

## **GENERAL RECOMMENDATIONS FOR PREVENTING THE SPREAD OF CORONAVIRUS FOR DOMESTIC SERVICE WORKERS IN HOMES WITH ELDERLY PEOPLE**

People who provide home care and cleaning services play an **essential role** in preventing the transmission of Coronavirus. So you must follow the following recommendations:

- 1. If you or anyone else has respiratory symptoms (coughing, fever, feeling short of breath), you should not go to the elderly person's home. Stay at home.**
2. General precautions:
  - Wash your hands with soap and water when you **arrive at** and **leave** each home.
  - **Ventilate** the house for at least ten minutes.
  - When you cough or sneeze, cover your nose and mouth with a bent elbow or a tissue. Dispose of the tissue immediately after use. Avoid touching your face and mouth with your hands.
  - Inform the person in the house:
    - If they have respiratory symptoms (fever, cough, shortness of breath), you should contact the telephone support service (*teleasistencia*) or 976 696382
    - Remind them about the importance of washing their hands often with soap and water.
3. Attending to needs at home:
  - Follow the general precautions above (point 2).
  - Frequently clean all frequently touched surfaces (such as table tops, door knobs, telephones) with the usual cleaning products.
4. Personal care:
  - Follow the general precautions above (point 2).
  - Carry out this task wearing the usual protective clothing (overall, gloves).
  - Wash your hands with soap and water before putting on your gloves for cleaning. When you have finished, remove your gloves before starting another task and wash your hands with plenty of soap and water.
- 5. If the resident has any respiratory symptoms (cough, fever, shortness of breath) call 976696382 follow their recommendations.** If there is anyone else living in the same household, the person with symptoms should stay in a room alone. If the person lives alone, contact relatives to inform them about the situation.
6. If you suspect or have confirmed a case of coronavirus, follow public health recommendations.

**New telephone number for queries and information: 976 696382**

17<sup>th</sup> March 2020