Your safety is our priority and we are continuing to do everything we can to ensure that patients can receive safe and exceptional care. During this time, whenever possible, we will be utilizing phone and video calls.

WHEN WE ARE IN THE HOME, WE WILL:

- Be wearing gowns, masks, goggles, gloves, and shoe covers
- Need to put the equipment on and take it off in a safe place, which may be outside the door or inside the doorway
  - Please note: There will need to be a trash bag at this spot (outside the door or inside the doorway) to dispose of all the equipment. We can NOT carry it away.
- Limit the number of people in the room
- Keep a 6-foot distance from everyone other than the patient
- Remain standing and limit touching items in the home
- Limit the equipment we bring into the home

HOW YOU CAN HELP:

**Wear a facemask**
- Wear a facemask when other people are around. If you are not able to wear a mask (for example, because it causes trouble breathing), your caregiver and/or others should wear a mask when they are in the same room.

**Clean and disinfect**
- If surfaces are dirty, use detergent or soap and water to clean them prior to disinfection.
- Clean AND disinfect surfaces daily that are touched often (i.e. tables, hard-backed chairs, doorknobs, light switches, remotes, handles, desks, toilets, sinks).

**Clean hands often**
- All household members should wash 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. Do not touch your eyes, nose, and mouth with unwashed hands.
- If soap and water are not readily available, use an alcohol-based hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
VNH Services When COVID-19 Positive
What to Expect & How to Stay Safe

Cover coughs and sneezes
- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow. Throw used tissues in the trash and immediately wash your hands.

Prohibit visitors
- Do not allow visitors who do not have an essential need to be in the home.

OTHER WAYS TO STAY SAFE:
- Household members should stay in another room or be separated from you as much as possible. Household members should use a separate bathroom and bedroom, if available.
- Avoid sharing household items with others (dishes, drinking glasses, cups, eating utensils, towels, bedding, or other items). After items are used, they should be washed thoroughly.
- Make sure that shared spaces in the home have good air flow.
- Household members should wear a disposable facemask and gloves when they touch or have contact with your blood, stool, or body fluids (saliva, phlegm, nasal mucus, vomit, or urine).
  - When removing facemask and gloves, first remove and dispose of gloves. Immediately clean your hands with soap and water or alcohol-based hand sanitizer. Next, remove and dispose of facemask, and immediately clean your hands again with soap and water or alcohol-based hand sanitizer.
  - Do not reuse facemasks or gloves.
- Place all disposable gloves, facemasks, and other contaminated items in a lined container before disposing of them with other household waste. Clean hands with soap and water after handling these items.
- Do not handle pets or other animals while you are sick. Household members should care for any pets you have in the home.
- Call VNH with any questions regarding your care at 1-888-300-8853.

Source: Centers for Disease Control and Prevention (CDC)