

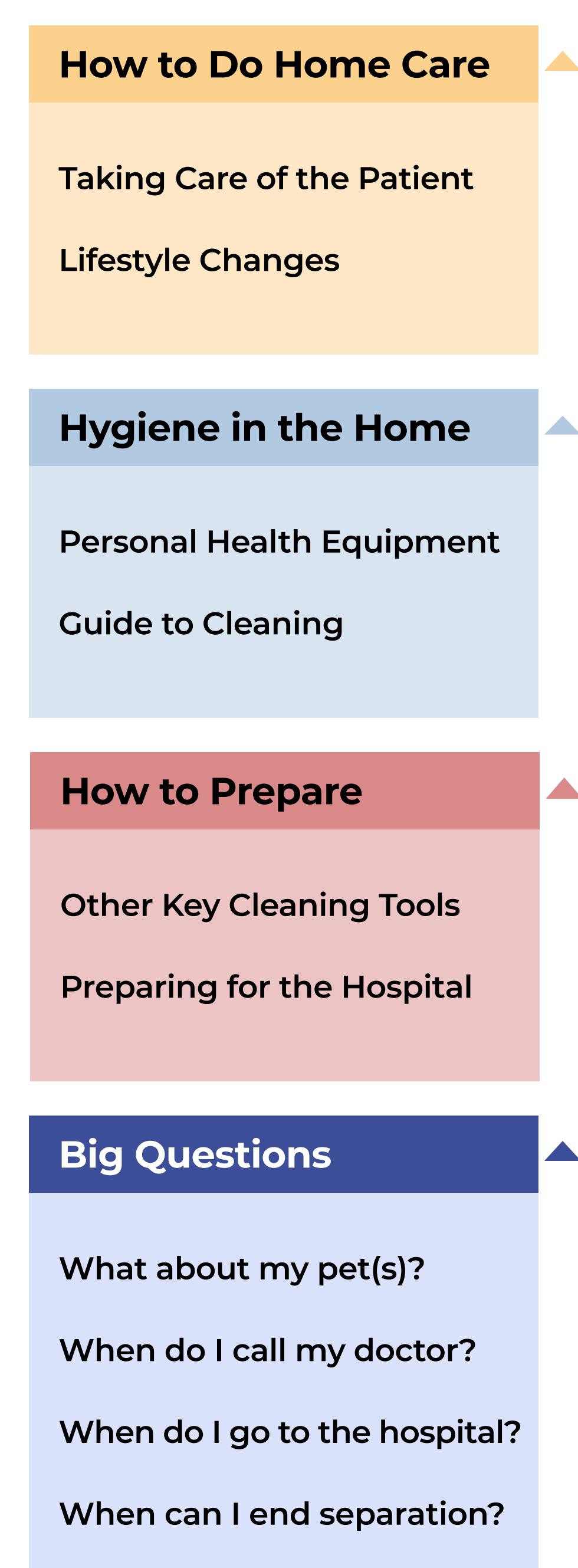
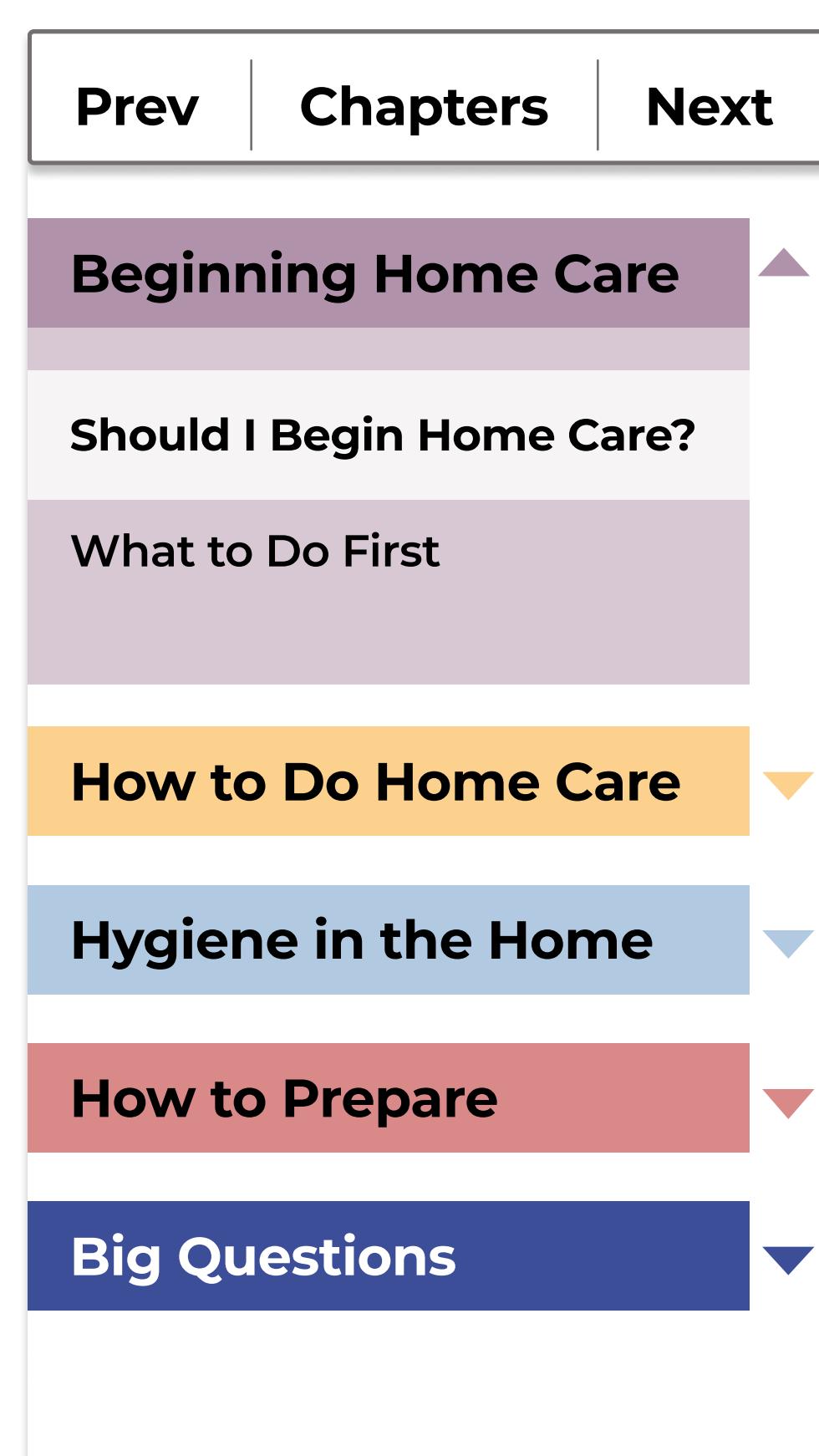
A COVID-19 GUIDE TO HOME CARE (MOBILE SITE) - FULL STORYBOARDS V03

