

STEPS TO PROTECT YOURSELF

When Providing Care In an Individual's Home



Prior to entering a home:

- Use hand sanitizer containing at least 60% alcohol on hands (Washing hands with soap and water for 20 seconds is best).
- Put on face mask. If person has symptoms of COVID or is COVID positive, also put on gloves and gown.



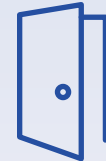
While in the home:

- Limit contact that is within 6 feet social distance whenever possible.
- Avoid sharing personal items.
- Wear gloves whenever doing activity that is within 6 feet social distance.
- Clean your hands often.
- Clean and disinfect "high-touch" surfaces and items used every day: This includes tables, door knobs, light switches, handles, desks, toilets, faucets, sinks, and electronics.
- Wear gloves when washing and drying dirty laundry. Use the warmest water and dryer setting you can without ruining the clothes. Clean and disinfect clothes hampers.
- Use bag-lined trash cans and wear gloves when handling trash.
- Clean and disinfect the bathroom after each use.
- Clean electronics using alcohol-based wipes or spray containing at least 70% alcohol.



Upon leaving a home:

- Throw away disposable PPE in a bag lined garbage can.
- Remove reusable PPE and place in a garbage bag.
- Place garbage bag in trunk to wash upon getting home.
- Use hand sanitizer containing at least 60% alcohol on hands prior to entering vehicle.



Upon returning home:

- Wash hands with soap and water immediately.
- Change out of clothes.
- If possible, take a shower before touching others in your home.
- Wash clothes and PPE on hottest setting possible.



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