

Home Care Instructions for Employees Potentially Exposed to COVID-19

The following home care measures should be taken by employees who have had an exposure to COVID-19. The actions are intended to protect household members and reduce the risk of transmission, should an employee develop signs and symptoms. The prevention measures are applicable to employees who have had low-medium-or high-risk exposure. The following recommendations are designed for the safety of employees and their family members.



1. Separate yourself from other people in your home

- a. Use separate bathroom, if available
- b. Stay in specific “sick room” if possible
- c. Eat separately
- d. Avoid sharing dishes, towels or bedding
- e. Restrict contact with pets
- f. Avoid any nonessential visitors



2. If you must be in the same room as household member, maintain a six foot distance and wear a cloth facemask

- a. If you have unprotected face-to-face contact with a household member (e.g. when you cough, sneeze, sign, talk or shout), respiratory droplets may travel several feet, to land on your household member's mouth, nose or eyes. This is how COVID-19 is most commonly spread
- b. Medical-grade facemasks are reserved for protecting healthcare workers from infected patients. Fabric masks, while not as effective as surgical masks, reduce the spread of droplets by providing a physical barrier at the source
- c. If at all possible, it is best to limit or avoid being in the same room with a household member



3. Keep the environment clean

- a. Every day, clean and disinfect all high-touch surfaces, such as doorknobs, table tops, TV remote, bathroom fixtures, personal devices such as cell phone or tablet
 - i. To clean, use soap and water or detergent to remove any dust, dirt, secretions, etc. Follow with a household disinfectant to destroy any remaining viral particles. Follow the instructions on the label to ensure safe and effective use of the product

- ii. Many products recommend:
 - 1. Keeping surface wet for a period of time (see product label)
 - 2. Precautions such as wearing gloves and making sure you have good ventilation during use of the product
- iii. Use EPA-registered disinfectants. All products on this list meet EPA's criteria for use against COVID-19: <https://www.epa.gov/pesticide-registration/list-n-disinfectants-use-against-sars-cov-2>
- iv. Diluted household bleach solutions may also be used if appropriate for the surface. Check to ensure the product is not past its expiration date. Unexpired household bleach will be effective against coronaviruses when properly diluted. Follow manufacturer's instructions for application and proper ventilation. **Never mix household bleach with ammonia or any other cleanser**

Leave solution on the surface for at least 1 minute

To make a bleach solution, mix:

- 5 tablespoons (1/3rd cup) bleach per gallon of water

OR

- 4 teaspoons bleach per quart of water

- b. Wash dishes and utensils using gloves and hot water. Handle any used dishes, cups/glasses, or silverware with gloves. Wash them with soap and hot water or in a dishwasher. Clean hands after taking off gloves or handling used items
- c. For electronics, such as tablets, touch screens, keyboards, and remote controls, consider putting a wipeable cover on electronics and follow manufacturer's instruction for cleaning and disinfecting. If no guidance, use alcohol-based wipes or sprays containing at least 70% alcohol. Dry surface thoroughly



4. Practice Hand Hygiene and Cough Etiquette

- a. Clean hands after you cover your cough or sneeze, go to the bathroom and before eating or preparing food
 - i. Wash all hand surfaces with soap, water and friction for at least 20 seconds
 - ii. An alcohol handrub containing at least 60% alcohol is an acceptable alternative to handwashing with soap and water. Cover all surfaces and rub together until dry
- b. Cover coughs and sneezes
 - i. Dispose of used tissue in a lined trash can
 - ii. Wash hands immediately after covering cough or sneeze



5. Wash laundry properly

- a. Launder items according to the manufacturer's instructions. Use the warmest appropriate water setting and dry items completely
- b. Do not shake dirty laundry
- c. Avoid household members from handling used linen. If they must, they should wear disposable gloves and keep the soiled items away from their body. Hands should be washed immediately after removing gloves
- d. Clean and disinfect clothes hampers according to guidance above for surfaces
- e. For additional information refer to the *Care of Personal Clothing, Work Clothing, and Hospital Linen with Regard to COVID-19*



6. Monitor signs/symptoms twice daily for 14 days after last contact with COVID-19 patient

- a. Check temperature and review symptoms: cough, shortness of breath, trouble breathing, and sore throat
- b. Document results on the *Daily Self-Monitoring Log*. Follow local policy on reporting results to Employee Health
- c. If temperature check or symptom review are positive (i.e. fever >100.4F, cough, shortness of breath or trouble breathing), **DO NOT REPORT TO WORK**. Notify manager and Employee Health department



7. Stay Home

- a. When not at work, stay home
- b. Avoid public transportation, taxis or ride-sharing and other social gatherings
- c. If you must be in public, wear a cloth face mask and stay at least 6 feet away from others
- d. Call ahead before visiting your health care providers office

If you have any questions, please contact your manager or Employee Health department. For more information, visit <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>

References

CDC Coronavirus Disease 2019 If You Are sick: <https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>