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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.



Ch 1 Subsection 1

A COVID-19 GUIDE TO HOME CARE

SCROLL

Beginning Home Care



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

Prev Chapters Next

Disabled state since there are no Chapters prior to Chapter 1

Ch 1 Subsection 2

What to Do First

- ✓ Call those you've been in **contact with recently**



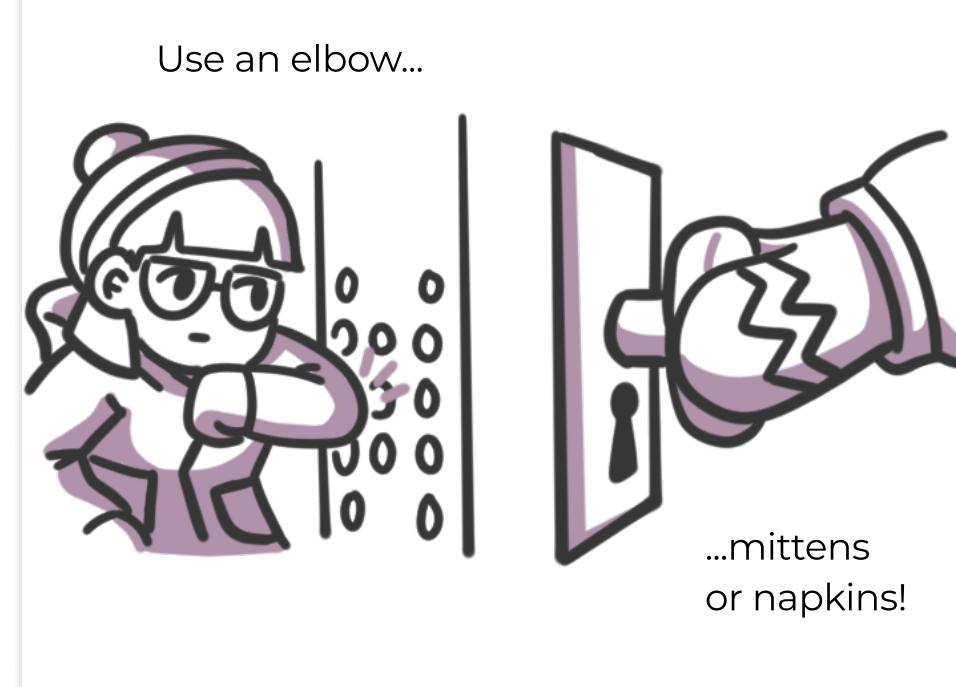
No visitors



Don't leave the house



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



Prev Chapters Next

Ch 2 Subsection 1

How to Do Home Care

Taking Care of the Patient

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

1. Keep the person hydrated.

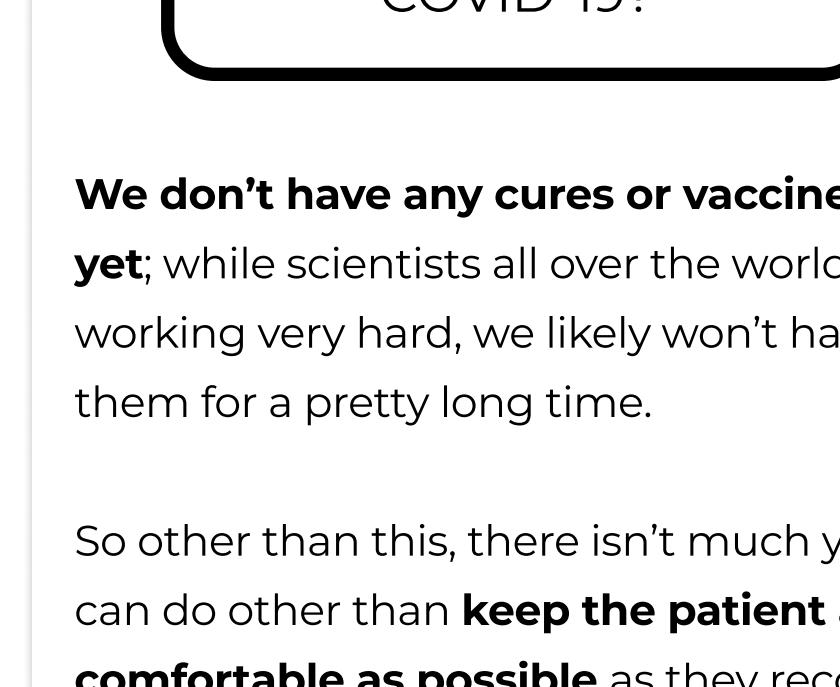


2. Start keeping notes. Write down your temperature and a note on how you feel on a piece of paper, or in a notes app on your phone. Do this every day while you have symptoms. It will help if you need to call a doctor later.

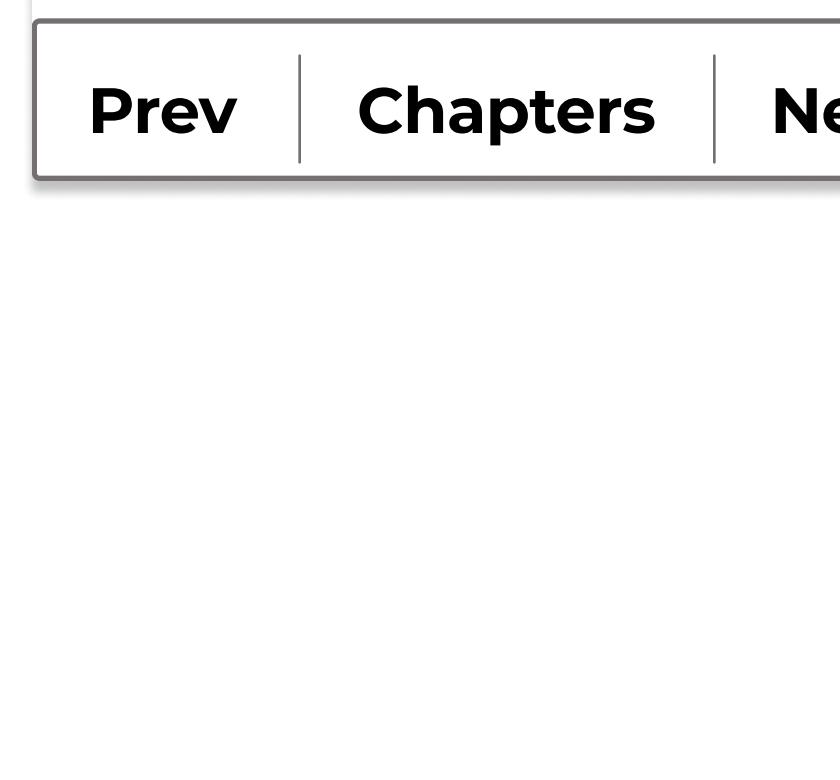
3. Get lots of rest!



