**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.
- Wear a cloth face covering when out in the community.
- 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 surgical mask** Choose a surgical mask, not a cloth face covering, for ample protection.

**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](http://epa.gov/coronavirus) for more information on disinfectants.
## Working with patients with COVID-19

<table>
<thead>
<tr>
<th>Set them up in a separate room and bathroom, if available.</th>
</tr>
</thead>
<tbody>
<tr>
<td>If the household members share space, open a window and turn on a fan for ventilation.</td>
</tr>
<tr>
<td>Make sure everyone in the house has gloves and face masks or cloth face coverings.</td>
</tr>
<tr>
<td>Ask a healthy household member or family member to take care of any pets.</td>
</tr>
</tbody>
</table>

### 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

## Transfer planning

- 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

## For more information

- Visit [doh.wa.gov/coronavirus](http://doh.wa.gov/coronavirus) or [coronavirus.wa.gov](http://coronavirus.wa.gov)
- Call 1-800-525-0127 (press # for interpreter services)
- Text the word Coronavirus to 211211