

A COVID-19 GUIDE TO HOME CARE (MOBILE SITE) - FULL STORYBOARDS V01

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A COVID-19 GUIDE TO HOME CARE

Beginning home care

Should I begin home care?



Have you...



...maybe been in contact with the virus?
Achoo!

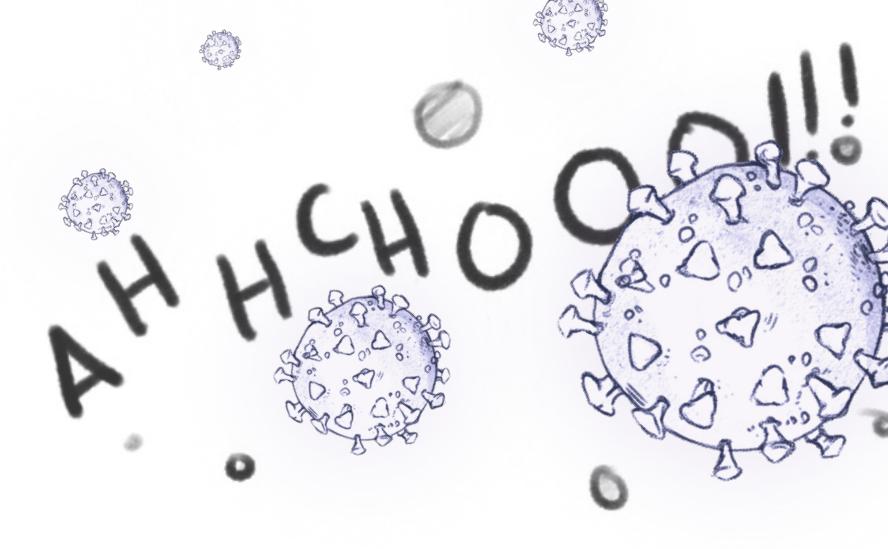
Or do you have any symptoms?

Fever

Dry cough

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

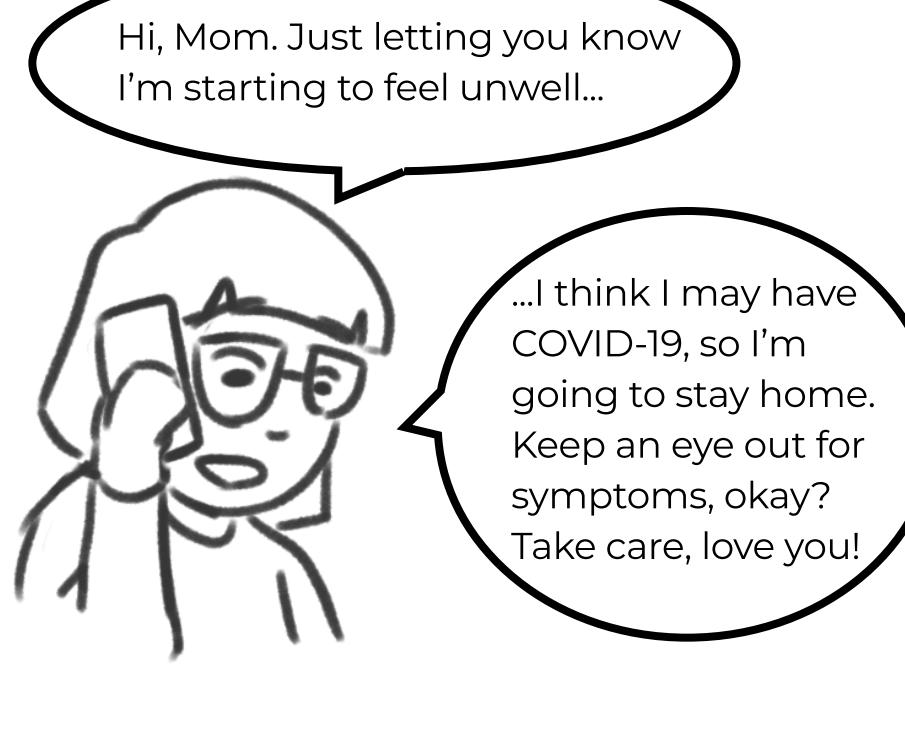
The virus can spread through droplets in the air from coughs and sneezes...



