

Important Reminders about Staying Healthy

Wear a mask

Perform hand hygiene by washing the hands with soap and water for at least 20 seconds, or use an alcohol-based hand sanitizer (at least 60% alcohol), which should occur at a minimum:

- When you arrive at a client's home

- Before and after client contact

- After contact with the client's immediate environment

- After contact with blood, bodily fluids and other potentially infectious materials, or contaminated surfaces

- When soiled

- Before and after putting on and taking off PPE, including, but not limited to, gloves and masks

Have tissues and hand sanitizer available

Cover coughs and sneezes with a tissue or sleeve (not your hands)

Avoid touching your eyes, nose and mouth with unwashed hands

Be familiar with this important information from the CDC:

Prevention: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention.html>

Social Distancing: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/social-distancing.html>

Cloth Face Covers: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance>.