

COVID-19 Home Health/Home Care Guidance



The following is guidance for staff of home care, home health, and hospice agencies to use when helping clients or patients around the house, helping them with personal care, or providing in-home clinical care.

Your patients are at higher risk for severe illness.



People who are over 65 and people of any age with medical conditions are at higher risk for severe illness from COVID-19.



If you are at higher risk...

If you are over 65, have medical conditions, or are pregnant, take sick time or ask to work with clients who are not sick with COVID-19.

Don't go to work if you are sick.

Before work

Plan in advance



- Plan care via phone or video chat.
- Prepare for times you will come in direct contact with your patient.
- Schedule home visits with people who have or may have COVID-19 at the end of the day.



Explore remote care options



- Telehealth
- Video chat

Remind household members to protect themselves and others by:



Limiting visits from other people and not allowing sick staff or family members to visit at this time.



Keeping in touch with loved ones from a distance.

Tell household members how they can prevent getting and spreading COVID-19.

At work

Protect yourself and others



Wash your hands often with soap and water or use hand sanitizer with at least 60% alcohol.

Cover coughs and sneezes.

Wear a face mask or cloth face covering.

This will help prevent passing COVID-19, even if no one has symptoms.

Clean and disinfect surfaces



Clean high-touch areas with a disinfectant wipe or other cleaning products.



Diluted household bleach can disinfect surfaces. Mix 1/3 cup bleach per gallon of water or 4 teaspoons bleach per quart of water. Don't mix bleach with other chemicals.



Check the Environmental Protection Agency's website, [epa.gov/coronavirus](https://www.epa.gov/coronavirus) for more information on disinfectants.



Working with patients with COVID-19

Set them up in a separate room and bathroom, if available.

If the household members share space, open a window and turn on a fan for ventilation.

Make sure everyone in the house has gloves and face masks or cloth face coverings.

Ask a healthy household member or family member to take care of any pets.

Wear personal protective equipment



Face mask or N95 respirator



Gown



Gloves



Eye protection

If PPE is running low:

Prioritize gown for high contact care and care where you come into contact with bodily fluids

Prioritize eye protection and face masks for face-to-face care



Call 9-1-1 if your patient or client experiences any of the following symptoms:



Blueish lips or face



Problems breathing



Change in consciousness



High fever

Transfer planning

If known, give medical information about communicable diseases, advanced directives and Physician Orders for Life-Sustaining Treatment (POLST) to other service staff. For medical providers, also provide physician's orders.

If caring for clients or patients with COVID-19, you must share infection status with the receiving service provider and transport staff before the transfer.

For more information

Visit doh.wa.gov/coronavirus or coronavirus.wa.gov

Call **1-800-525-0127** (press # for interpreter services)

Text the word **Coronavirus** to **211211**