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

What should I do?
Where should I start?

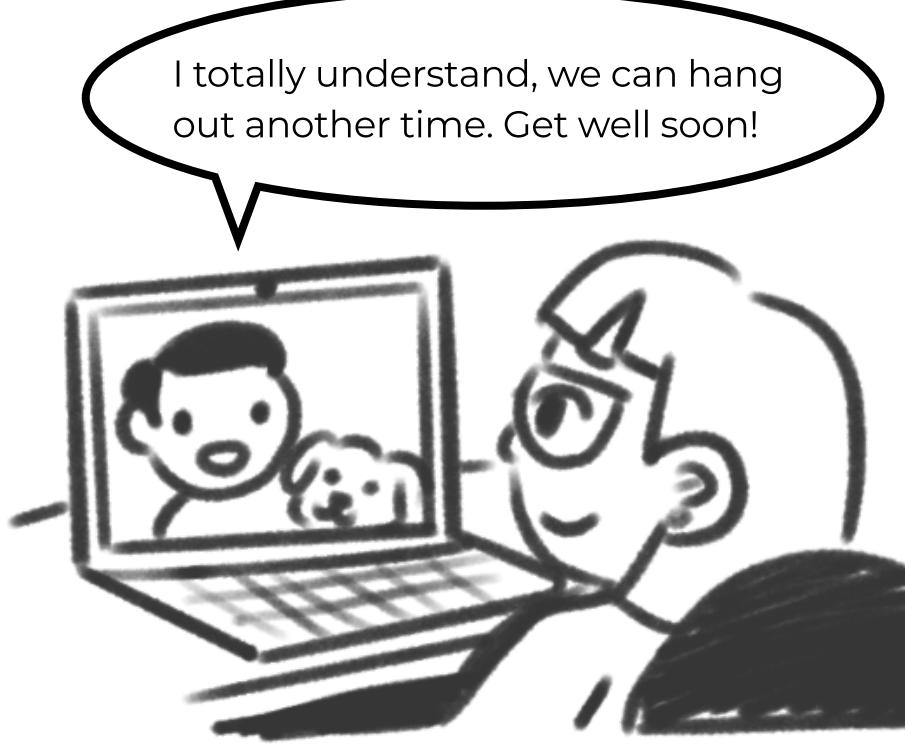
Call those you've been in contact with recently



Hi, Mom. Just letting you know I'm starting to feel unwell...

...I think I may have COVID-19, so I'm going to stay home. Keep an eye out for symptoms, okay? Take care, love you!

