

## Dear PPCH Clients, Host Home Providers, Family Caregivers and Direct Support Employees,

We have had many requests for information regarding COVID-19. The following information is a guide to help you make healthy decisions for your household. PLEASE READ COMPLETELY- PAGE TWO HAS PERTINENT UPDATES FOR LIVE-IN CARETAKERS.



### WHAT ARE THE SYMPTOMS?

Fever over 99.5 degrees F or 37.5 degrees C, coughing and shortness of breath are the primary symptoms. Suspect illness if you or the person appears flushed, feels unusually warm to touch, has glassy eyes, is sweating at rest or has chills.

### WHO IS AT RISK?

All individuals with disabilities are at an increased risk of contracting the COVID-19. At risk means that the person is a higher risk of contracting the COVID-19 and subsequent death resulting from COVID-19. The risk greatly increases when any of the following conditions are present.

- Autoimmune/immune system conditions such as Lupus, Multiple Sclerosis and leukemia.
- Taking medications to suppress the immune system such as medications to prevent organ transplant rejection and seborrheic dermatitis.
- Breathing/respiratory conditions such as asthma, COPD, chronic bronchitis, and lung cancer.
- Cardiovascular/heart conditions such as congestive heart failure, heart transplants and pulmonary hypertension.
- Kidney conditions such as dialysis, chronic renal failure and vascular disease.
- Diabetes and obesity.
- Paralysis or difficulty moving of any part of the body, paraplegia, quadriplegia and skeletal conditions.
- Any condition that results in a decreased ability to perform self-care physically or intellectually.

### HOW DO I PREVENT MYSELF OR SOMEONE IN MY HOME FROM GETTING COVID-19?

- Wash your hands! Often! Clean frequently used surfaces with a disinfectant, frequently.
- Limit the number of trips out into the community to essential needs only.
- Limit close contact with others as much as possible (about 6 feet)
- Do not attend any events that will have a significant group of people in the same space.
- When outside of the home, stay at least 6 feet away from other people, sanitize or wash your hands before during and after any activity that takes you outside of the home.
- Do not allow ANY visitors in your home. Do not go to the homes of other people.
- Follow precautions as suggested by the CDC, Colorado public health organizations and PPCH.
- Avoid contact with any person who may be sick.
- Avoid touching your face, nose, mouth and eyes
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.

- Clean and disinfect frequently touched objects and surfaces such as counters, doorknobs, toilets, sink etc.

- **Reschedule all non-essential appointments for clients in your home:**

<b><u>Essential (keep and attend these appointments):</u></b>	<b><u>Non-essential (reschedule these appointments):</u></b>
▪ <b>Lab draws</b>	▪ <b>Vision exams</b>
▪ <b>Dialysis/chemotherapy</b>	▪ <b>Dental check-ups</b>
▪ <b>Specialist (i.e. neurology, gastroenterology) appointments that have already been scheduled</b>	▪ <b>Annual physicals</b>
▪ <b>Psychiatry</b>	▪ <b>Non-urgent PCP appointments</b>
▪ <b>Appointments required for medication refills</b>	▪ <b>Audiology (Hearing) exams</b>
▪ <b>Follow up care Post ER/Urgent care or hospitalizations</b>	▪ <b>Discuss with the physician regarding scheduling of surgical or invasive procedures</b>

#### **WHAT DO I DO IF SOMEONE IN MY HOUSEHOLD BECOMES ILL?**

- Isolate from contact with others. Stay in the same area of the home and rest. Do not allow others to touch items that have been in contact with the person who is ill.
- **DO NOT** GO DIRECTLY TO YOUR DOCTOR'S OFFICE, URGENT CARE OR THE ER. ALL facilities are requesting that if you have symptoms, you must CALL THE FACILITY PRIOR TO LEAVING THE HOUSE. It may be recommended that you remain at home.
- Contact PPCH if anyone in your home becomes ill. This will ensure that we are prepared and able to provide additional support that may be required.
- If a client in your home becomes ill, report any symptoms to their nurse case manager immediately.
- Read and follow your client's care plans, and follow medical instructions as provided by the physician and the PPCH Nurse.
- REACT appropriately to emergencies. Call 911 for any shortness of breath accompanied with blue-ish lips or fingertips, inability to take a full breath, persistent chest pressure/tightness or new confusion or inability to rouse.

