](#) for more information
- Anyone who is sick should be isolated in another room in the home and eat away from others in the home. Non-disposable food service items used should be washed with hot water or in a dishwasher. Clean hands after handling used food service items.
- If possible, dedicate a lined trash can for the person who is sick. Use gloves when removing garbage bags, handling, and disposing of trash. Wash hands after handling or disposing of trash.

As a reminder: if you suspect that a staff member or individual we are providing care or support for may have been exposed to COVID-19, refer to the [decision tree](#) for further instruction.

Visitors, Please Note:

Infection control measures have been activated.

Please refrain from entering if you are experiencing:

- fever
- muscle aches
- sore throat
- headache
- cough
- chills
- trouble breathing
- new loss of taste or smell

Please follow infection control protocols by:

- covering your cough
- using hand sanitizer
- not touching your face
- washing your hands frequently

Thank you for helping to keep us safe in our home!

Visitor Screening Tool

Visitor's Name: _____

Reason for Visiting: _____

Person being visited: _____

Please let us know if you have any of the following (check the appropriate box):

	Yes	No
Fever greater than or equal to 100.0° F (37.8° C), and one or more of the following: muscle aches, shortness of breath, sore throat, new or changed cough, chills headache, loss of taste or smell (new onset in the past 14 days)? (Note, we will be taking your temperature prior to your visit today.)		
Have you traveled internationally or on a cruise ship within the last 14 days?		
Have you or anyone in your household had close (within 6 feet) contact with someone who has confirmed or presumed COVID-19 (Coronavirus) within the last 14 days?		

If you have any of the above symptoms or exposures, we ask that you not visit at this time. Please feel free to call on the telephone (or use FaceTime) until your symptoms have resolved.

Thank you for your understanding and cooperation in helping us keep our residents, staff and community safe.