COVID-19 is a new disease. The virus is thought to spread mainly from person-to-person between people who are in close contact with one another (within about 6 feet) and/or through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose or eyes.

**Preparedness Recommendations for Home Visiting**

**Prior to Home Visit Appointment Arrival**

When scheduling appointments ask the clients or caregivers the following questions in order to protect home visiting Health Care Providers (HCP) from potential exposure to COVID-19. Ask the client or caregiver to call the HCP if they develop respiratory symptoms.

**Ask the client if they have any of the following symptoms?**

- Fever
- Cough
- Difficulty breathing
- Sore throat

If the client answers **YES** to any of these symptoms:

1. Recommend the client or household contact to call their Primary Care Provider to discuss what to do next. If the client cannot make the call, ask if you may contact the provider on their behalf.
2. If the client or household contact is seriously ill, call EMS making sure the 911 operator is aware of the individual’s travel, exposure, and health history.
3. Notify the Anne Arundel Department of Health Epidemiology Program at 410-222-7256.

**Upon Home Visit Appointment Arrival**

- Upon arrival for the visit, if the client or household member is ill assess the situation by asking the questions and following the recommendations.
- If you do not have a facemask to put on and the ill individual does not have a mask stand at least 6’ from the ill person while doing the assessment.
- Take steps to ensure all persons with symptoms of suspected COVID-19 or other respiratory infection (e.g., fever, cough) adhere to respiratory hygiene and cough etiquette, hand hygiene throughout the duration of the visit.
  - Avoid touching your eyes, nose and mouth.

03/13/20
Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
Wash your hands often with soap and water for at least 20 seconds. Use hand sanitizer when soap and water are unavailable.

Prevention Recommendations for Home Health Care

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). The best way to prevent illness is to avoid being exposed to this virus. However, as a reminder, CDC always recommends everyday preventative actions to help prevent the spread of respiratory diseases, including:

- Avoid close contact with people who are sick
- Wash your hands often with soap and water for at least 20 seconds, especially after going to the bathroom; before eating; and after blowing your nose, coughing or sneezing.
  - If soap and water are not readily available, use an alcohol-based hand sanitizer with at least 60% alcohol. Always wash hands with soap and water if hands are visibly dirty.
- Avoid touching your eyes, nose and mouth.
- Stay home when you are sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash.
- Clean and disinfect frequently touched objects and surfaces using a regular household cleaning spray or wipe.
- Follow CDC’s recommendations for using a facemask.
  - CDC does not recommend that people who are well wear a facemask to protect themselves from respiratory diseases, including COVID-19.
  - Face masks should be used by people who show symptoms of COVID-19 to help prevent the spread of the disease to others.

Additional Information:

CDC Resources
- COVID-19 Prevention & Treatment
- What you need to know about coronavirus disease 2019 (COVID-19)
- COVID-19 Frequently Asked Questions and Answers
- What to do if you are sick with COVID-19
- Environmental Cleaning and Disinfection Recommendations
- CDC’s Handwashing Guide- Clean Hands Save Lives