#### **WHAT TO DO IF QUARANTINE OR SELF ISOLATION IN THE HOME BECOMES NECESSARY**

Whether you've decided to self-quarantine because you or your client may have been exposed to coronavirus (COVID-19), or your community has been locked down because of the pandemic,

stocking up on at least 14-days of supplies now will be your best bet for comfortably making it through a quarantine.

### Food

You'll need to stock two weeks' worth of non-perishable food for every member of your household. It's smart to buy foods that you and your family routinely eat. If you don't end up eating all of your canned, pantry, and frozen foods as part of your self-quarantine plan, you can incorporate them into your weekly meal plans, down the road.

Here are examples of foods you may want to purchase:

#### Pantry Items

**Canned Goods:** Soups, stews, tinned fish, fruits and vegetables are all great choices, due to their long shelf life. What to buy: canned tuna, chicken noodle soup, green beans.

**Condiments & Sauces:** Items like ketchup, peanut butter and spaghetti sauce all have long shelf-lives and do well under refrigeration after they're opened. These will help make your meals more enjoyable. What to buy: ketchup, peanut butter

**Dry Goods:** Pasta, beans, cereals, rice and instant potatoes are excellent sources of carbohydrates, protein and fiber that remain shelf stable for long periods of time. What to buy: angel hair pasta, black beans.

**Beverages:** Coffee, tea, juices and other beverages you enjoy. If you are drinking out of a can, washing its top before taking your first sip is a good idea. What to buy: coconut water, coffee.

**Milk & Milk Alternatives:** Condensed, irradiated (aseptic) or powdered milk are important staples. If you prefer milk alternatives, coconut, soy, rice or almond milk often have a one-month shelf life. Once opened and refrigerated, they'll remain healthy to drink for up to 10 days. What to buy: milk, almond milk.

**Hot Cereals:** Instant oatmeal from brands like Quake and Red River make for a quick, hot breakfast that requires nothing more than boiled water and a few moments of your time to make. What to buy: old fashioned oats, instant oatmeal.

**Snacks:** Munching on potato chips, protein bars, candy, dried fruit and nuts help to pass the time while gaming, binging on Netflix or reading an eBook. What to buy: Frito-Lay chips, peanuts.

#### Freezer Items

**Frozen Juice Concentrate:** While frozen, these last much longer than regular ready juices can. Just add water when ready to use. What to buy: lemonade, cranberry juice.

**Frozen Foods:** Frozen meats, fruits and vegetables can provide a welcome, nutritious addition to meals prepped from the goods in your pantry. What to buy: frozen mango, frozen peas.

**Pre-made Meals:** Frozen, reheat-and-eat foods like Saba Tasso's Four Cheese Pizza or meals like the ones made by Healthy Choice can be a massive win if you become too sick to cook for yourself. What to buy: frozen pizza, chicken patties.

**Frozen Treats:** Ice cream, popsicles and other frozen sweets are a great morale booster—something you just might need after being stuck at home for a few weeks

If you're unable to get to the grocery store for these supplies or worry that doing so could possibly increase your exposure to coronavirus, food delivery services are a great alternative. We recommend Instacart, which has introduced a 'Leave at My Door' option for food deliveries.

If you prefer ordering your groceries through other services, like Amazon Fresh, Peapod or Thrive Market, that's fine too. Just be careful when dealing with the delivery person. Either see if they'll leave the items at your door or cover your nose and mouth while answering the door to ensure limited exposure between you and the delivery person.

### Personal Hygiene

The Centers for Disease Control and Prevention (CDC) advises everyone to wash their hands as frequently as possible for at least 20 seconds with hot, soapy water, to help fend off the contraction and spread of coronavirus. That said, there's more to keeping clean than scrubbing your hands. During the 14 days that you'll be housebound, you'll want to make sure that you have adequate personal grooming and hygiene supplies.