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



5. Keep windows open



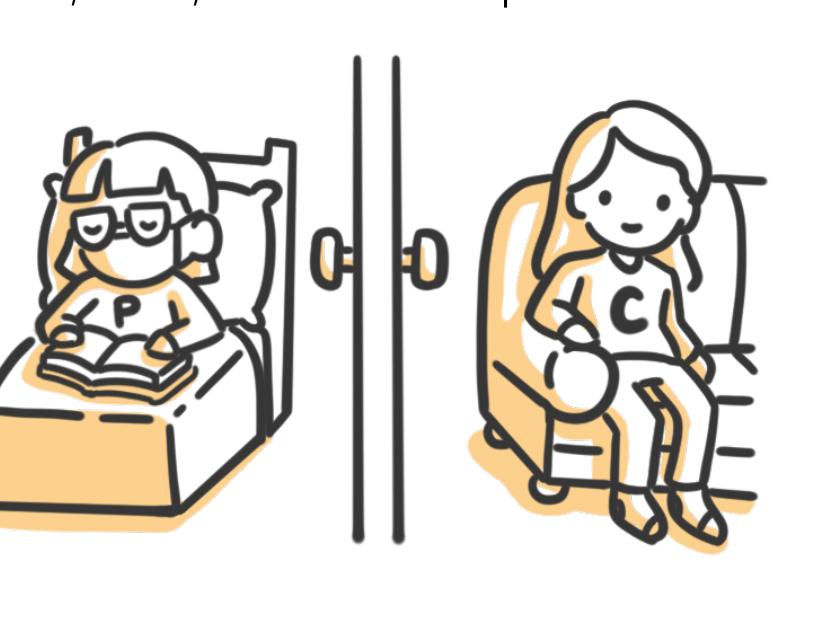
Prev Chapters Next

Ch 2 Subsection 2

Lifestyle Changes

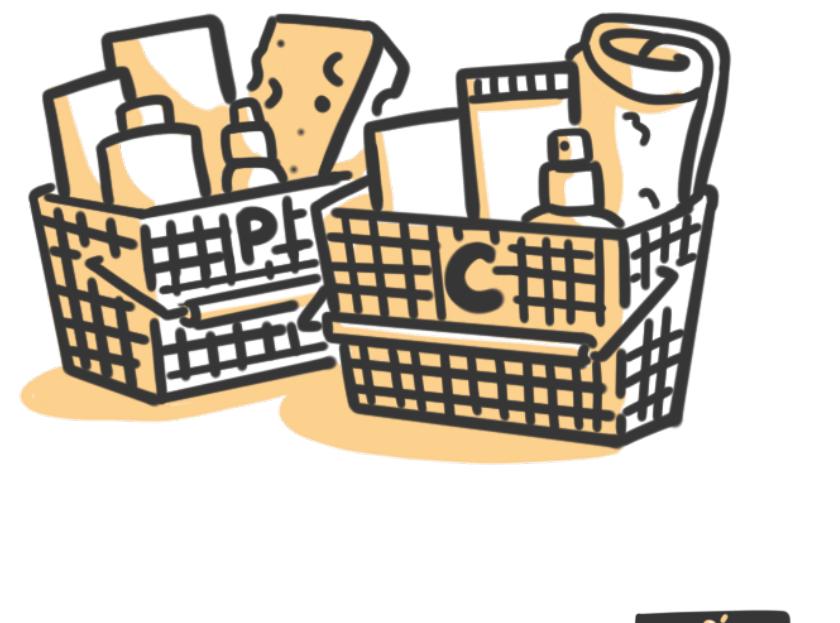
It is also very important to protect others in the house from becoming sick. Here are some things you can do to keep everyone in your home well.

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

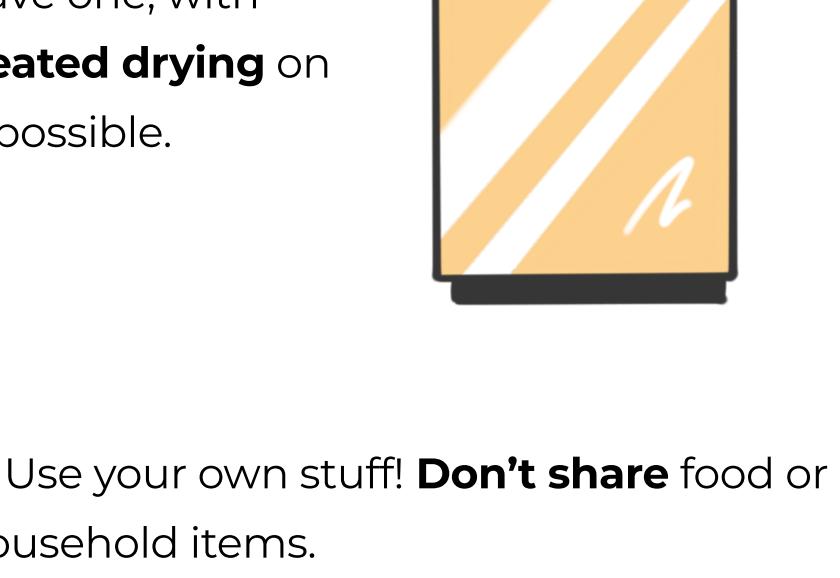


If you must share a space with the patient (like the bathroom or kitchen), **go in rotation** with you using it last. Thoroughly clean the space **before you use them**.

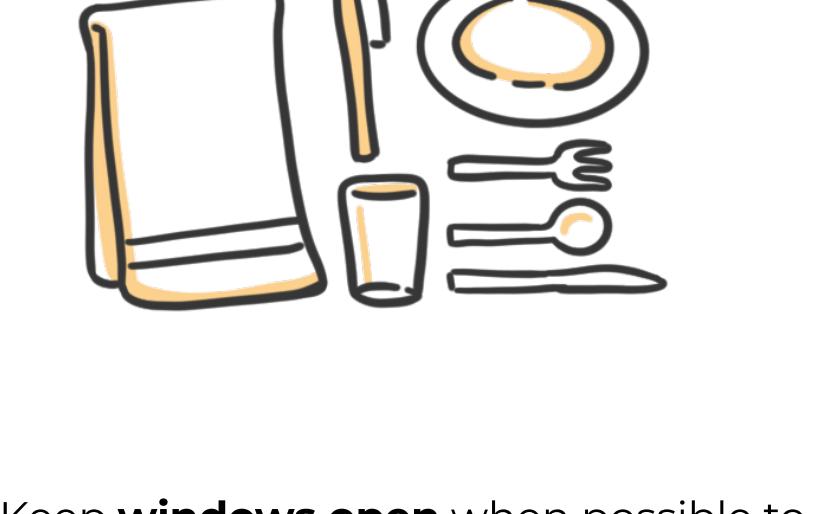
2. Caregivers should **move their own items elsewhere and disinfect** them with soapy water if needed.



When finished...



