



Coronavirus COVID-19

BC Centre for Disease Control | BC Ministry of Health

Reducing the risk of COVID-19 for home health clients, workers and household members.

PREPARING FOR YOUR HOME HEALTH VISIT



COVID-19 risk check

Your home-care provider will do a risk check prior to each home visit to find out if you or your household members have:

- » symptoms of COVID-19 or communicable respiratory illness
- » have been asked to quarantine after international travel
- » been notified by public health to self-isolate

Let your home health worker know before your visit if anyone in your home has symptoms or is required to quarantine or self-isolate.



Cleaning and disinfection

Regularly clean and disinfect surfaces in the home, particularly your care area and bathroom

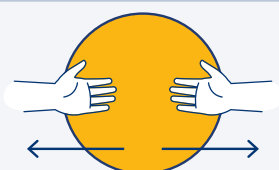
- » Highly touched surfaces (e.g., counters, door handles, light switches and phones) should be cleaned and disinfected every day.
- » Any surface that is visibly dirty or contaminated with body fluids should be cleaned and disinfected immediately.
- » Use common, store-bought disinfectants.

DURING YOUR HOME HEALTH VISIT

Handwashing and covering your coughs and sneezes



- » Wash your hands often with plain soap and water for at least 20 seconds.
- » If a sink is not available, use alcohol-based hand sanitizer with at least 70% alcohol content.
- » Soap and water should be used if your hands are visibly dirty.
- » Antibacterial soap is NOT needed.
- » Wash your hands:
 - » Before putting on a mask and after taking it off
 - » Before and after caring for a sick person
 - » After handling blood, body fluids, bedpans, urinals, wound dressings, waste or dirty laundry
 - » Any other time your hands are potentially contaminated
- » Cover your coughs and sneezes with a tissue or your bent elbow.



During your visit, give enough space between you and your home health worker whenever possible so everyone feels comfortable.

Masks



For clients receiving care: You are not required to wear a mask in your home while receiving home health-care services. However, you may be asked to wear one if you have symptoms of COVID-19, other respiratory illness or as determined by your home health worker.

- » Put a plastic-lined garbage bin next to the exit door for your home health worker to dispose of masks and other personal protective equipment. Close the bag securely without touching the waste and throw away as usual.

For household members: Respect personal space between you and the home health worker. If involved in care, please wear a mask when you are near the client or home health worker.

Home health workers: Your home health worker is required to wear a medical mask in your home.

How to wear a mask



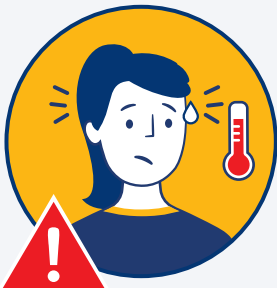
Ensure the mask covers your nose and mouth fully so there are no gaps.



Avoid touching the front of the mask while wearing it, wash your hands if this occurs.

REMINDER

If you or your household member has symptoms of COVID-19 or communicable respiratory illness or are in self-isolation



- » Follow advice from public health on [self-isolation and self-monitoring](#) for symptoms.
- » Wear a mask if you have symptoms and cannot maintain appropriate space from others or while providing care to someone who has symptoms.
- » Limit the person with symptoms to one room and one bathroom, if possible.
- » Avoid non-essential visitors to the home (it is okay for people to drop off food and other items outside the home).
- » Avoid sharing personal hygiene and other household items including food, drinks and utensils. Shared spaces (e.g., bathrooms) should be cleaned and disinfected after use by a symptomatic person.

Health-care workers have an ethical duty to provide care. However, if your home health worker feels that providing care may cause them harm (e.g., if the appropriate infection control practices that are outlined in this document are not followed) then that duty may be discharged.

Your home is your home health worker's workplace.
Please do everything to keep everyone healthy and safe.

