



Dear Member,

Even with the national lockdown in place, the COVID-19 virus will still find opportunity to spread, and it may well become necessary for you to care for someone who may have COVID-19. We have put together the following guidelines for those members who may have to provide home care for someone who is self-quarantined due to potential or confirmed COVID-19 infection.



LIMIT CONTACT

- Only one healthy person should provide care.
- Do not share personal items such as towels, toothbrushes, cutlery or electronic devices with the ill person.
- Have the ill person use a separate bathroom, if possible. If not possible, the ill person should put the toilet lid down before flushing.



PROTECT YOURSELF

- If possible, people who are at higher risk of serious illness from COVID-19 should not care for someone with COVID-19. These people include elderly persons, those with chronic medical conditions (heart disease, diabetes, etc.) or compromised immune systems.
- If you need to be within 2 metres of the ill person, wear a face mask, disposable gloves and eye protection.
- Wear disposable gloves when touching the ill person, their environment and soiled items or surfaces.
- Do not re-use face masks or gloves.
- Wash your hands with soap often, for at least 20 seconds, especially after contact with the ill person and after removing gloves, face masks and eye protection.
- Dry your hands with disposable paper towels. If not available, use a reusable towel and replace it when it becomes wet.
- You can also remove dirt with a wet wipe and then use an alcohol-based hand sanitizer.
- Avoid touching your eyes, nose and mouth with unwashed hands.



KEEP YOUR ENVIRONMENT CLEAN

- Place used face masks, gloves and other contaminated items in a lined container, secure the contents and dispose of them with other household waste.
- Place possibly contaminated laundry into a container with a plastic liner and do not shake.
- Clothing and linens belonging to the ill person can be washed with other laundry. Wash with regular laundry soap and hot water (60-90°C), and dry well.
- At least once daily, clean and disinfect surfaces that people touch often, such as toilet flush handles and seats, laundry containers, bedside tables, doorknobs, phones and television remotes.
- High-touch electronic devices (keyboards, touch screens, etc.) may be disinfected with 70% alcohol (for example, alcohol prep wipes) at least daily.



MONITOR YOURSELF FOR SYMPTOMS

- If you have always used the recommended precautions, then monitor yourself for symptoms for 14 days following your last contact with the ill person.
- If you have had direct contact with body fluids of the ill person (for example, you were coughed or sneezed on when you weren't wearing a face mask), contact your healthcare provider for further instructions.
- If you develop symptoms, isolate yourself as quickly as possible and contact your healthcare provider for further instructions.