



March 23, 2020

## COVID-19 Strategies: Keeping Care Staff and Their Families Safe at Home

### *General guidelines:*

1. All working staff **MUST** practice social isolation during time off. This means keeping a social distance of minimum 2 meters (6 feet).
2. Ensure health care workers change out of uniform and work shoes prior to entering the home.
3. Ensure health care workers shower and wash clothes immediately upon returning to home.
4. Ensure family members are all frequently washing their hands.
5. Ensure all family members avoid touching their face.
6. Practice more stringent cleaning as stated below.
7. Regularly check the [CDC](#) and [Park Place](#) websites for updates.

If anyone shows signs of illness call 811 for direction.

### *Guidelines if care staff are working in an affected home:*

1. When possible, avoid sharing household items such as eating utensils and bathrooms.
2. When possible, sleep in separate rooms.
3. Practice continuous cleaning of touch spots in the house. This includes phones, any electronics, and door handles (cupboards, fridge door etc.).
4. Have designated towels and face clothes that are changed daily and stored separately. This is especially important when drying hands.

Let's make sure our health care workers are feeling loved and not alienated. Help them where possible. Remember this is a marathon not a sprint. You are not alone.

If you have additional questions, please see our website or contact our email at [COVID-19@parkplaceseniorsliving.com](mailto:COVID-19@parkplaceseniorsliving.com).