

MEASURES FOR INFECTION PREVENTION AND CONTROL IN HOME CARE

PREVENTING AND CONTROLLING CONTAGION IS FUNDAMENTAL IT SAFEGUARDS BOTH HEALTHCARE WORKERS AND PATIENTS

PREVENTION AT HOME AND AT WORK

- ➔ Wash your hands – it’s the most effective preventive measure
- ➔ Avoid unnecessary social contacts
- ➔ Keep your distance – at least 1 meter from anyone outside the family
- ➔ If work requires you to be in contact with others, use appropriate protective equipment (e.g. gloves and face mask)
- ➔ Sanitize your home regularly
- ➔ If you are ill, notify your doctor immediately and avoid all contact with others



HOW TO PROTECT YOURSELF DURING DOMESTIC WORK AND CARING FOR VULNERABLE INDIVIDUALS?

Beforehand, learn the state of health of those you will be caring for: **if they have symptoms** indicating Covid-19 or **have been in contact with persons positive for the virus**, have them call a doctor and avoid all contact.

WHEN YOU ARRIVE

- Make sure those you assist do not have symptoms
- Change your clothes and shoes and leave those for “outside” at the door
- Wash your hands before and after every procedure
- Use towels and dishes reserved solely for you
- If you use the bathroom, disinfect it **before and after use**

WHILE WORKING

- The house must be disinfected every day, using diluted bleach or ethyl alcohol products
- Air out the house, open the windows
- Use protective equipment adequate for what you have to do

WHEN YOU HAVE FINISHED

- Throw your protective equipment into a sack, close it, and throw it into the non-recyclable waste bin
- Wash your hands with care
- Wash your work clothes separately, at a temperature of at least 60° C.
- Don’t use the same clothes at another work place

To learn more about MSF’s action to stop the Covid-19 epidemic: www.msf.it/covid19

