



## Keep Going Through Flu Season

**Our Team is Our Family (Core Value #5)** and we care about you. Thank you for reading, and for carefully applying these guidelines.

**Each office is closed except to essential visitors. *If your visit is essential:***

- Wear your mask as you enter
- Sanitize your hands immediately
- Distance yourself six feet or more from others

***Always remember:***

- Stay home if you are sick.
- When possible, improve air flow through air conditioning or by opening a window.
- Wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer (that contains at least 60% alcohol).
- Don't touch your face.
- Wear a mask while in your client's home, especially when you are in the same room with them.
- Your client should wear a facemask when around other people. If a client is not able to wear a facemask (for example, because it causes trouble breathing), it is even more important that you, as the caregiver, wear a mask when you are in the same room as the client.
- If your client has confirmed or suspected COVID-19, contact your Supervisor to request additional PPE including a N95 respirator and face shield.
- Throw out disposable facemasks after using them. Do not reuse. Wash fabric masks every day.
- When removing personal protective equipment, first remove and dispose of gloves. Then, immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
- Clean all "high-touch" surfaces, such as counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables, regularly.
- Place all used disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean your hands (with soap and water or an alcohol-based hand sanitizer) immediately after handling these items. Soap and water should be used preferentially if hands are visibly dirty.
- Do not share household items including drinking glasses, cups, etc.

Please review Cooperative's [Seasonal Flu policy](#), and our [COVID-19 Response and Management procedure](#).

**Note these guidelines that apply to both potential flu and potential COVID-19 scenarios:**

- If you have a fever, **do not** report to work.
- Next, if in addition to your fever, you are **not** having other COVID-19 symptoms, **and** have **not** been in close contact with someone who has COVID-19 within the last 14 days, you may have the flu (and not COVID-19).
  - You will need to **either** quarantine for 10 days since your fever onset (and be at least 24 hours fever-free without medication),
  - **Or** be cleared by your healthcare provider,
  - **Or** test negatively for COVID-19 two times, at least 24 hours apart.

**The CDC recommends getting a flu vaccination.**

[Click here to find flu vaccine options near you.](#)

Be Well, Family,



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