

Staying Safe From Coronavirus: Tips for Home Care Workers

Home care workers should be aware that older people are more likely to experience serious symptoms if they get coronavirus. Many home care workers also provide support services for people who have chronic medical conditions, compromised immune systems or are at greater risk of serious illness. To keep themselves and the people they care for safe during the coronavirus pandemic, home care workers should:

- 1.** Limit visitors to the home/workplace and, if visitors are necessary, ask them to wear a cloth or disposable surgical mask while in the home.
- 2.** Limit your own exposure to other people (because the person you care for may be particularly vulnerable to serious symptoms, it is especially important that you reduce your chances of being exposed to the virus so you don't risk spreading it to your client).



- 3.** Take extra handwashing breaks and wash hands thoroughly.



- 4.** Change your clothes when you return home from work.



- 5.** Work with your employer/client to ensure that the home is stocked with cleaning supplies, over the counter medicines, prescription medicines, and non-perishable foods, to minimize trips to the store.



- 6.** Talk with your employer/client about backup plans for medical visits or treatments, in order to limit exposure to coronavirus in health-care settings.



- 7.** Talk with your employer/client about backup care plans in case either you or your client get sick.