

What Can Residents and Family Members Do to Prepare for the Covid-19?

(Credit Ed Payne, Gray News, Atlanta)

<https://www.kold.com/2020/03/11/what-older-adults-need-know-about-coronavirus/>

Take Care of Your Own Health

- Wash your hands often with soap and water for at least 20 seconds.
- Avoid touching your eyes, nose, face, and mouth with unwashed hands.
- Use an alcohol-based hand sanitizer with at least 60% alcohol if soap and water are not available.
- Cover your cough and sneezes with a tissue, or cough and sneeze into your elbow, not your hands. Throw away used tissues.
- Avoid contact with people who are sick.
- Stay home as much as possible and avoid crowds.
- Clean and disinfect surfaces in your home: doorknobs, cell phone, counters, etc.
- Use household cleaning sprays or wipes according to the label instructions.

Make a Plan for What to Do if You Get Sick

- Know who will take care of you if you or your caregiver get sick.
- Talk with your healthcare provider about getting extra necessary medications to have on hand. Know what medications you are taking.
- Get enough supplies, such as food and medical supplies (oxygen, dialysis, incontinence products), groceries and household items so you can stay at home for a few weeks if needed. Make sure to have a backup plan if needed.
- Culpepper Garden will provide temporary delivery of meals for residents whose physician has required that the resident must be confined in their apartment.
- Monitor the situation locally and at Culpepper Garden, ask about the health of other residents and know what to do if there is an outbreak.

What to Do If You Get Sick with Fever, Cough or Shortness of Breath or Suspect You Have the Covid-19 Virus

- Stay in Your Apartment and seek prompt medical attention.
- Call 911 if you have a medical emergency or develop warning signs, such as difficulty breathing, persistent pain or pressure in your chest, confusion or blueness of the lips or face, these may be signs of serious illness.
- When contacting your healthcare provider or emergency personnel, tell them that you suspect you have or need to be evaluated for COVID-19.
- If available, put on a facemask before leaving your apartment and before entering the medical facility to keep other people from getting exposed.
- Follow your healthcare providers instructions if you are diagnosed or are under active monitoring for the virus.
- Notify Culpepper Garden Administration so that proper quarantine restrictions can be implemented.