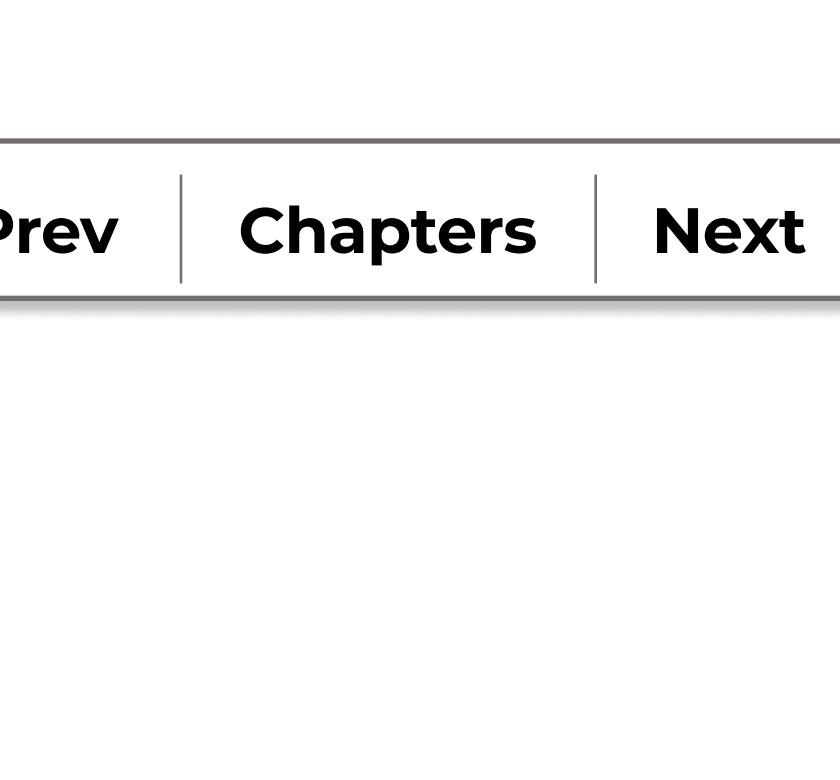
1. Remove and throw away your gloves



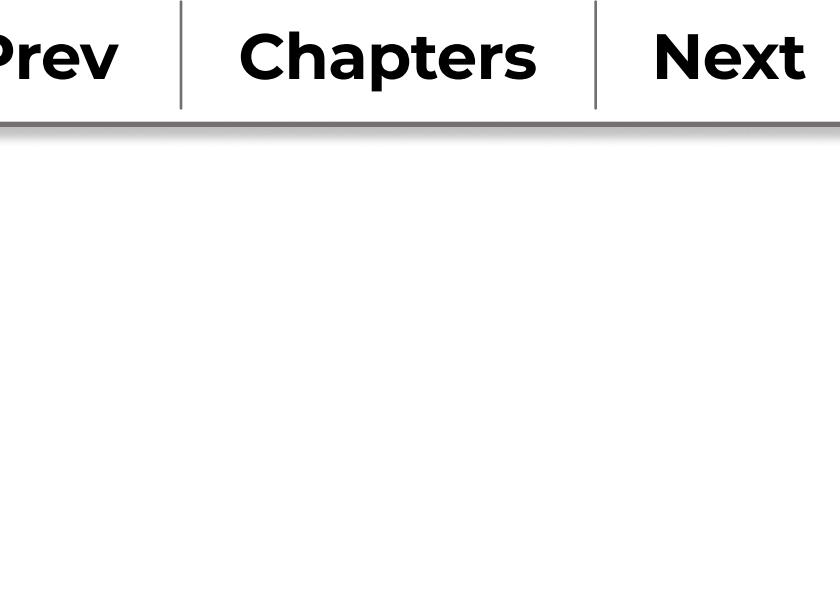
2. Wash your hands with soap and water, or hand sanitizer



