A COVID-19 GUIDE TO HOME CARE (MOBILE SITE)- FULL STORYBOARDS V04

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The UI

The navigation bar is sticky to the bottom of the screen and allows the user to move to the **Next** or **Previous** chapter of information.

Clicking **Chapters** triggers the menu to slide upwards and take up the entire screen.

< Chapters Next >

Beginning Home Care
- Should I Begin Home Care?
- What to Do First

How to Do Home Care

Hygiene in the Home

How to Prepare

Big Questions

About

By default, the header for the chapter that the user is viewing is expanded and the subsection they are viewing is highlighted.

Here, the user can navigate to the chapter and subsection of their choice

About has no dropdown function as it has no subsections

How to Do Home Care
- Taking Care of the Patient
- Lifestyle Changes

Hygiene in the Home
- Personal Health Equipment
- Guide to Cleaning

How to Prepare
- Other Key Cleaning Tools
- Preparing for the Hospital

Big Questions
- What about my pet(s)?
- When do I call my doctor?
- When do I go to the hospital?
- When can I end separation?

Clicking a subsection that is located within the same page, will scroll the page for the user to the anchored subsection

Ch 1 Subsection 1

A COVID-19 GUIDE TO HOME CARE

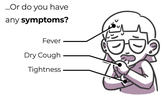
Beginning Home Care

Should I begin home care?

Have you...

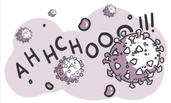
...maybe been in **contact** with the virus?

...Or do you have any **symptoms?**



If the answer is yes to either of these, **it's time to stay home!**

The virus can spread through droplets in the air from **coughs and sneezes...**



...so it's best to **stay home as soon as possible** when you have symptoms so you don't spread your germs to others.

< Chapters Next >

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Ch 1 Subsection 2

What to Do First

☑ Call those you've been in **contact with recently**

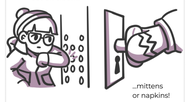
☑ **No visitors**

☑ **Don't leave** the house

Use delivery or other services for food

If you have to leave your house, **try not to touch common surfaces with your hands**, like elevator buttons or doorknobs

Use an elbow...



...mittens or napkins!

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Ch 2 Subsection 1

How to Do Home Care

Taking Care of the Patient

Your first job it to take care until you or whomever is sick gets better!

1. Keep the person **hydrated.**

2. **Start keeping notes.** Write down your temperature and a note on how you feel on a piece of paper, or in a notes app on your phone. Do this every day while you have symptoms. It will help if you need to call a doctor later.

3. Get lots of **rest!**

How do you treat COVID-19?

We don't have any cures or vaccines yet; while scientists all over the world are working very hard, we likely won't have them for a pretty long time.

So other than this, there isn't much you can do other than **keep the patient as comfortable as possible** as they recover.

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Ch 2 Subsection 2

Lifestyle Changes

It is also very important to protect others in the house from becoming sick. Here are some things you can do to keep everyone in your home well.

1. **Isolate** the patient. Try to keep your room, beds, bathrooms separate.

If you must share a space with the patient (like the bathroom or kitchen), **go in rotation** with you using it last. Thoroughly clean the space **before you use them**.

2. Caregivers should **move their own items elsewhere** and **disinfect** them with soapy water if needed.

3. Use the **dishwasher** if you have one, with **heated drying** on if possible.

4. Use your own stuff! **Don't share** food or household items.

5. Keep **windows open** when possible to help change the air in the room.

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Ch 3 Subsection 1

Hygiene in the Home

Personal Health Equipment

Patients should **wear a face mask**, and caregivers should too if they have one and are in the same room.

Caregivers should wear a **face mask and gloves** when coming into contact with any of the patient's bodily fluids.

When finished...

1. Remove and throw away your gloves

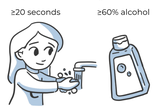
2. Wash your hands with soap and water, or hand sanitizer

≥20 seconds ≥60% alcohol

3. Then remove and throw away your face mask

4. Wash your hands with soap and water, or hand sanitizer again

≥20 seconds ≥60% alcohol



Do no reuse facemasks or gloves. Throw these out with any other contaminated items into a lined container before disposing of them with other household waste. Always clean your hands after handling these objects!