If you're stuck at home under quarantine, you don't need sanitizing gel as you can wash your hands with soap and water in your kitchen or bathroom sink—which the CDC says is more effective than hand sanitizer. The only time that you should rely on hand sanitizer is in situations where soap and water are not readily available—such as after a ride on public transit.

Consider adding these items to your self-quarantine shopping list:

**Bar or Liquid Soap:** Just like a flu virus, coronavirus is protected by a shell composed of lipids (a fancy word for fats or oils). Washing with hot water and soap will whisk any traces of the virus on your hands away, in much the same manner as scrubbing a dirty frying pan with a dish helps remove grease. You can invest in soap with additional anti-viral properties, but any hand soap will get the job done.

**Tissues:** The CDC states that if you've contracted COVID-19, your symptoms may include a dry cough, fever and shortness of breath.

**Toilet Paper:** Make sure to stock a few more rolls than your household normally goes through in a two-week period, just in case. Just resist the urge to purchase more than you require

**Bathroom Sundries:** Make sure that you have enough disposable razors, shaving cream, shampoo, and toothpaste on hand to help you pass through your time in quarantine.

**Pads/tampons:** If you use tampons or pads on a regular basis, you should ensure that you enough a 14-day quarantine.

**Sanitation:** A recent, non-peer reviewed study, conducted by scientists from the National Institute of Health, Princeton University and the University of California, Los Angeles, suggests that COVID-

19 can survive on some surfaces for as long as two or three days. So, it's a good idea to routinely clean and sanitize your living area before, during and after your quarantine.

**Disposable Antibacterial Wipes:** Clorox Disinfecting Wipes are a great choice for cleaning hard surfaces like countertops, bathroom sinks and doorknobs.

**Disinfectant Spray:** We recommend using a multi-surface cleaner, which can be used on hard services, just like disinfecting wipes. However, it can also be used to disinfect soft surfaces like clothing, bed sheets and furniture

**Disinfectant Cleaner:** To clean floors, walls, bathtubs or other fixtures in your home, we suggest a cleaner like a heavy-duty cleaner disinfectant concentrate, which is a disinfectant and deodorizer that, when diluted in water, can be used to clean most hard surfaces in your home.

**Household Chlorine Bleach:** if cleaning supplies are in short supply, use chlorine bleach and water to sanitize your home. Start by washing the surfaces in your home with soap and water. Next, using a solution of one cup of household chlorine bleach, and five gallons of water, spray, mop or wipe down the surfaces in your home.

**Paper Towels:** Disposable paper towels are a smart product to use as part of your COVID-19 cleaning practices.

**Disposable Gloves:** Even though they're not on the EPA's list, it's a smart idea to protect your hands from the harsh cleaning products, or if you're caring for a sick family member.

### Medical Supplies

For medical advice, consult with the CDC and the World Health Organization (WHO). However, if you think that you've come in contact with coronavirus, call your family physician or local hospital, as soon as you can.

**First Aid Kit:** Investing in a well-stocked first aid kit can save you the stress of attempting to access limited medical help if you only have minor injuries. Find one that comes with all of the supplies you'll need to treat a wide variety of problems, at home.

**Prescription Medications:** Be sure to maintain at least a 30-day supply: This should prepare you to sit out a 14-day quarantine, in case having your prescription refilled proves difficult. Contact the PPCH Nurse or your pharmacy for assistance with obtaining medication supplies if needed

**Pain and Fever Relievers:** According to the CDC, a high fever is one of the main symptoms someone who's contracted coronavirus will present.

**Humidifiers:** According to the (CDC), humidifiers can help relieve symptoms of the coronavirus like a sore throat and cough.

Tympanic (ear) Thermometer: According to the CDC, a high fever is one of the main symptoms someone who's contracted coronavirus will present.:

Parker Personal Care Homes will continue to monitor the CDC, the Colorado Department of Public Health and Environment (CDPHE) and the National Alliance for Direct Support Professionals (NADSP) for further/future guidance and will continue to share what we learn. We appreciate all you do, and your continued dedication to serve individuals in service with us. Please reach out to your team at PPCH if you need any more information, or support in keeping your home and individuals you work with healthy and safe.

Thank you

-PPCH nursing team 03-13-2020