

Caregiver Assistance News

“CARING FOR YOU ... CARING FOR OTHERS”

Infection Control - Hygiene

If someone in your household is an older adult or has certain underlying medical conditions, then *all* family members should act as if they are at increased risk for severe illness from Covid-19. Protect family members or the people in your care:

1. **Stay home** as much as possible.
2. **Keep social distance.** Stay at least 6 feet (about 2 arm lengths) apart from others.
3. **Wash your hands often** with soap and water for at least 20 seconds, *especially* after you have been in a public place or after blowing your nose, coughing, or sneezing. If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol.
4. **Don't touch your eyes, nose, mouth or mask with *unclean* hands.** Clean your hands immediately after touching your face (eyes, nose, mouth) or mask with soap and water or hand sanitizer.
5. **Cover your coughs and sneezes** with a tissue or use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands.
6. **Clean frequently touched surfaces** and any shared items between use like tables, doorknobs, light switches, countertops, handles, desks, toilets, faucets, and sinks with soap and water. Then, use a household cleaner to disinfect (kill germs) the surface. Wear gloves, if possible, when cleaning and disinfecting. Follow the cleaner or disinfectant label directions for use.
7. **Create good air flow.** Open a window and turn on a fan to bring in and circulate fresh air if it is safe and practical to do so.
8. **Avoid hugging, kissing, or sharing food or drinks** with people at increased risk for severe illness in your household.
9. **Don't have visitors** unless they need to be in your home (e.g., home health nurse). If you do have visitors, *before* they enter your home, check yourself and others in your household for symptoms of Covid and ask your visitors to do the same. Let your visitors know if you, or anyone in your home, has been exposed to Covid or is sick with Covid. Do not allow any sick or exposed visitors to enter your home. Wear a mask, and ask visitors to wear a mask before entering your home.
10. **Avoid having family members at increased risk care for others in their household.** If people at increased risk *must* be the caregiver, those who are being cared for should stay home as much as possible.



Source: Guidance for Large or Extended Families Living in the Same Home (cdc.gov)

Article continues
on page 2

Don't Spread Illness

- Don't share food or drinks, cups, utensils, or towels with people who are sick.
- Don't forget to replace toothbrushes after everyone recovers. Keep a sick person's toothbrush separate from the rest of your family's.
- Don't let anyone share pillows and blankets with the sick person. They should have their own bedding in their own space in the house. Then, once they recover, wash everything they used.

Hand Washing—Do Better Than a Quick Rinse!

Hand washing is the single ***most important way to prevent the spread of infectious diseases***. If the person in your care has an infection, use a bottle-dispensed antimicrobial soap.

1. **Rub your hands** for *at least* 30 seconds (about the time it takes to sing Happy Birthday twice) to produce lots of lather. Lather-up away from running water so the lather is not washed away.
2. **Use a nailbrush** on your nails; keep your nails trimmed.
3. **Wash thoroughly**— front and back of hands, between fingers and at least two inches up your wrists.
4. **Rinse well** under warm running water. Repeat the process.
5. **Dry your hands** on a clean cloth or paper towel.
6. If you **use hand sanitizer**, apply it now.



Source: WebMD; Centers for Disease Control

NOTE The CDC recommends using alcohol-based hand rubs with **60-95% alcohol** in healthcare settings. Unless hands are visibly soiled, an alcohol-based hand rub is preferred over soap and water in most clinical situations due to evidence of better compliance compared to soap and water. Hand rubs are generally less irritating to hands and are effective in the absence of a sink.

Source: CDC

Taking Care of Yourself— Benefits of Gratitude

Being grateful may not be a science, but it has benefits you can measure:

- ➔ Practicing gratitude regularly can increase happiness.
- ➔ Writing in a gratitude journal for three weeks can result in better sleep quality and duration, more energy, and more time spent exercising.
- ➔ Participants who kept gratitude lists were more likely to make progress toward important personal life goals than those who didn't keep a list.

