

## Supported Living Staff Best Practices for Personal Health Habits

### **Wash your hands with hot water and soap for at least twenty seconds, and:**

- ✓ When you arrive for your shift;
- ✓ Throughout the day;
- ✓ Before eating;
- ✓ Before, during and after preparing food;
- ✓ After using the restroom; and
- ✓ After touching your face, eyes, nose or mouth.
- ✓ Encourage or assist the person you support to wash their hands just as you would.

### **Clean and disinfect commonly used surfaces multiple times a day, such as:**

- ✓ All doorknobs
- ✓ All appliance handles and appliances
- ✓ Counter tops
- ✓ Table tops
- ✓ Bathroom
- ✓ Land line phone
- ✓ Cell phones
- ✓ Computer keyboards
- ✓ Keys
- ✓ Wheelchairs, walkers, canes
- ✓ Hoyer handle
- ✓ Purses/backpacks

### **Other best practices:**

- ❖ As much as possible, avoid large public gatherings
- ❖ Prepare for a shortage of basic food and emergency supplies

## **Take Care of Yourself**

- ✓ Follow the above steps at home.
- ✓ If you develop shortness of breath and a temperature over 100.4 call your doctor.
- ✓ Do not return to work until you have consulted with a doctor or been seen and are symptom free.
- ✓ We ask that you inform a supervisor if you test positive for coronavirus or have known exposure to someone who has been.

## **Taking care of the person you support**

- ✓ If someone you support shows symptoms (cough, fever, shortness of breath), assist them to wear a mask.
- ✓ Assist them to contact their doctor to explain their symptoms and ask what actions to take.
  - Make sure you emphasize any underlying health conditions that may make this person more at risk (Lung issues, breathing problems or compromised immune system).
- ✓ Follow emergency protocols if the person needs help right away.
- ✓ Ensure their home is thoroughly disinfected regularly while they are ill.