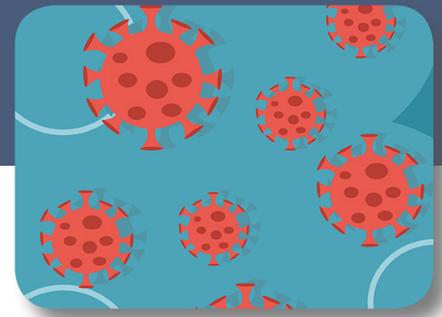


# COVID-19: The New Normal



# 3

COVID-19 is spreading, causing health challenges world-wide, and changing our daily lives. The Centers for Disease Control and Prevention (CDC) are requesting everyone do the following to slow the spread of the virus.

**Everyone needs to practice “Home Isolation” as required by Michigan’s “Stay Home, Stay Safe” order. This order is in place until April 30, 2020, but check the news to see if this order has been extended.**

**Practicing “Home Isolation” and possible exposure to COVID-19** means the following:

- If you traveled lately or have been exposed to someone sick, stay home until you know you have no infection (at least 14 days).
- Only leave your home for necessities like groceries and medicine and disinfect yourself and items when coming back into the home. Limit your trips to as few as possible.
- Do not visit public areas and avoid ride-sharing or taxis.
- Walking outside is safe if “social distancing” is practiced. Maintain 6 feet distance when greeting others.
- Even essential staff should limit their interactions with others.
- Wearing a face mask while being in public places like grocery stores and pharmacies *is now recommended by the CDC.*



**If you show signs of COVID-19**, be sure to:

- Remain at home and stay in a separate room from others to contain infection. Use a separate bathroom if possible.
- Avoid having any unnecessary visitors. If you, the sick person, can't wear a mask, make sure anyone entering your room wears a mask.
- Stay in touch with your doctor. Be sure to get care if you have trouble breathing or think you are getting worse.
- Drink lots of fluids. Clean and disinfect your space. Do not share anything with others (food, clothing, towels, etc.).





**If you are a caregiver to a sick person, do the following:**

- Encourage the sick person to rest, drink lots of fluids, and carefully monitor their symptoms.
- Clean and disinfect a sick person's bedroom or bathroom only as needed. Wear a mask and wait as long as possible after the sick person has used the bathroom. A face mask may be created by using a scarf if masks are unavailable.
- Clean and disinfect areas that may have bodily fluids on them.
- Wear disposable gloves when washing dirty laundry. Wash laundry using the hottest water setting allowed. Use the warmest dryer heat setting to safely dry clothes (hot for bedding and towels). Do not shake out wet laundry.
- Do not share anything with a sick person, including food, dishes, eating utensils, towels, bedding, or clothing.
- Clean daily all surfaces that are touched often like tables, doorknobs, light switches, countertops, desks, phones, keyboards, toilets, faucets, sinks, etc. Also disinfect clothes hampers.
- Wash hands frequently (for at least 20 seconds) every time you have contact with possible infectious people or material (and after disposable gloves are removed), prepare food, use a restroom, have contact with animals, or sneeze and/or cough. Throw out disposable face masks and gloves after using them. Do not reuse.
- Use a hand sanitizer if soap and water are not readily available.
- Use a lined trash can for the ill person. Use gloves when you remove garbage bags, and handle and dispose of trash.

**Caregivers should also do the following:**

- Make sure that you understand and can help the patient follow their provider's instructions for medication(s) and care.
- Help the sick person with basic needs and provide support for getting groceries and prescriptions, and assist with other personal needs.
- Make sure your home has good air flow, with a fan, air conditioner or opened window if weather permits.



**REMEMBER: The best way to prevent COVID-19 is to avoid being exposed. Stay Home, Stay Safe.**



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Check out the CDC website. It has a special tab devoted to coronavirus developments and information.

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