

# Homecare & Personal Support Workers

## *Flu Season and Novel Coronavirus (COVID-19) Prevention*

### **Steps For Prevention – Standard Precautions**

Protecting yourself and the person you care for from infectious diseases on the job requires knowing the facts, practicing good hygiene, and taking a few sensible precautions. These are preventive measures that you can control.

#### **Always Practice Standard Precautions.**

The Centers for Disease Control and Prevention recommends the following preventive actions to help prevent the spread of infectious diseases:

- Avoid close contact with people who are sick outside of work.
- Avoid touching your eyes, nose, and mouth.
- When you are sick, stay home.
- Cover your cough.
- Cover you sneeze with a tissue, then throw the tissue in the trash.

### **Wash Your Hands**

Hand washing is one of your best defenses against spreading infection. Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; handling bodily fluids; after changing gloves; before eating; when hands are visibly soiled; and after blowing your nose, coughing, or sneezing.

If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.

### **Are you ill?**

Immediately notify the consumer-employer, employer of record, case manager, personal agent or services coordinator if you are unable to go to work.

## Do you have concerns about being exposed to a respiratory disease on the job?

You should have a conversation with your Consumer-Employer and their Representative or the Employer of Record about your concerns. Remember to always practice standard precautions and wash your hands.

## Personal Protective Equipment

The CDC does not recommend facemasks for the general public. However, healthcare workers should wear facemasks, if they are caring for individuals who have health conditions that put them at additional risk.

The use of facemasks is crucial for people who are taking care of someone in close settings at home who may be experiencing a respiratory disease or flu. Homecare and personal support workers must contact the local office if there is an appropriate need for gloves and facemasks. **Due to demand facemasks and gloves are difficult to obtain and may not be available at the time you submit a request.**

## Resources & Sources

**Oregon Home Care Commission Health & Safety website:**

<https://www.oregon.gov/DHS/SENIORS-DISABILITIES/HCC/PSW-HCW/Pages/Health-Safety.aspx>

**Oregon Health Authority:**

<https://www.oregon.gov/oha/PH/DISEASES/CONDITIONS/DISEASESAZ/Pages/emerging-respiratory-infections.aspx>

**Centers for Disease Control and Prevention:**

<https://www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html>

**Find a OHCC safety course near you:**

<https://sharedsystems.dhsoha.state.or.us/DHSForms/Served/de2368.i2.2.20.pdf>