

GUIDELINES COVID-19 FOR CAREGIVERS AT HOME



Any symptomatic external caregiver should not intervene at home



BEFORE ARRIVAL

- ✓ Outdoors, follow the 1-m distancing with anyone.
- ✓ Decontaminate your cell phone.
- ✓ Decontaminate your hands with a hydro-alcoholic solution before ringing the bell or typing the digital door code.
- ✓ Avoid taking the elevator.
- ✓ Have the entrance door open by someone else, or open it with your elbow if possible.

ON ARRIVAL

- ✓ Greet people without shaking hands or giving a kiss.
- ✓ Hang your belongings at height.
- ✓ In the bathroom or in the toilets, wash your hands with soap and water and dry them with a disposable towel (or with a regular towel that should be then discarded to the dirty laundry bin).
- ✓ Wear your mask if applicable.
- ✓ The tap and door knobs that you possibly touched while getting in should be decontaminated with an alcohol-based, bleach-free product.

DURING THE INTERVENTION

- ✓ Do not use your cell phone (or wash your hands again if so).
- ✓ Wash your hands before and after preparing the meal and medicines, before and after manipulating the assisted patient, any medical equipment and devices (wheelchair, patient lifter, electrical bed).
- ✓ Use disposable gloves for endotracheal aspirations and maneuvers to clear secretions.
- ✓ Decontaminate all surfaces frequently touched by hands: door knobs, windows, closets, fridge and other home appliances, taps, light switches, remote controllers (TV, electrical bed, patient lifter), touch-screens, banisters, handrails...



Disposable gloves may nevertheless shelter the virus



Use them only for one intervention per patient and wash your hands right after removing them.