Safe Home Care During COVID-19:

Tips for Personal Care Attendants (PCAs), Caregivers and Consumers
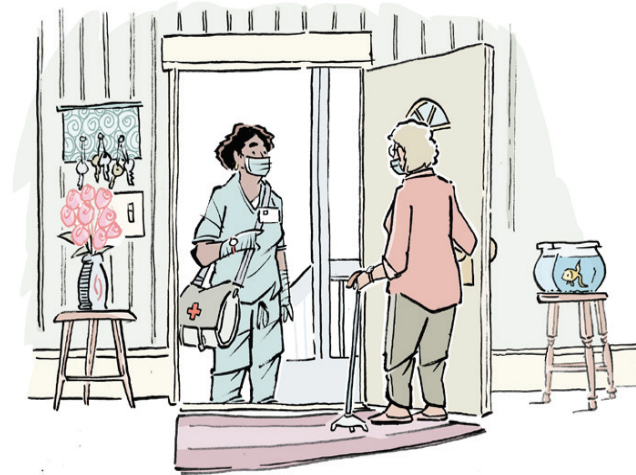
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This checklist is based on information from the U.S. Centers for Disease Control and Prevention (CDC) as of January 2021.

For more information about COVID-19, visit:

www.cdc.gov/coronavirus

For information about getting vaccines in Massachusetts, visit:

www.mass.gov/covid-19-vaccine

PCAs, Caregivers and Consumers should call or contact each other as soon as possible if you check off any of the following.

COVID-19 Checklist:

In the past 14 days:

- ☐ I have been diagnosed with COVID-19
- ☐ I have been told by a healthcare provider that I may have COVID-19
- ☐ Someone in my household has COVID-19
- ☐ I have had close contact with someone who has COVID-19 (Close contact is being within 6 feet of each other for 15 minutes or more in a 24 hour period.)

Before any visit, you have:

- ☐ Fever or chills
- ☐ Cough
- ☐ Shortness of breath or difficulty breathing *(If you having trouble breathing seek medical help immediately.)*
- ☐ Fatigue
- ☐ Muscle or body aches
- ☐ Headache
- ☐ New loss of taste or smell
- ☐ Sore throat
- ☐ Congestion or runny nose
- ☐ Nausea or vomiting
- ☐ Diarrhea

The Safe Home Care Project, University of Massachusetts Lowell

Vaccines for COVID-19 are our best hope for beating the pandemic. They are becoming available and offer good protection. Contact your healthcare provider for more information.

In the meantime, know the symptoms of COVID-19 and take precautions to protect yourself and others.

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Call your PCA, Caregiver or Consumer if you have any of the following:

- You have been diagnosed with COVID-19

- In the past 14 days you have been told by a healthcare provider that you may have COVID-19

- Someone in your household has COVID-19

- You have had close contact with someone who has or had COVID-19 (Close contact means being within 6 feet of each other for 15 minutes or more in a 24 hour period.)

You could have COVID-19 even if you feel well.

Before any visits, check to see if you have any of these COVID-19 Symptoms:

- Fever or chills

- Cough, shortness of breath or difficulty breathing

- *If you have trouble breathing, seek medical help immediately*

- Fatigue, muscle or body aches

- Headache

- New loss of taste or smell

- Sore throat, congestion or runny nose

- Nausea, vomiting or diarrhea

If you have any of these symptoms call your PCA, Caregiver or Consumer as soon as possible. By letting them know, you can decide on the right steps to protect each other.

By working together everyone will be safer.

Avoid spreading the COVID-19 virus and other germs that can cause disease.

- **Stay home if you feel sick.**

- **Stay 6 feet or more from others when possible** (physical distancing).

- **If possible, wear a mask or face covering** during home care visits

- **Ventilate rooms with fresh air** by opening windows and/or using ventilation fans (bathroom or kitchen)

- **Wash hands often** (Soap and water for 20 seconds minimum).

- **Use hand sanitizer** if you can't easily hand wash (60% alcohol minimum)

- **Avoid touching your eyes, nose and mouth.**

- **Cover coughs and sneezes,** use disposable tissues.

- **Always have cleaning and disinfecting products** and paper towels on hand.

- **Regularly clean and disinfect frequently touched surfaces** in the home (tables, countertops, handles, toilets, faucets, sinks, doorknobs and switches).

- **Follow manufacturer's instructions for cleaning and disinfecting any electronics** such as phones, keyboards, touch screens or remote controls.