

# HOME VISITS & SERVICES DURING COVID-19

IF SOMEONE MUST COME OVER... ASK QUESTIONS AND PROVIDE INFORMATION



WILL ANYONE BE WITH YOU?

DO YOU HAVE SHOE COVERS?

ARE YOU OR ANYONE YOU'VE BEEN AROUND BEEN SICK?

WHAT TIME WILL YOU GET HERE?

I WILL PROVIDE YOU WITH A PLACE TO WASH YOUR HANDS.

I WILL LIMIT THE NUMBER OF PEOPLE IN THE SPACE YOU WILL BE WORKING

I AM NOT SICK & NO ONE IN MY HOME IS EITHER.

I HAVE WIPED DOWN THE AREA YOU WILL BE WORKING IN.

★ HAVE SERVICE PEOPLE REMOVE THEIR OUTERWEAR & SHOES AT THE DOOR

★ REQUIRE VISITORS TO WASH THEIR HANDS

★ CLEAN ITEMS YOUR VISITORS TOUCH

DON'T FORGET TO CLEAN DOORKNOBS & DOORBELL BUTTONS

OR INSIST ON SHOE COVERS

SPEND TIME VISITING OUTSIDE

THERE IS LESS CHANCE OF DROPLETS SPREADING IN OPEN AIR

PRACTICE SOCIAL DISTANCING

PREVENTION IS BETTER THAN TREATMENT



# MANAGING HOME LIFE WITH FLU & COVID-19 VIRUS

EVEN IF YOU DON'T KNOW FOR SURE IF YOU OR SOMEONE IN YOUR HOME HAS THE FLU OR COVID-19...

**ASSUME YOU DO**

CALL YOUR DOCTOR'S OFFICE OR THE COUNTY HEALTH DEPARTMENT ABOUT GETTING TESTED

UNTIL TEST RESULTS COME BACK

**TRACK YOUR SYMPTOMS**  
TEMPERATURE x2 A DAY AND NOTE SYMPTOMS

KEEP A LIST OF YOUR DOCTOR'S PHONE NUMBERS ON THE FRIDGE

SOME OVER THE COUNTER MEDICINES CAN INTERFERE WITH PERSCRIPTION MEDICATIONS. TALK TO YOUR DR. FIRST.

ANTIVIRAL DRUGS ARE NOT A SUBSTITUTE FOR GETTING A FLU SHOT, BUT ARE A SECOND LINE OF DEFENSE TO TREAT THE FLU IF YOU GET SICK

## PREVENT SPREADING THE VIRUS

### ★ HAND HYGIENE

EVERYONE IN THE HOME SHOULD WASH THEIR HANDS OFTEN & CORRECTLY.

AVOID TOUCHING YOUR FACE



### ★ FRESH AIR

OUTSIDE AIR HELPS REDUCE THE CONCENTRATION OF CONTAMINATED DROPLETS IN THE AIR.

OPEN WINDOWS TO ALLOW FRESH AIR IN

SPEND TIME OUTSIDE

USE EXHAUST SYSTEMS



### ★ MASKS

CONSIDER MASKS FOR EVERYONE IN THE HOME, NOT JUST THE SICK PERSON. MASKS SHOULD COVER BOTH YOUR MOUTH & NOSE.



ALWAYS COUGH OR SNEEZE INTO YOUR ELBOW, EVEN WHEN WEARING A MASK

DEDICATE A LINED TRASH CAN FOR THE SICK PERSON TO USE



### ★ LIMIT CONTACT

TRY TO MINIMIZE YOUR CONTACT WITH OTHERS. STAY 6 FEET AWAY FROM PEOPLE.

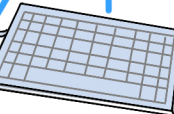
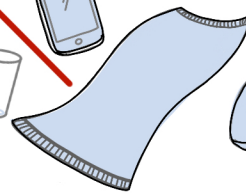
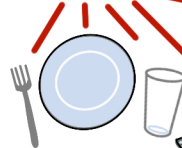


### ★ LIMIT SHARED SPACES & ITEMS

TRY TO NOT SHARE A BEDROOM OR BATHROOM WITH SOMEONE WHO IS SICK.

AVOID SHARING PERSONAL ITEMS AS MUCH AS POSSIBLE.

DON'T SHARE



### ★ WIPE DOWN SURFACES DAILY



IF HANDS TOUCH IT... CLEAN IT



### POST SICKNESS

DO A THOROUGH CLEANING OF THE SICK ROOM AND ANY SHARED SPACES.

CLEAN • VACUUM • LAUNDRY



BEDDING  
PAJAMAS  
TOWELS

