

Keeping Each Other Healthy

Home Visit Guidance for Caregivers and Care Receivers

You have probably heard about the ongoing COVID-19 outbreak in Washington State. You may be wondering how this outbreak will affect the the in-home care that is provided by caregivers. Although you should try to keep distance from other people, you can still allow your home care worker to provide your regular care. Your home care worker is trained to take care of you safely.



Before your visit

- Ask each other these questions:
 - Have you limited your person-to-person contact to only essential visits?
 - Have you been in contact with anyone who has or been exposed to COVID-19?
 - Are you experiencing fever or new coughing or respiratory difficulties?

If the caregiver answers yes to any of these questions, then the care receiver may ask them to leave. If the care receiver answers yes to any of these questions, they should monitor themselves for new or worsening symptoms. If symptoms appear or get worse, contact the care receiver's doctor.

During your visit

- Wash your hands with soap and water for at least 20 seconds before physical contact or before handling food or water.
- Regularly clean common surfaces, such as countertops, doorknobs and sinks, with disinfectant.
- Avoid touching your eyes, nose or mouth. Cough or sneeze into a tissue or the inside of your elbow.
- The caregiver should wear gloves when coming into contact with bodily fluid, then throw the gloves away right away.

After your visit

- Agree to maintain your limited contact with other people.
- Arrange for another conversation before your next visit.
- Reach out to each other for emotional support if needed.