3. Then remove and throw away your face mask

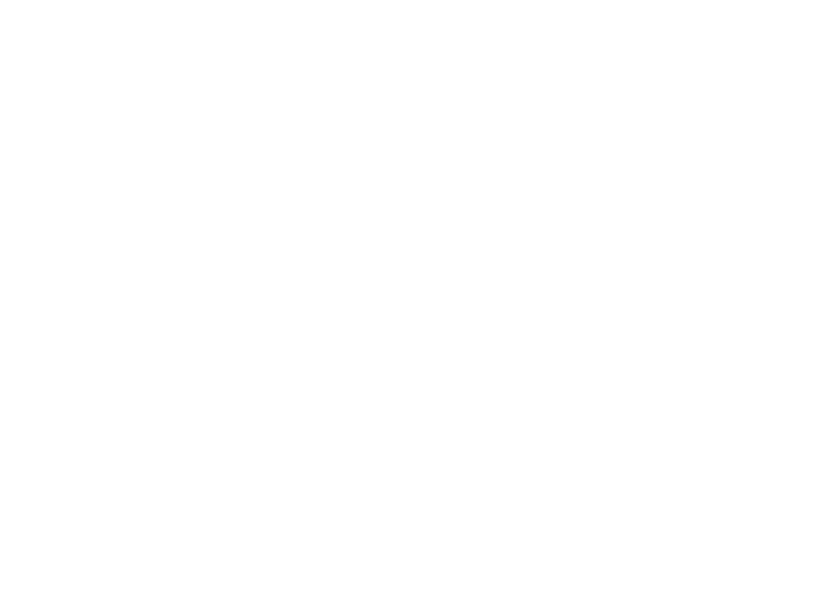


4. Wash your hands with soap and water, or hand sanitizer again



≥20 seconds ≥60% alcohol

5. 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.**



Prev Chapters Next

Ch 3 Subsection 1

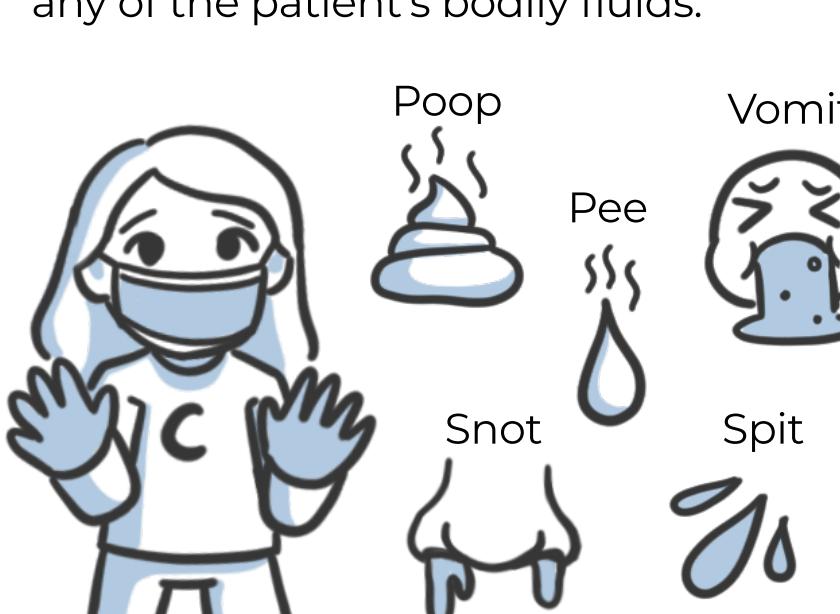
Hygiene in the Home

Personal Health Equipment

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



