

RETURNING HOME

GUIDANCE FOR DIRECT CARE WORKERS

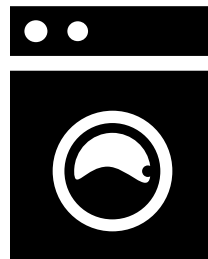


Before entering your home:

- **Remove OR change shoes**
- Leave all unneeded items outside or in a designated place

Upon entering your home:

- **Change your clothes** [laundry items worn in public, including cloth face mask, if worn] and **shower**
- **Wash hands** with soap and water for at least 20 seconds
- **Disinfect frequently used items** including your phone, car/house keys, ID badges, etc.



COVID-19 SPREADS THROUGH **CLOSE** CONTACT

Monitor yourself and members of your household for signs & symptoms of COVID-19:



Take your **temperature twice daily** + monitor for signs of fever.

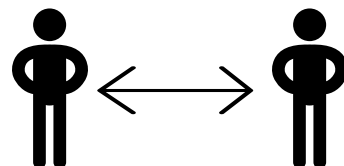
- Must be at least 30 minutes after eating, drinking, or exercising
- Wait 6 hours after taking fever-reducing medications
- Clean thermometer with soap and water after each use



Stay home if you become sick.

Isolate yourself from others.
Leave only to seek medical care.

Maintain a distance of **at least 6 feet from others**
*social-distancing



Protect the health & safety of others:

- **Wash hands with soap and water for at least 20 seconds**
- If soap and water are unavailable, use a **hand sanitizer with at least 60% alcohol**
- **Avoid close contact with others** + do not share cups or eating utensils
- **Disinfect high-touch surfaces** often
- Get plenty of sleep, eat nutritious food, drink plenty of fluids, be physically active, and manage stress

Most who become sick have mild symptoms and can safely recover at home

If you develop emergency warning signs for COVID-19, get medical attention immediately. These signs may include*:

- Trouble breathing
- Pain or pressure in your chest
- Confusion or inability to arouse
- Bluish lips or face

** Consult a healthcare provider about any other symptoms that are concerning or severe.*

If your symptoms progress, contact a health care provider. IF AN EMERGENCY, CALL 911.



Genesee County
Health Department
Your Health. Our Work.



@GeneseeCountyHealthDepartment

For more information
visit our website at www.gchd.us/coronavirus
and follow us on Facebook!

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