

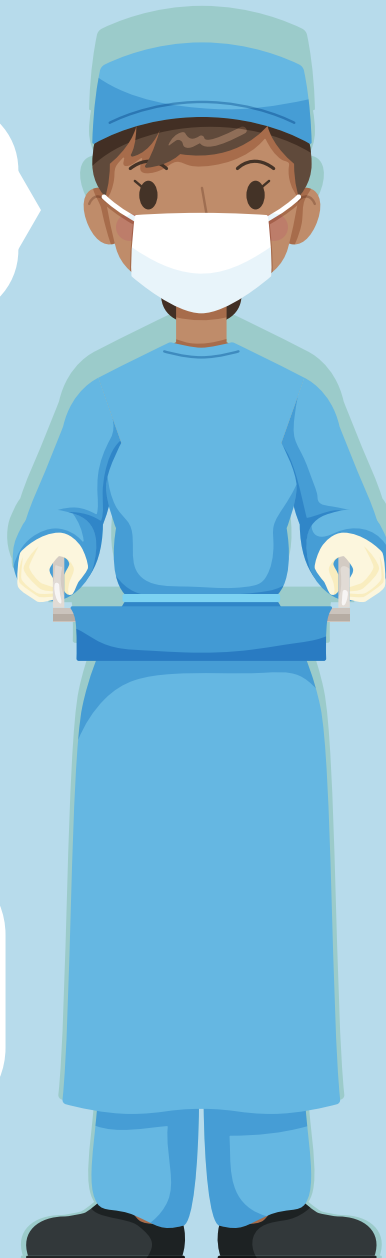
Coronavirus Information and Advice for Carers

Carers for the elderly and vulnerable in private residences may have clients who already have underlying chronic conditions e.g. asthma, diabetes and cancer. To avoid contracting or spreading coronavirus carers:

can wear masks to limit the transmission of upper respiratory illnesses to client(s)

wear gloves and aprons while carrying out personal care

self-isolate for 14 days if you, other members of your household, or your client(s) have/has symptoms including a high temperature, cough and/or shortness of breath



limit contact to essential visitors. Ask the guest(s) not to touch your client(s) and to comply with the Government's social distancing instructions to keep 3 to 6 feet away

cleanse your hands before approaching your client, similarly before preparing their meals/refreshments and again before feeding them. Current advice suggests washing hands for 20 seconds, before and after each interaction with your client(s) and when moving between rooms)

change out of the clothes you came to work in and put on fresh ones before tending to your client(s)

#SocialDistancingisCaymankind

www.gov.ky/coronavirus

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Coronavirus Information and Advice for Carers

If you/or members of your household has/have symptoms or may have been exposed to coronavirus:

- **first**, contact Public Health **345-244-2621**, the 24-hour 'Flu Hotline **1-800-534-8600 / 345-947-3077** or your doctor
- **inform** your employer of the symptoms, so that alternative care arrangements can be made. If you are with your client(s), while waiting for your employer to relieve you, leave the room and, if possible, go to an adjoining one but keep the door ajar so that you can see and/or speak with your client(s) until relief arrives

If your client(s) has/have symptoms or may have been exposed to coronavirus:

- **first**, contact your employer to tell them about your client(s) symptoms
- **then**, reassure your client(s) and put masks (if available) on yourself and on your client(s) to avoid cross-contamination

Remember, you are valued and your work as a carer is very important to the overall well-being of your client(s). Please ensure that you also prioritise your own physical and emotional well-being.

If you or your client(s) have questions about maintaining or improving emotional well-being during this difficult time:

- call the new **Mental Health Hotline 1-800-534-6463** for free and confidential support.
- call the **'Flu Hotline 1-800-534-8600 / 345-947-3077** if the questions are of a more medical nature. Alternatively, please email **flu@hsa.ky**.

For the latest updates and information, please go to [HSA.ky/public-health/coronavirus](https://hsa.ky/public-health/coronavirus), or gov.ky/coronavirus. For general questions and answers, call the NEOC Hotline (non-medical questions) **1-800-534-6555**.