

COVID-19:

Protecting yourself during a home visit

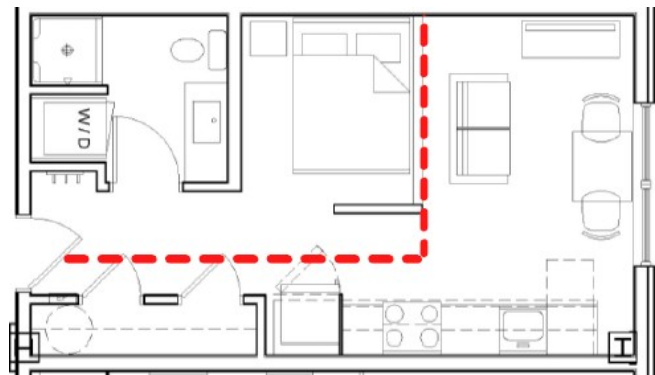


These are recommended best practices for protecting yourself from COVID-19 during a home visit. Not everyone will be able to follow each step. Talk with your caregiver and members of your household to create a plan that works for you.

Before home visit:

#1. Identify a safe space.

- Think of the areas in your home where a caregiver might be able to provide your care.
- Decide on an area that seems most comfortable for you. Try to use as few rooms as possible.
- Set up supplies in that area ahead of time so your caregiver doesn't need to go to other parts of your home.



#2. Prepare the space.

- If you are able, disinfect commonly touched surfaces in that area such as doorknobs, counter tops, and other surfaces where care may be provided.
- If others live with you, ask them to not enter the area while you will be receiving care.

#3. Prepare yourself.

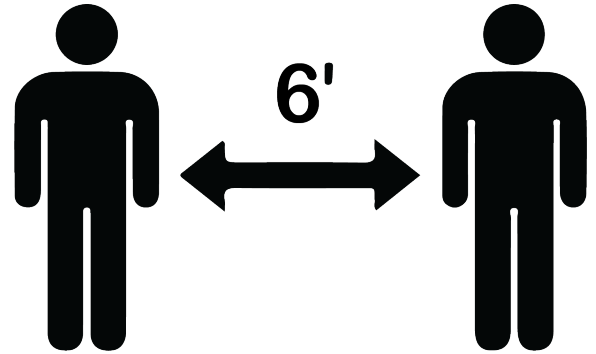
- Write up a list of tasks you want the caregiver to complete before they arrive.
- Wash your hands for 20 seconds with soap and water before your caregiver arrives. Use hand sanitizer if soap and water are not available.
- Put on your face covering (medical grade or cloth mask) after washing your hands, if you have one available.
- Make sure the list of tasks for your caregiver are part of the services approved in your plan of care, when applicable.



During home visit:

What should you do?

- Wear a face covering (medical grade or cloth mask) and gloves.
- Stay 6 feet apart from your caregiver and others who live with you, as much as possible.
- If you are able, use a separate bathroom from other people living in the home during the visit and while receiving care.
- Do not touch your eyes, nose, or mouth. If you do touch your face, make sure you wash your hands before and after.
- Ask your caregiver to not come into your home if they are sick.



What should your caregiver do?

- Wash their hands and put on gloves when they enter your home and before and after providing personal care.
- Wear a face covering and gloves at all times in your home
- Help you disinfect surfaces if you weren't able to before they arrived.
- Keep 6 feet from you and others in your home when possible.

After home visit:


- Disinfect commonly touched surfaces. Ask your caregiver if you need help.
- If you received any home care supplies, throw away the outer packaging in the trash outside your home or ask your caregiver to throw it away for you.
 - Disinfect items that did not come in a package. Ask your caregiver for assistance if you need help.
 - After touching your supplies and once your caregiver leaves, wash your hands with soap and water for at least 20 seconds. Use hand sanitizer if soap and water are not available.



COVID-19 Symptoms:

What are COVID-19 symptoms?:

- fever
- cough
- shortness of breath
- sore throat
- headache
- fatigue
- body aches
- nausea
- vomiting
- diarrhea
- loss of smell or taste

 You can have symptoms 2–14 days after you are exposed to COVID-19.



What if I start to have symptoms?

- Call your doctor.
- If you do not have a primary doctor or are not sure who to contact, you can obtain additional resource information at:

<https://coronavirus.maryland.gov/>

If your immune system is impaired or compromised, or you have an underlying medical condition (like asthma, heart disease, diabetes, lung disease, or HIV) you are at higher risk of getting very sick from COVID-19.



What are emergency warning signs*?

- Trouble breathing
- Pain or pressure in the chest that doesn't go away
- Feeling confused or cannot be woken up
- Bluish lips or face
- High temperature

*This list does not include all emergency warning signs. Call a doctor if you have any other severe symptoms.

Other ways you can protect yourself:

Physical Distancing



Stay at home as much as possible.



Do not have close contact with people who are sick.



Stay at least 6 feet from others, even if you are feeling well.

Hygiene



Wash your hands often. Always wash your hands after using the restroom, before eating, and after blowing your nose, coughing, or sneezing.



Do not touch your eyes, nose, or mouth. If you do touch your face, be sure to wash your hands before and after.



Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.

In your home



Do not share personal items with other people who live with you (for example, dishes, towels, and bedding)



Make sure to have enough groceries to stay home for at least two weeks.



Keep your regular medications and over-the-counter medications and supplies well-stocked.

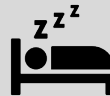
General wellness



Make sure friends or family are regularly checking-in on you if you live alone. They can help if you get sick.



Reschedule doctor's appointments that are not urgent, such as routine check-ups.



Get plenty of rest and stay hydrated.

Face coverings:

Follow these tips when wearing a face covering

- If you think that partially covering your face may subject you to harm or put you at increased danger, please weigh this risk with the risk of getting sick and make the choice that feels best for you.
- Before putting on a face covering, wash your hands with soap and water or use hand sanitizer if soap and water are not available.
- Your face covering should cover your mouth and nose with minimal gaps between your face and the face covering.
- Do not touch your face covering while wearing it. If you do touch your face, wash your hands with soap and water or use hand sanitizer if soap and water are not available.
- Use a new face covering as soon as the old one is damp.
- Wash the face covering between uses.
- Always wear your cloth reusable face covering with the same side facing out.
- Do not touch your eyes, nose, or mouth when removing your face covering.
- Wash your hands immediately after removing.
- See instructions on How to Make a Face Mask: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/how-to-make-cloth-face-covering.html>