You can tap into these benefits by consciously expressing gratitude in your life in one or more of these ways:

- ✓ Jot down at least three things you are grateful for each day for 21 days.
- ✓ Write a "gratitude letter" to someone who has influenced your life... and send it!
- ✓ At least once a week share humorous observations or incidents from your own lives with a friend. Doing this helps you see more humor in your lives, which is something to be grateful for, in and of itself.



Live Life Laughing!

Didn't he follow the doctors instructions on the pills?

He sure did. It said "Keep this pill bottle tightly closed."



Inspiration

Do what you can, with what you have, where you are.
— Theodore Roosevelt

Memory Care - Arguing

Instead of arguing about the "truth" with the person in care (especially if the person might be having delusions), accept what he is saying and work with him.

Caregiving in The Comfort of Home®

Our Purpose

To provide caregivers with critical information enabling them to do their job with confidence, pride, and competence.

Ordering Info

From the publishers of

*Caregiving in
The Comfort of Home®*
Caregiver Series

available from...

CareTrust Publications LLC
PO Box 10283, Portland, OR 97296
800-565-1533
or www.comfortofhome.com

Comments and suggestions welcome.

©2021 CareTrust Publications LLC.

All rights reserved. Reproduction of any component of this publication is forbidden without a license from the publisher.

Some content in this publication is excerpted from *The Comfort of Home: Caregivers Series*. It is for informational use and not health advice. It is not meant to replace medical care but to supplement it. The publisher assumes no liability with respect to the accuracy, completeness or application of information presented or the reader's misunderstanding of the text.

SAFETY TIPS— Face Masks Protect

Covid-19 spreads mainly from person to person through respiratory droplets which travel into the air when you cough, sneeze, talk, shout, or sing. People who are near you may breathe these droplets in. Masks are a simple barrier to help prevent *your* respiratory droplets from reaching others.

You should wear a mask, even if you do not feel sick. It is especially important to wear a mask when you are indoors with people you do not live with and when you are unable to stay at least 6 feet apart. Masks should be worn:

- By people 2 years of age and older
- In public settings or on public transportation
- When you are around people who do not live with you, including inside your home or inside someone else's home
- Inside your home if someone you live with is feeling sick with Covid or has tested positive for Covid

Note Children under age 2, those with health conditions that cause trouble breathing, and individuals who can't remove a face mask without help should *not* wear a mask.

Source: CDC

Caregiver Assistance News

“ C A R I N G F O R Y O U ... C A R I N G F O R O T H E R S ”

Q U I C K Q U I Z

The elderly are especially susceptible to the severe symptoms of Covid, but people of all ages can have cases serious enough to require hospitalization or even result in death. Read the issue and answer True or False to the questions below.

1. To help prevent Covid, open a window and turn on a fan to bring in and circulate fresh air if it is safe and practical to do so.
T F
2. Clean frequently touched surfaces between use like tables, doorknobs, light switches, etc. with soap and water and then use a household cleaner to disinfect.
T F
3. When washing your hands, lather-up away from running water so the lather is not washed away.
T F
4. The CDC recommends using alcohol-based hand rubs with 60-95% alcohol in healthcare settings.
T F
5. Masks are a simple barrier to help prevent your *respiratory droplets* from reaching others.
T F
6. It is *especially* important to wear a mask when you are indoors with people you do not live with and when you are unable to stay at least 6 feet apart.
T F
7. It is not important to thoroughly wash the front and back of hands, between fingers and at least two inches up your wrists.
T F
8. Avoid hugging, kissing, or sharing food or drinks with people at increased risk for severe illness in your household.
T F
9. Clean your hands with soap and water or hand sanitizer *immediately after* touching your face (eyes, nose, mouth).
T F
10. Even if a family member is at *increased risk* for Covid it is okay for them to care for others in their household.
T F

Name _____

Signature _____ Date _____