



At Home Safety Planning

Sheltering at Home

If you have support services coming in, it's ok to be cautious

Don't be afraid to ask people, are you currently sick?

Have you recently traveled to any CDC Level 3 areas?

Do you suspect that you may have been exposed to COVID-19?

General Precautions to Take With Home Visitors

Ask people to wash hands or hand sanitize before and after services

Frequently clean high-touch surfaces

High-risk people in your household?

Isolate from people coming in

If living in close quarters, use extra precautions to protect medically fragile or elderly

Home Precautions

General Home Precautions

- Hand wash before
 - Meal prep, assisting with feeding, medications, wound care, eating, dressing etc.
 - Touching eyes nose mouth

<https://www.cdc.gov/handwashing/when-how-handwashing.html>

Home Precautions

General Home Precautions

- Hand wash after
 - Getting mail, groceries, takeout food
 - Using/assisting in restrooms, diaper changes, etc.
 - Caring for sick, blowing nose, sneezing, coughing
 - Contact with high-touch surfaces – building doors, keypads, etc.
 - Contact with pets/animals, feeding, cleaning litter, etc.
- If DIY hand sanitizer is needed, ensure it is 60% alcohol based

Sheltering at Home

Identify resources in your local community

Share resources with your social networks, use those resources

Social media can be a great tool for sharing resources

Schools for “grab & go” daytime meals

Low and no cost internet

Ask about respite options

Ask about telehealth options

Is Telehealth an Option?

Which services can I get?

Speech

Occupational Therapy

Behavior Services

Are behavior services on demand?

If my child is having a really rough time who can I call?

Do I need special equipment?

How fast can I get telehealth?

What's the process?

Does it work?