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Ch 3 Subsection 2

Guide to Cleaning

Clean all "high-touch" surfaces.

2x/Day

- ✓ Counters
- ✓ Tabletops
- ✓ Toilets
- ✓ Sinks
- ✓ Doorknobs
- ✓ Phones
- ✓ Keyboards
- ✓ Tablets
- ✓ Bedside tables...

etc.

Also, clean any surfaces that may have **blood, poop, or body fluids** on them.

Soapy water and **paper towels,** and household cleaning **wipes** and **sprays** work well!

With the bathroom...

Clean every day!

Close the lid before you flush

Put **bleach tablets** in toilet tank if you can

With the laundry...

Immediately remove and **thoroughly wash** clothes or bed sheets that have blood, poop, or body fluids on them.

Be sure to **wear disposable gloves** while handling soiled items and keep soiled items away from your body. **Clean your hands** immediately after removing your gloves.

DON'T shake dirty laundry

Shaking laundry may increase the chances for the virus to enter and travel through the air.

DO wash items following the clothing's washing instructions

It is also okay to wash other people's items with the dirty laundry that has been in contact with an ill person.

DO wait to wash your clothes after home isolation

If you do not have a washing machine, **wait 72 hours** after your isolation period has ended before taking your laundry out for washing.

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Ch 4 Subsection 1 & 2

How to Prepare

If you have time before starting home care, here's what you can do to prepare.

Other Key Cleaning Tools

Paper Towels and Rags

Paper towels work great, but if you run out, you can always make some rags out of things you already have!

Kitchen towel

An old t-shirt

Enough rags for **two full days** will let you cycle in a new set each morning as you properly wash the previous day's rags of germs.

A Bucket

Use it as a portable station to hold your soapy water when you wash down door handles and surfaces.

You can also use the bucket to wash your rags if you don't have a laundry machine at home.

Dish Soap or Other Soap

Soap will kill the virus and remove it from your hands or surfaces.

Preparing for the Hospital

Hospital Go-Bag

In the case someone's symptoms get worse and they need to go to the hospital, be sure to pack what you need ahead of time. Here's what that might look like:

Health insurance documents

Notes about your symptoms

A phone and charger

Things to keep you comfortable

*Excess masks

*You may be able to donate these to hospital workers and patients in need when you go

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Ch 5 Subsection 1–4

Big Questions

What about my pet(s)?

Limit contact with all animals

Have **someone else** take care of your pet if possible.

If you cannot, **wash your hands** before and after, and **wear a mask** and **limit contact** with the pet at all times.

When should I call a doctor?

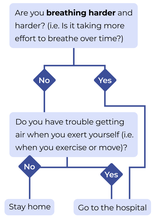
If your **fever is going up every day**, you call call your doctor.

Right now, the best way to talk to your doctor is **over the phone** . It keeps your doctor safe and also keeps space for people who are very sick.

When should I go to the emergency room?

Go to the hospital **immediately** if you **have trouble breathing.**

Should I go to the hospital?



When can I end separation?

Continue to stay home until are **fully recovered** to make sure you get better and to **prevent others getting sick.**

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Ch 6

About

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If you are looking for a more detailed guide, we recommend the peer-reviewed **"Pandemic Flu Home Care: A Detailed Guide for Caring for the Ill at Home"** available at Amazon (free with Kindle Unlimited subscription, US $5.49 to buy)

Hyperlink/external link to https://www.amazon.com/Pandemic-Flu-Home-Care-Illustrated-ebook/dp/B00FZVCV4W/ref=sr_1_4?dchild=1&keywords=pandemic+flu+kindle&qid=1584653840&sr=8-4

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A sample of what this section might look like. The order can be by level of contribution and alphabetical within that.

Another way to organize this is by role (i.e. authors, design, contributors/consultants)

Special Thanks

Name

Name

...

An optional section if needed

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