

A COVID-19 GUIDE TO HOME CARE (MOBILE SITE)- FULL STORYBOARDS V02

COLLEEN TANG POY, JUHAN SONIN, JOHN WILBANKS - 19.MAR.2020 | CORONAVIRUS@GOINVO.COM

A COVID-19 GUIDE TO HOME CARE

Beginning home care

Should I begin home care?



Have you...



...maybe been in contact with the virus?



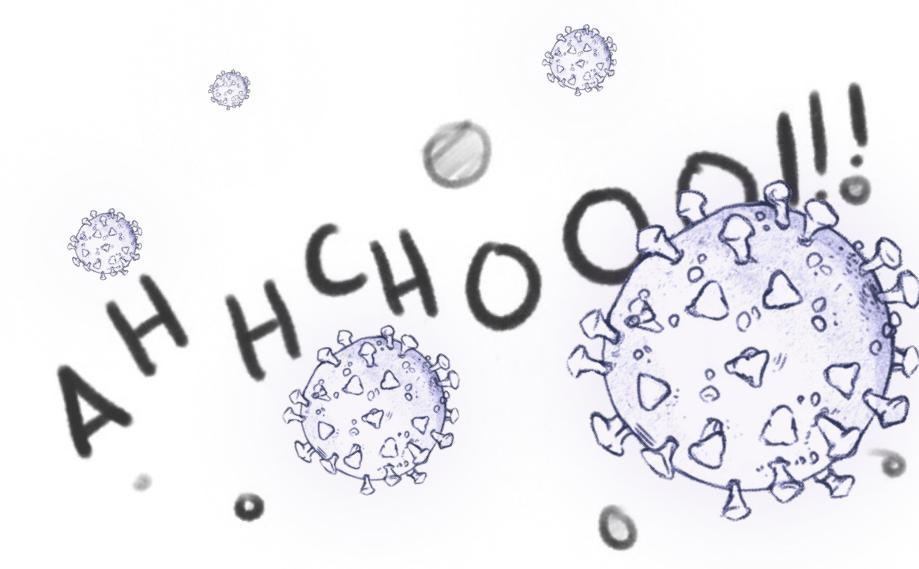
Or do you have any symptoms?



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!

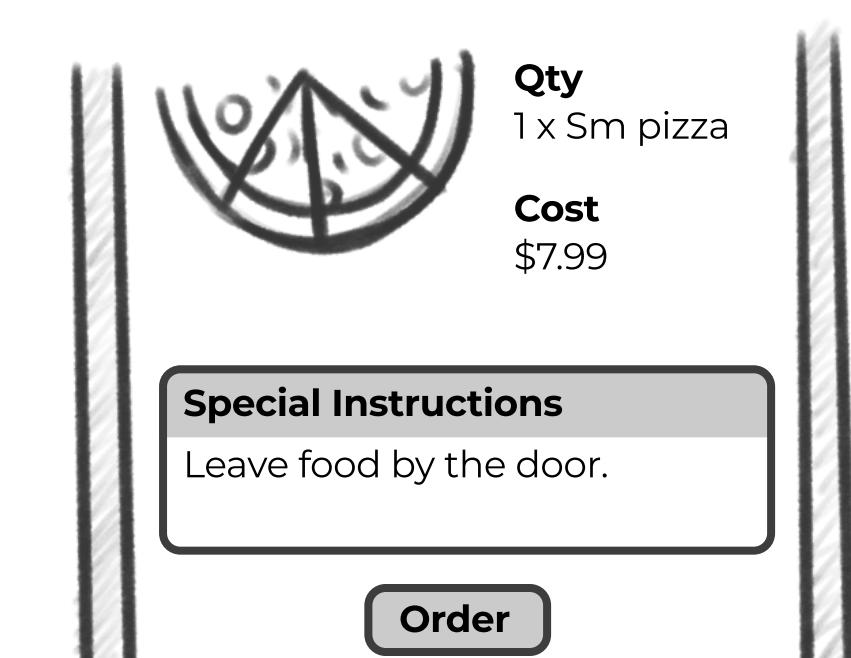
No visitors

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 elevator buttons or doorknobs

Use an elbow!



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 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!

Separate lined bin next to regular garbage

Cleaning

Clean all "high-touch" surfaces.

2x/Day

- Counters
- Tabletops
- Doorknobs
- Sinks
- Toilets
- 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 work! Household cleaning wipes and sprays too.

Soap and paper towel disinfectant wipe disinfectant spray

With the bathroom...

Clean every day!

Toilet lid with arrow

Bleach tablets

Close the lid before flushing

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.

Gloved hands putting clothes in laundry

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.

Laundry Do's and Don'ts

DON'T shake dirty laundry

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

Hand holding up laundry with particles coming off it

DO wash items following the clothing's washing instructions

Dirty laundry that has been in contact with an ill person can be washed with other people's items.

Clothing tag

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.

Laundromat

Taking care of the patient

Keep the person hydrated

Soup, water, gatorade

Stay within the recommended dose of over the counter pain relievers.

So you aren't taking the same thing all the time, try rotating the painkiller you use.

Examples of pain meds

Other than this, there isn't much you can do other than keep the patient as comfortable as possible.

Patient in bed reading a book

How to prepare

Before you decide to start home care, here's what you can do 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

An old t-shirt

Is there a reference for this?

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 rags if you don't have a laundry machine at home.

bucket with water

Is there a reference for this info?

Dish Soap or Other Soap

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

Soap bottle

Based on the references, all of them urge the use of disposable gloves only. I understand the current state of things re: our supply, but I'm not comfortable making this recommendation without a credible source

Preparing for the worst

Hospital go-bag

In the case someone's symptoms get worse and they need to go to the hospital, be sure to pack ahead of time.

Health documents
Excess masks

What else needs to go in this "go-bag"? Is this?

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 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?)

Yes → Go to the hospital

No → Stay home

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

Yes → Go to the hospital

No → Stay home

When can I end separation?

At the earliest, 14 days after you start experiencing symptoms. However, continue to stay home until you permission from your healthcare provider to end home isolation and are fully recovered to make sure you get better and to prevent others from getting sick.