ITK CAREGIVERS KNOW THE FACTS ABOUT CORONAVIRUS

KEEP YOURSELF SAFE
- Wash hands frequently with soap and water for 20+ seconds.
- Do not touch your eyes, nose, or mouth with unwashed hands.
- Do your best to avoid people who are sick.
- Avoid crowded places.

KEEP CLIENTS SAFE
- Wash hands frequently with soap and water for 20+ seconds.
- Stay home and stay away from clients if you are sick.
- Clean frequently touched surfaces often.

KNOW THE SYMPTOMS
- Fever
- Cough
- Trouble Breathing
- ADDITIONAL SYMPTOMS:
  - Chills
  - Shaking with chills
  - Muscle pain
  - Headache
  - Sore throat
  - New loss of taste or smell

WHAT ABOUT MASKS?
The CDC recommends EVERYONE wear a cloth face covering “in public.”
Always wear a mask if . . .
- You are a healthcare worker providing close, personal care to clients, whether you have symptoms or not.
- You are a home care client receiving close, personal care, whether you have symptoms or not.

NEED AN INFECTION CONTROL REFRESHER?
Check out these courses from intheknow:
- INFECTION CONTROL IN HOME CARE
- HANDWASHING
- STANDARD PRECAUTIONS
- AND MORE!

Contact a doctor right away if you or your client have these symptoms. Report your symptoms before you go to your appointment. DO NOT SHOW UP TO A DOCTOR’S OFFICE UNANNOUNCED!

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