

DIRECT CARE WORKER ACTION STEPS TO

# PREVENT THE SPREAD

BROUGHT TO YOU BY LITTLER, HOME CARE PULSE, AND IN THE KNOW CAREGIVER TRAINING



**1**

**Monitor personal health daily for COVID-19 symptoms:**

**NEW ONSET OF COUGH/  
SHORTNESS OF BREATH**

Or new onset of any of the following:

**FEVER**

**CHILLS**

**LOSS OF TASTE/SMELL**

**SORE THROAT**

**MUSCLE PAIN**

**2**

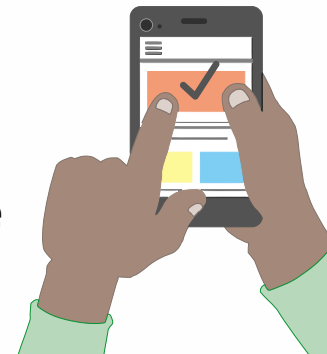
**Check personal temperature twice a day.**



**REPORT ANY FEVER ABOVE 100.0° FAHRENHEIT TO YOUR SUPERVISOR IMMEDIATELY!**

**3**

**Certify at the start of each shift that you are symptom free.**



**5**

**Use standard and transmission-based precautions when caring for client with possible or confirmed COVID-19.**

**HAND HYGIENE  
WEAR PPE**

**CLEAN & DISINFECT  
COUGH ETIQUETTE**

**4**

**Maintain a distance of six feet from all persons in the residence when possible.**



**OR WEAR A CLOTH FACE COVERING OR FACE MASK WHEN STATE-MANDATED.**

**6**

**Stop work and contact the agency immediately if symptoms develop.**



**7**

**Stay home if you are sick.**

**REMAIN HOME FOR 7 DAYS AFTER THE SYMPTOMS STARTED OR 3 DAYS AFTER FEVER HAS STOPPED WITHOUT MEDICATION**