

## CLIENT AND FAMILY/CAREGIVERS' CHECKLIST ✓✓✓

### Playing your part

- [Hand hygiene](#). Use of soap & water and clean hands for 20 seconds. If soap & water isn't an option, use alcohol hand rub with a minimum of 60% alcohol (note hands must be washed using soap and water if there is visible dirt)
- [Regularly clean surfaces](#) that are touched a lot (everything from door knobs, toilet handles and faucets, light switches, counters, remote control devices, phones, touch screens). You can use soap and water or household cleaners and disinfectants
- Stay at home as much as possible, and follow [physical distancing guidelines](#)** (at least 2 meters (6 feet) away from other people when you are out in public)
- Use of delivery and curbside services where possible** for medications and groceries and needed items for the home. If someone is shopping for you, items should be left at the door unless the person lives with you
- [Physical distancing](#) in the home -if you can, stay 2 meters/6 feet from the homecare worker
- Do not use fans in the room during healthcare worker visits. Instead, open the window for ventilation and air
- Visitors to the home are limited.** Follow [public health guidelines](#)
- Family and visitors** wash or sanitize their hands when they enter & leave your home. If they have access to their own cotton mask they should be encouraged to wear it when they visit
- [Cough](#) into your elbow, sleeve, or a tissue instead of your hand, or out into the air. Throw out the tissue and then, yes, wash your hands

- **Be aware** of [COVID-19 symptoms](#) and consider doing [self-checks](#) for fever, new/worsening cough or shortness of breath every day. Let your healthcare worker know if you develop any of these symptoms.
- Consider choosing to wear a [non-medical mask](#) for close contact activities (for e.g., if you help the worker with lifting or transfers). It is important to know [how to use a mask](#)
- Consider **virtual care** if your healthcare worker offers this option based on their clinical judgement. Virtual care could mean phone calls or video conferencing. Sometimes a combination of virtual care and physical visits can be arranged

