Recommendations for Caregivers on How to Stay Safe in the Workplace

The following documents guidance document is for essential caregivers who must work during the COVID-19 pandemic. Below is a list of recommendations for essential caregivers should to help protect themselves and other members of the community.

NOTE: These recommendations are intended for care providers of individuals with Developmental Disabilities. It is not for long-term care facility providers, doctors, nurses, police, EMTs etc.... guidance for health care workers can be found on https://coronavirus.idaho.gov/

All essential caregivers should have consistent access to:
- Sinks supplied with soap and water
- Tissues and lined trash receptacles
- Store-bought alcohol-based hand sanitizer that contains at least 60% alcohol
- Disinfectant spray or wipes

Active screening of individuals and staff for fever or respiratory symptoms should be implemented.
- Any staff member showing symptoms consistent with COVID-19 should be directed to stay home, or if the symptoms emerge while at work, should be sent home.

Monitor yourself closely for symptoms of COVID-19.
- Caregivers themselves should not have a higher risk of serious illness from COVID-19 (i.e. if you are greater than 60, or have chronic healthcare conditions (heart disease, diabetes, lung disease, immunocompromised, etc).
- If you are at a higher risk of serious illness form COVID-19, discuss options of ways to work remotely with your employer.
- Stay home if sick
- Employees who are well but who have a sick family member at home with COVID-19 should notify their supervisor and follow health guidelines at: https://coronavirus.idaho.gov/

Essential caregivers can do the following to keep themselves and others safe while working:
- Stop handshaking – use other noncontact methods of greeting
- Clean hands at the door and schedule regular hand washing reminders
- Create habits and reminders to avoid touching their faces and cover coughs and sneezes
- Disinfect surfaces regularly such as:
  o doorknobs
  o tables
  o desks
  o handrails
  o phones
  o computers
  o any other high-touch surfaces
- Increase ventilation by opening windows or adjusting air conditioning
- Use video or phone conferencing for meetings when possible. When not possible, hold meetings in open, well-ventilated spaces or arrange staggered seating that allows for 6 feet of distance.