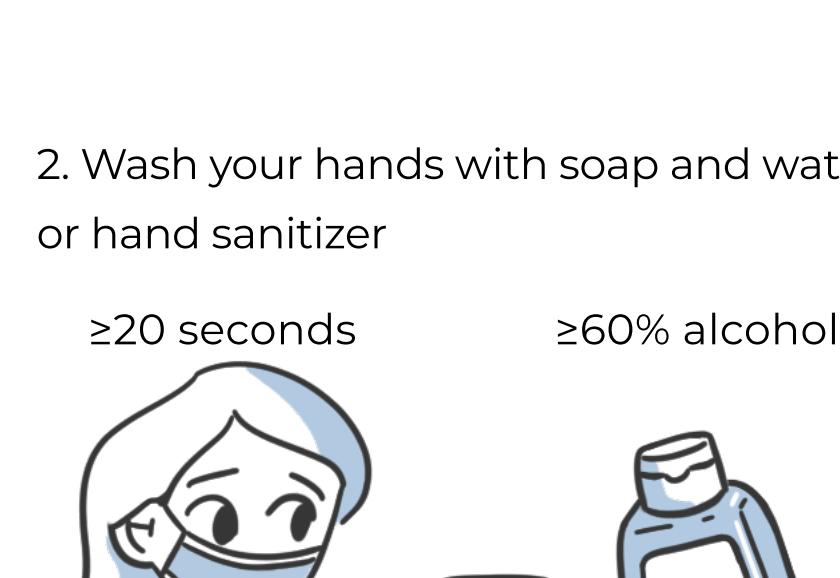
Caregivers should wear a **face mask and gloves** when coming into contact with any of the patient's bodily fluids.



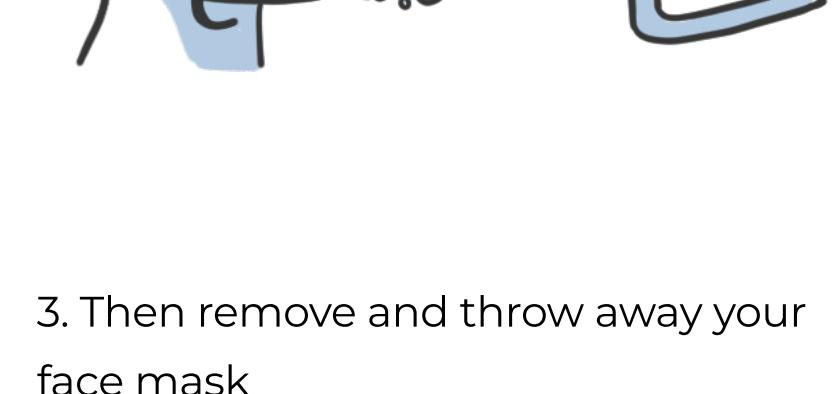
Also, clean any surfaces that may have **blood, poop, or body fluids** on them.



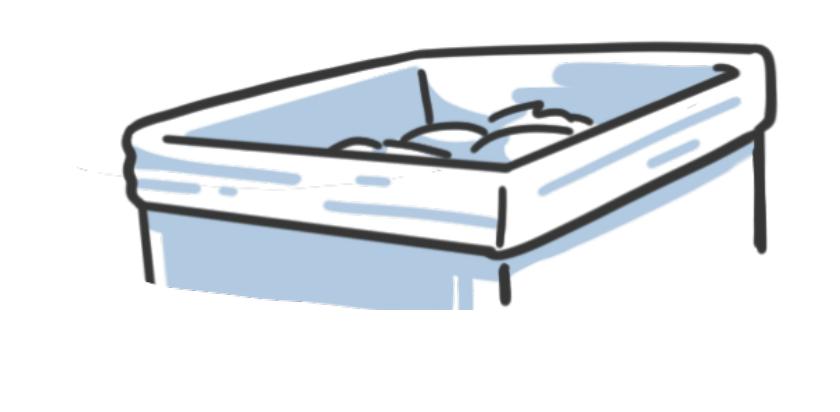
Soapy water and paper towels, and household cleaning **wipes** and sprays work well!!