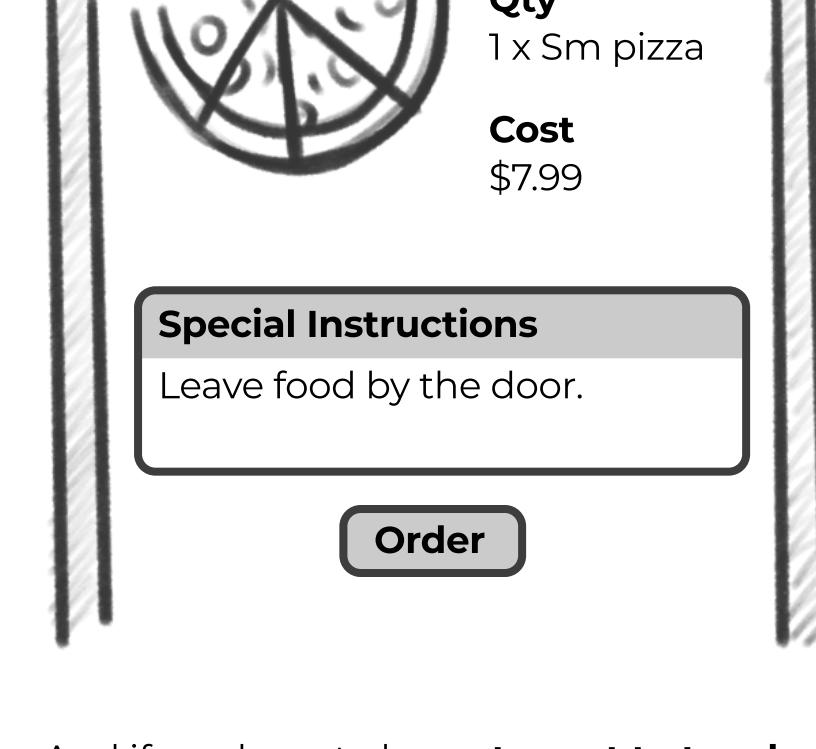
No visitors



I totally understand, we can hang out another time. Get well soon!

No leaving the house

Use delivery or other services for food



And if you have to leave, try not to touch common surfaces with your hands, like door knobs or elevator buttons

Use an elbow!



Use mittens or a sleeve!

Carrying out home care

Lifestyle Changes

Isolate the patient

people in separate rooms

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.

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

toiletries basket

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

dishwasher

Don't share household items

i.e. toothbrushes, towels, eating utensils, cups, and dishes

Keep windows open when possible

Open window

Personal Health Equipment

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

Patient and Caregiver wearing masks

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

poop, pee, spit, snot, vomit

When finished...

1) Remove and throw away your gloves

Gloves disposed in bin

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

handwashing/hand sanitizer

3) Remove and throw away your face mask

Mask disposed in bin

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

handwashing/hand sanitizer

Do not 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!

Separate lined bin next to regular garbage

Cleaning

Clean all "high-touch" surfaces, like counters, tabletops, doorknobs, bathroom fixtures, toilets, phones, keyboards, tablets, and bedside tables 2x a day if possible.

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

Soapy water and paper towels work! So do household cleaning wipes and sprays.

In the bathroom

- i. Close the lid before flush
- ii. Clean every day
- iii. Bleach tablets in toilet tank if you can

With laundry

Immediately remove and wash clothes or bedding that have blood, stool, or body fluids on them thoroughly. 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.

Taking care of the patient

There isn't much you can do other than keep the person as comfortable as possible.

- ii. Keep the person hydrated - soup, lots of water, gatorade, etc
- iii. Be careful with over the counter pain relievers, and make sure you stay inside dose recommendations at all times
1. If you use Advil or Aleve, contemplate mixing in Tylenol so you don't take the same thing all the time

How to prepare

Cleaning tools to have

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

your oldest 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

You'll need 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 dish rags if you don't have a laundry facility in your home.

Dish Soap or Other Soap

Soap is an amazing way to kill the virus and remove it from

Kitchen gloves

Disposable gloves are in short supply for health care workers. If you don't have them, non-disposable rubber or silicone gloves will work as long as you clean them well. These will help you manage both your sanitation and preserve your hands.

Laundry

1. Do not shake dirty laundry; this minimises the possibility of dispersing virus through the air.
2. Wash items as appropriate in accordance with the manufacturer's instructions. Dirty laundry that has been in contact with an ill person can be washed with other people's items.
3. If you do not have a washing machine, wait a further 72 hours after your isolation period has ended before taking your laundry out for washing.

Big Questions

- i. When to decide to end separation?
1. 14 days
- ii. When to go to the emergency room?
1. Trouble breathing which means: "if you are ever breathing harder or having trouble getting air each time you exert yourself" - then GO TO THE HOSPITAL IMMEDIATELY
- iii. Have your documents already together in the event of transfer to the hospital
- iv. Pack a go-bag for someone headed into the hospital
1. If you have more masks than you need, this is a good time to transfer them to those in need at the hospital

Animals

- a. Restrict contact.
- b. If possible, have someone else take care of your pet.
- c. If you must care for your pet, wash your hands before and after, and wear a mask or otherwise limit contact with the pet at all times.

Text and Illustrations in Progress

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