



## Keep Going Through Winter

### **As essential employees, we continue serving our clients through COVID-19**

As winter begins, your visit is even more essential. Beyond providing vital healthcare services, you are a bright light in our clients' days. Your visit provides respite from isolation, and is also a break for their family members. Let's **Challenge the Limits** ([Core Value #2](#)) all winter long.

**When you are caring for someone who is COVID-positive, or who is exhibiting COVID-like symptoms**, you should wear a N95 mask and your patient should wear a cloth/surgical mask.

If your patient cannot wear a mask, then you should also wear a face shield or other eye protection.

These guidelines are always in addition to all infection control/universal precaution procedures, monitoring yourself for symptoms before reporting for a shift, not going to work when ill, and quarantining and seeking medical assistance if you develop symptoms.

**When caring for patients who are not COVID-positive and are displaying no symptoms**, you should follow all infection control/universal precaution practices, monitor yourself for symptoms before reporting for a shift, don't go to work when ill, and quarantine and seek medical assistance if you develop symptoms.

### **In every instance,**

- Stay home if you are sick.
- When possible, improve air flow by opening a window.
- Wash your hands often for at least 20 seconds.
- 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 PPE, 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 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 immediately after handling these items.

Thank you for continuing to serve our clients. It's cold outside, but we must keep going.



*Mitch Weber*

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