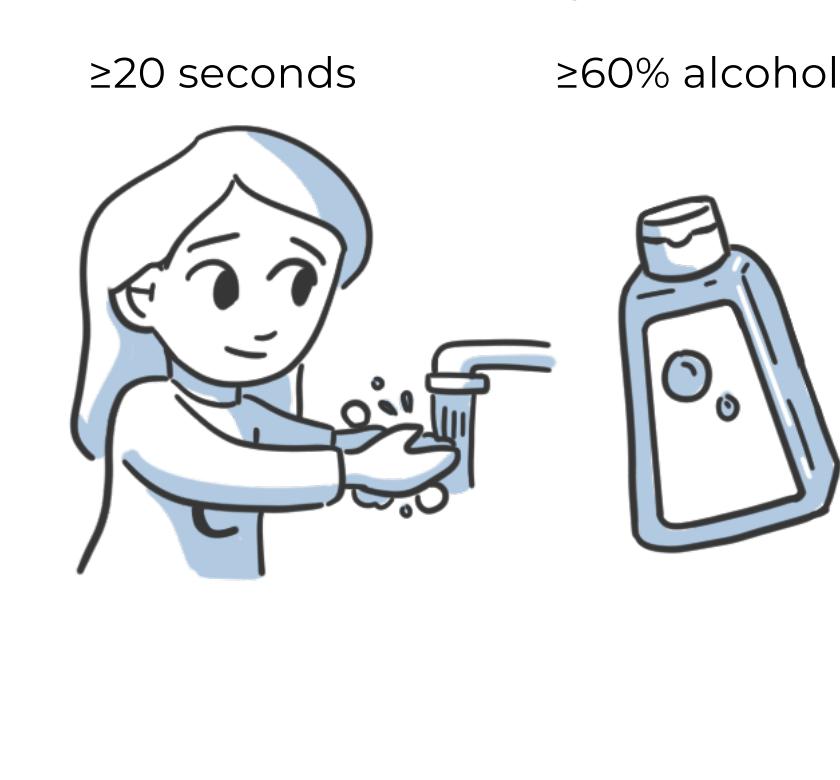
With the bathroom...



Clean every day!

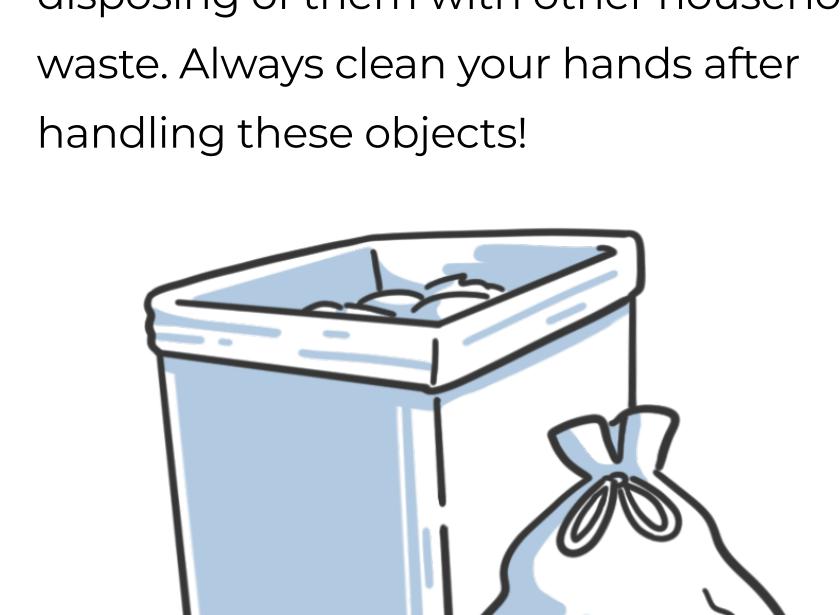


Close the lid before you flush

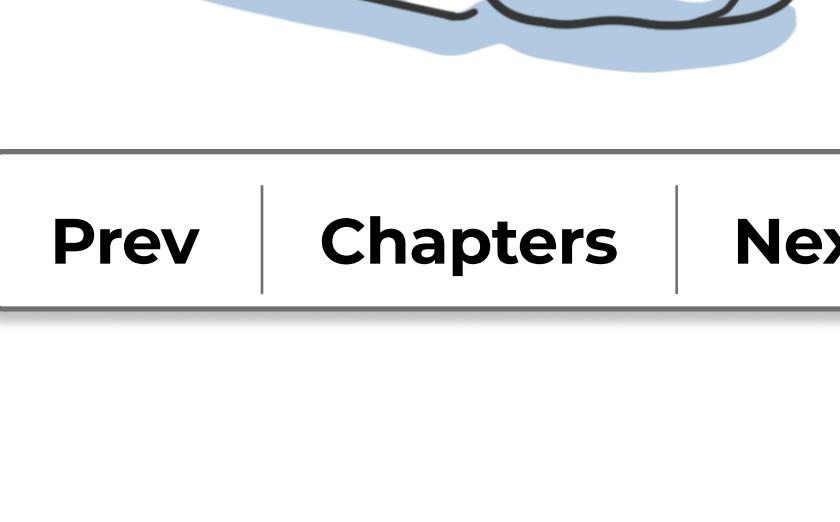


Put bleach tablets in toilet tank if you can

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.**



Prev Chapters Next

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.



