

Guide for caregivers, household members and close contacts when dealing with COVID-19

Preventing COVID-19 in your Group Home

- Residents are safest in your home setting, avoid public outings;
- Avoid close contact and practice social distancing (6 feet) with others while in the community;
- Ensure caregivers do not come to work when ill. Caregivers should not return to work until 24 hours after symptom have resolved;
- Post a sign on the entrance to the home to remind people of precautions to take to protect your residents;
- Do not share common foods where hand contact may be required i.e. bowls of snack food.

Limit the number of visitors in your home

- Only have visitors who you must see and keep the visits short;
- Keep seniors and people with chronic medical conditions (e.g. diabetes, lung problems, and immune deficiency) away from the infected person.

Caring for someone who is isolated because of COVID-19

- Prevent the spread to other home members by keeping the sick resident in their room as much as possible;
- The caregiver(s) will be considered a 'close contact';
- Be sure to tell health care providers that you are a close contact of someone with COVID-19.

Wash your hands often

- Wash your hands with soap and water after each contact with the infected person;
- Use an alcohol-based hand sanitizer if soap and water are not available.

Wear mask and gloves

- Wear a mask and gloves when you have contact with the person's saliva or other body fluids (e.g. blood, sweat, saliva, vomit, urine and feces).
- For information on the recommended steps for putting on and taking off personal protective equipment please visit <https://www.publichealthontario.ca/-/media/documents/rpap-recommended-ppe-steps.pdf?la=en>

Dispose of gloves and mask after use

- Take the gloves and mask off right after you provide care and dispose of them in a wastebasket lined with a plastic bag;
- Take off the gloves first and clean your hands with soap and water before taking off your mask;
- Clean your hands again with soap and water before touching your face or doing anything else.

Avoid sharing household items

- Do not share dishes, drinking glasses, cups, eating utensils, towels, bedding or other items with other members of the home;
 - » After use, these items should be washed with soap or detergent in warm water. No special soap is needed
 - » Dishwashers and washing machines can be used
- If you manually wash your dishware be sure to use the 3-step process: wash, rinse and disinfect.

Clean

- Clean and disinfect your home regularly;
- Clean and disinfect regularly touched items such as toilets, sink tap handles, doorknobs and bedside tables on a daily basis.

Wash laundry thoroughly

- There is no need to separate the laundry, but you should wear gloves when handling;
- Clean your hands with soap and water immediately after removing your gloves.

Be careful when touching waste

- All waste can go into regular garbage bins;
- When emptying wastebaskets, take care to not touch used tissues with your hands. Lining the wastebasket with a plastic bag makes waste disposal easier and safer;
- Clean your hands with soap and water after emptying the wastebasket.



For more information, please call **1-800-660-5853**
or visit our website at **www.healthunit.org**