



Dos & Don'ts For Preventing Infection

Do	Don't
<ul style="list-style-type: none"> Wash your hands often — soap is a must! See our Careguide on handwashing. 	<ul style="list-style-type: none"> Shake hands. Simply explain you are a caregiver and no offense is intended. People will understand.
<ul style="list-style-type: none"> If soap and water are not available, use hand sanitizer with at least 60% alcohol. 	<ul style="list-style-type: none"> Go to work if you don't feel well. (So you don't spread your virus to others)
<ul style="list-style-type: none"> Cut your finger nails! We all know to wash our hands but germs can hide just under long nails. 	<ul style="list-style-type: none"> Touch your face.
<ul style="list-style-type: none"> Postpone birthdays and anniversaries. Cancel all group dining, celebrations and events. 	<ul style="list-style-type: none"> Share towels, face cloths, cups, dishes or cutlery.
<ul style="list-style-type: none"> If you feel ill, avoid crowds – see our careguide on self-isolation. Isolate the person you are caring for to protect them from any viruses. In times of pandemic, limit the care recipient to contact with 2 people: yourself and the backup caregiver 	<ul style="list-style-type: none"> Attend meetings, parties, shows or large social gatherings Attend any weekly club meetings (consider attending remotely, using technology, if possible.)
<ul style="list-style-type: none"> Actively screen yourself for symptoms of: sore throat, fever, cough, difficulty breathing, confusion, blueness in lips. See a doctor right away if you think you are sick. Phone ahead to tell them you are coming. 	<ul style="list-style-type: none"> Wear artificial nails or nail enhancements. They are more difficult to clean and have been known to carry germs.
<ul style="list-style-type: none"> Cough into your elbow or a tissue. You want to avoid blowing moisture droplets into the air. 	<ul style="list-style-type: none"> Go to a public gym. (Consider exercising at home while sick.)
<ul style="list-style-type: none"> Use disinfectant wipes on all touch points (Bleach & water work too): TV remotes /steering wheels / door knobs / fridge door handles / light switches / counter tops / kitchen cabinet doors / cell phone / mouse and keyboard / canes / walkers / wheelchair arm rests. 	<ul style="list-style-type: none"> Travel, in general – no planes, trains or public transit.
<ul style="list-style-type: none"> Reschedule wellness appointments – look ahead at your care recipient's schedule. Cancel non-essential appointments. 	<ul style="list-style-type: none"> Have close contact with people who are sick.
<ul style="list-style-type: none"> If available, get the appropriate vaccine. 	<p>As a caregiver, if you are looking after someone with a weakened immune system or she or he is identified as being in a high-risk group, here are some Dos and Don'ts to help prevent infection.</p>
<ul style="list-style-type: none"> Be aware of common touch points outside the home: shopping cart handle, door handles or glass, your steering wheel, money, gas pump. Use cashless payments if possible. 	
<ul style="list-style-type: none"> If the person you are caring for needs to be isolated and is dependent on you, wear PPE (Personal Protective Equipment). See our video on PPE. 	
<ul style="list-style-type: none"> Wash your hands immediately after reading magazines or papers in medical offices or waiting rooms. 	