

## Best Practices for Patients and Caregivers

As you know, COVID-19 is in our community and now more than ever, it's important to implement best practices to keep you safe and healthy. Patients that recently had a medical procedure or patients recovering from an illness and their caregivers should follow these guidelines recommended by the Centers for Disease Control and Prevention to reduce the risk for infection.

- **Stay Home:** Patients recovering from a medical procedure should remain at home and avoid direct contact with others for at least 14 days after the procedure. Caregivers should limit their exposure to others and wear a face covering when interacting with the recovering patient.
- **Wear face covering:** CDC recommends wearing cloth face coverings in public settings where other social distancing measures are difficult to maintain (e.g., grocery stores and pharmacies), especially in areas of significant community-based transmission. CDC also advises the use of simple cloth face coverings to slow the spread of the virus and help people who may have the virus and do not know it from transmitting it to others.
- **Practice good hand hygiene:** Patients and caregivers should practice good hand hygiene to reduce the risk of infections. Wash your hands with soap and water frequently for at least 20 seconds. Use hand sanitizer if soap and water are not available. Avoid touching your face.
- **Disinfect common areas:** If the patient is not able to isolate from other members of the household, be sure to disinfect high-touch areas as frequently as possible. High-touch areas include doorknobs, light switches, and commonly used appliances.
- **Talk to your provider:** If a patient begins to show any unusual signs or symptoms, especially a fever, contact the provider immediately.

**If having an emergency, call 911.**