



Nissan 9<sup>th</sup>, 5780

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Re: Guidances for Domestic Nursing Care Providers in the Patient's Home in the Wake of the Coronavirus (COVID-19) Outbreak

**Background:**

Following the outbreak of the Coronavirus disease and the large numbers of contacts, it may be possible that the patients under your care will be required to be home quarantined or test positive for the disease without any symptoms or with mild symptoms.

Due to the fact that they cannot take care of their activities of daily living independently, you are required to continue taking care of them.

The work guidances below will ensure the caregivers' wellbeing:

**1. Information on the need for quarantine:**

The caregiver's direct supervisor is responsible for notifying him or her that one or more of patients under his or her care is quarantined.

**2. Protective gear:**

The caregiver's direct supervisor is responsible for providing him or her with personal protective gear:

2.1. Two pairs of protective glasses for repeated use: If one of them is broken or becomes unusable, another pair will be provided on a "one per one" basis

2.2. Disposable protective gear:

2.2.1. **Two** surgical masks per day per caregiver for all patients

2.2.2. Per each house call of a **quarantined** patient: Disposable gown, gloves, and surgical mask

2.2.3. Hand sanitizer

2.2.4. Disinfectant wipes

**3. House calls to the patient's home:**

**3.1. For a non-quarantined patient:**

3.1.1. First, enter the patient's home without a mask, so as to allow the patient

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to recognize you. After entering cover your nose and mouth with a surgical mask, with the colorful part facing out and the white part facing in, fasten the metallic part over your nose and the bottom part under your chin. This mask can serve the caregiver in attending all non-quarantined patients in his or her care for this workday.

You may leave this mask on hanging around your neck and sanitize your hands before and after putting it over your nose. Replace it if it becomes wet or dirty.

- 3.1.2. Make sure that you are washing your hands with water and soap or with an alcohol-based sanitizer during your work as needed. Even when using gloves, sanitize your hands before wearing them and after removing them.

- 3.1.3. All other actions are as usual

**3.2. For a quarantined patient due to exposure or illness:**

- 3.2.1. Remove all personal articles outside the door: Cellphone, jewelry, pens, etc. and put them in your bag. Caregivers with long hair must tie their hair.

- 3.2.2. Prepare your protective gear, your hand sanitizer and your disinfectant wipes in a bag

**3.2.3. Protection:**

- 3.2.3.1. **Identification:** Identify at the door without a mask. Immediately upon entering the patient's apartment, wear your mask as detailed in the section above, a disposable gown and protective glasses, sanitize your hands, and wear clean gloves.

- 3.2.3.2. **Storage of personal articles:** The caregiver's personal articles (coat, handbag, etc.) should be stored in a clean cabinet designated explicitly for this purpose in the patient's apartment, which will be placed as near as possible to the door. If there is no such cabinet, keep them in a sealed bag by the door.

- 3.2.4. **Removal of protection:** At the end of your work, remove your protective gear at the door, before leaving the apartment. The removal of the protective gear is to be carried out in the following order:

- 3.2.4.1. Remove gloves without sullyng your hands

- 3.2.4.2. Sanitize your hands

- 3.2.4.3. Put on clean gloves

- 3.2.4.4. Remove the protective glasses, wipe them with a disinfectant, and



- put them in a clean bag
- 3.2.4.5. Remove the gloves and sanitize your hands
  - 3.2.4.6. Remove the gown without touching its outer rims, toss into a garbage bag and toss into the bin.
  - 3.2.4.7. Remove the mask without touching its outer part, toss it into the bin and sanitize your hands, and then take your personal articles out of the cabinet/bag.
  - 3.2.5. Sanitize your hands after leaving the apartment or after tossing the garbage bag into the dumpster.
  - 3.2.6. **Personal care for the quarantined patient and his or her environment:**
    - 3.2.6.1. **Bathing:** Do not use the head nozzle (the douche) in the shower. Give the patient a sponge bath from a pail of water and wash the body from a water vessel. If the patient is capable of carrying out the bathing process independently or with oral instructions, you may assist the patient in getting in and out of the shower, but do not wash the patient yourself.
    - 3.2.6.2. **Changing the linens:** Carefully collect the linens and avoid shaking linens, blankets, or pillows.
    - 3.2.6.3. **Handling the eating utensils:** If the patient is living alone, wash his or her dishes with water and soap as usual. If the patient is sharing the household with family members, wash the plates and eating utensils in the dishwasher at a cycle of 65 degrees, or let them simmer in a chlorine solution (40 cubic centimeters of bleach in one liter of water) for one minute after washing them manually.
    - 3.2.6.4. **Handling the laundry:** If the patient is living alone, wash his or her laundry as usual. If the patient is sharing the household with family members, keep his or her laundry in a sealed bag and wash it separately at 65 degrees.
    - 3.2.6.5. **Handling the waste:** Put the waste in a sealed bag and toss it into a regular dumpster.
    - 3.2.6.6. **Handling the household:** You may use regular cleaning supplies. Refrain from shaking the furniture or the carpets.

Kind regards,

[Signature]

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