

ITK CAREGIVERS KNOW THE FACTS ABOUT

CORONAVIRUS



KNOW THE THREE Ws: WASH, WEAR & WAIT

Whether you are on the job or just out running errands, follow these three easy guidelines to prevent the spread of COVID-19



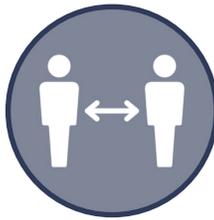
WASH:

Wash hands frequently with soap and water for 20+ seconds.



WEAR:

Wear a mask when you cannot be at least 6 feet from others.



WAIT:

Wait at least 6 feet from others to avoid close contact in public.

KNOW THE SYMPTOMS



Fever or Chills



Cough



Difficulty Breathing



Fatigue

ADDITIONAL SYMPTOMS:

- Muscle or body aches
- Headache
- Sore throat
- Nausea or vomiting
- Diarrhea
- New loss of taste or smell
- Congestion or runny nose

KNOW THE RISK FACTORS

Everyone is at risk for getting COVID-19 if they are exposed to the virus, but people of any age with the following conditions are at increased risk:

- Chronic kidney disease
- COPD
- Obesity (BMI of 30+)
- Weakened immune system
- Serious heart conditions
- Sickle cell disease
- Type 2 diabetes

WHO SHOULD WEAR A MASK?

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

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