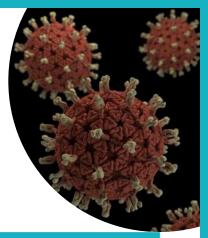
## **carechannel CAREGUIDE**

## Dos & Don'ts For Preventing Infection



Do	Don't
<ul> <li>Wash your hands often — soap is a must! See our Careguide on handwashing.</li> </ul>	<ul> <li>Shake hands. Simply explain you are a caregiver and no offense is intended. People will understand.</li> </ul>
<ul> <li>If soap and water are not available, use hand sanitizer with at least 60% alcohol.</li> </ul>	<ul> <li>Go to work if you don't feel well. (So you don't spread your virus to others)</li> </ul>
<ul> <li>Cut your finger nails! We all know to wash our hands but germs can hide just under long nails.</li> </ul>	Touch your face.
<ul> <li>Postpone birthdays and anniversaries. Cancel all group dining, celebrations and events.</li> </ul>	<ul> <li>Share towels, face cloths, cups, dishes or cutlery.</li> </ul>
<ul> <li>If you feel ill, avoid crowds – see our careguide on self-isolation.</li> <li>Isolate the person you are caring for to protect them from any viruses.</li> <li>In times of pandemic, limit the care recipient to contact with 2 people: yourself and the backup caregiver</li> </ul>	<ul> <li>Attend meetings, parties, shows or large social gatherings</li> <li>Attend any weekly club meetings (consider attending remotely, using technology, if possible.)</li> </ul>
• 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> <li>Wear artificial nails or nail enhancements. They are more difficult to clean and have been known to carry germs.</li> </ul>
• Cough into your elbow or a tissue. You want to avoid blowing moisture droplets into the air.	<ul> <li>Go to a public gym. (Consider exercising at home while sick.)</li> </ul>
<ul> <li>Use disinfectant wipes on all touch points (Bleach &amp; 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.</li> </ul>	<ul> <li>Travel, in general – no planes, trains or public transit.</li> </ul>
<ul> <li>Reschedule wellness appointments – look ahead at your care recipient's schedule. Cancel non-essential appointments.</li> </ul>	<ul> <li>Have close contact with people who are sick.</li> </ul>
If available, get the appropriate vaccine.	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.
<ul> <li>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.</li> </ul>	
• 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> <li>Wash your hands immediately after reading magazines or papers in medical offices or waiting rooms.</li> </ul>	

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