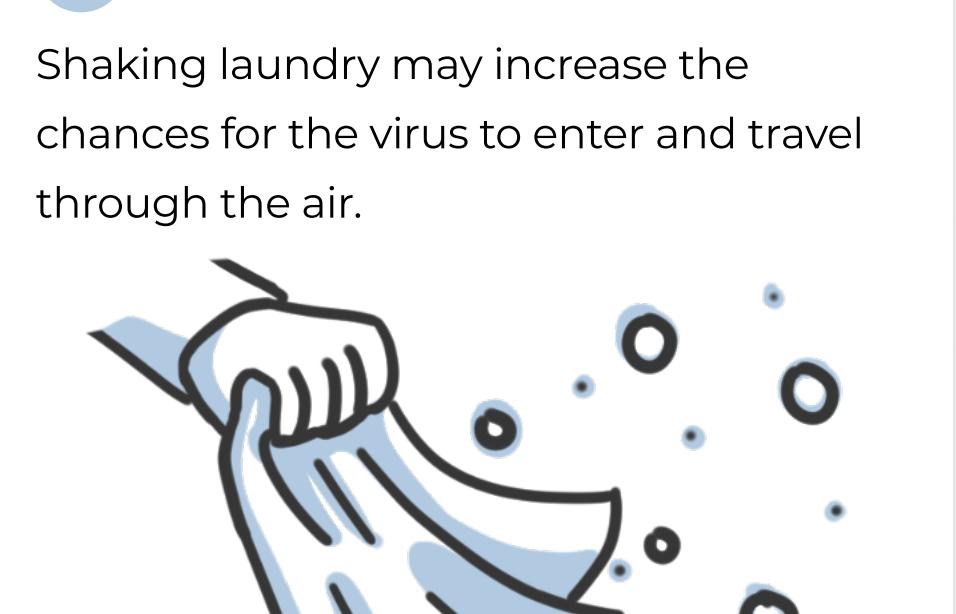
Enough rags for **two full days** will let you cycle in a new set each morning as you properly wash the previous day's rags of germs.



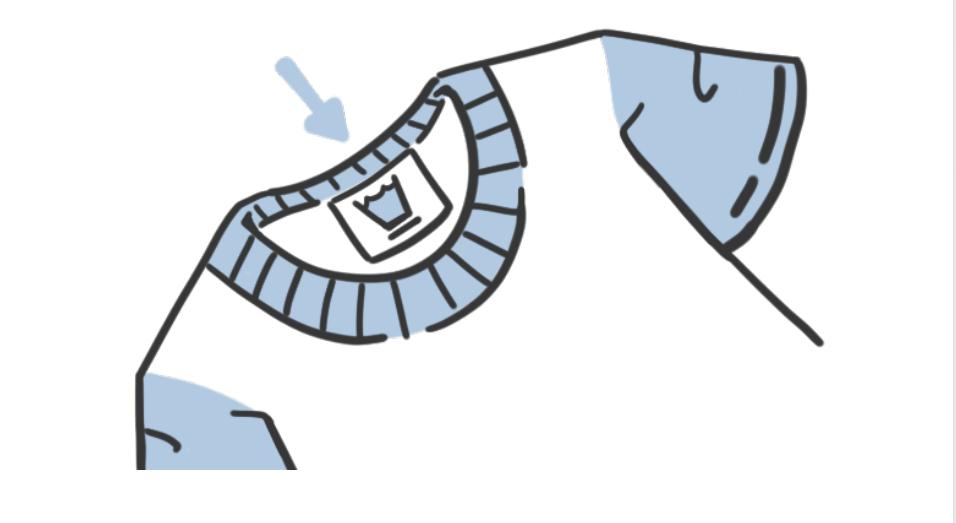
A Bucket
Use it as a portable station to hold your soapy water when you wash down door handles and surfaces.

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**



Things to keep you comfortable



When can I end separation?
Continue to stay home until you are **fully recovered** to make sure you get better and to **prevent others getting sick**.

Prev Chapters Next

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



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.

When should I go to the emergency room?

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

Should I go to the hospital?

Are you breathing harder and harder? (i.e. is it taking more effort to breathe over time?)

Do you have trouble getting air when you exert yourself (i.e. when you exercise or move)?

Stay home **Go to the hospital**

When can I end separation?
Continue to stay home until you are **fully recovered** to make sure you get better and to **prevent others getting sick**.

Prev Chapters Next

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?

Are you breathing harder and harder? (i.e. is it taking more effort to breathe over time?)

Do you have trouble getting air when you exert yourself (i.e. when you exercise or move)?

Stay home **Go to the hospital**

When can I end separation?
Continue to stay home until you are **fully recovered** to make sure you get better and to **prevent others getting sick**.

Prev Chapters Next

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