



FirstLight Home Care of West Suburban Boston
781-559-0220

Coronavirus Protocols

as of 3-14-20

OVERVIEW: This virus is spread in large droplets by coughing and sneezing. This means that the air is unlikely to infect you unless you are in close proximity to an infected person. **BUT all the surfaces where these droplets land are infectious for upwards of a week** Since many of us touch our faces frequently, this is why hand sanitation is **critical**. Should you have **any** questions, please call the Office immediately.

- **Please notify the FirstLight office immediately at 781-559-0220 should you be exhibiting any flu-like symptoms (fever, coughing, sneezing, shortness of breath). Absolutely Do NOT go to a Client if you are experiencing these symptoms.**
- **All Caregivers must answer screening questions in a call to the Office before they will be permitted to proceed to a shift or visit with their Client. For each client visit, the Caregiver must confirm:**
 - That they have no signs of a respiratory infection, such as a **fever**, cough, shortness of breath or sore throat. *Caregivers will be asked to report their temperature.*
 - That in the last 14 days, the Caregiver has not had contact with someone with a confirmed diagnosis of COVID-19, or someone under investigation for COVID-19, or ill with a respiratory illness.
 - That they have had no international travel within the prior 14 days to countries with sustained community transmission.
 - **Nor** have they resided in a community where *community-based spread* of COVID-19 is occurring.
- **Use 60%+ alcohol-based hand sanitizer BEFORE entering a client's home so you do not bring contamination into the client's residence, and then thoroughly wash your hands with soap and water (for 20 seconds, both sides, between fingers and under nails) as soon as you enter the client's home. Follow this procedure even when you are not working for FirstLight—*everywhere* you go, where people have been!**
- **Before entering client's home, wipe your cell phone thoroughly (screen and back!) with an alcohol wipe. (And wipe your screen even when not working for FirstLight).**
- **If you go out of your client's residence, you (and your client), must re-sanitize and re-wash hands, as well as wipe-down your phone (and their phone) upon your return. Please ensure that your hands and your client's hands are constantly, thoroughly washed and sanitized after touching any surface and do not touch your face (or your client's face) until you have followed the washing/sanitizing process.**
- **Practice *social distancing*. Avoid crowds and keep room occupancy between 4 and 6 people. Stay 3 to 6 feet away from others. No Handshaking and Hugging. (Use a slight bow, elbow bump, etc.). Remember to constantly sanitize your hands.**