

WHAT TYPE OF MASK DO I NEED?

Homemade Mask or Paper Mask



Who should wear:
General public

When to wear:
When a person can't perform social distancing; scarves and bandanas can be used if necessary.

Use limitations:
Cloth masks should be washed after each use; don't wear damp or when wet from spit or mucus.

Surgical Mask



Who should wear:
Health care workers and patients in health care settings

When to wear:
During single or multiple patient interactions or routine health procedures; recommended when N95s aren't available.

Use limitations:
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

N95 Respirator



Who should wear:
Health care workers

When to wear:
Caring for patients with COVID-19 and performing procedures that put them most at risk of the virus exposure.

Use limitations:
Ideally should be discarded after each patient encounter. Extended use is preferable to reuse.

GUIDANCE FOR CAREGIVERS

Be prepared

- If a caregiver has respiratory symptoms they cannot care for an elderly or immunocompromised person during this time. Have a plan for continuity of care in case you need to quarantine.
- Ensure that the person you care for has a long supply of medications, oxygen, etc. Have all important information written down in case you cannot be present to explain the person's needs.
- Contact the person's doctor's office, therapist, dialysis center, or other facilities to understand their emergency procedures.

Prevent infection in the home

- Use gloves and, if available, a surgical mask while performing caregiving duties. Wash hands thoroughly before donning gloves and again after taking them off. Dispose of used gloves immediately.
- Medical equipment should be sanitized regularly according to manufacturer directions. Household surfaces also need to be sanitized – particularly "high-touch" surfaces like doorknobs, handrails, and light switches. Use a 10% bleach solution, a 70% alcohol solution, or any EPA-registered disinfectant.

What should I do if the person I care for gets sick?

- If your they have a dry cough, shortness of breath, and fever, AND they may have been in contact with someone who has COVID-19, contact the Department of Public Health at 314-615-2660.
- Many cases of COVID-19 are mild. People who are younger than 60 and are able to adhere to isolation guidelines may be able to recover at home. A doctor can assess whether or not the person should continue to receive home care.
- If a COVID-19 patient is receiving care at home, the individual should wear a surgical mask and all caregivers should wear protective equipment, including a gown and N95 respirator, and follow strict sanitizing procedures.

Resources

https://www.cdc.gov/coronavirus/2019-ncov/hcp/guidance-home-care.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fguidance-home-care.html

<https://www.cdc.gov/infectioncontrol/basics/transmission-based-precautions.html>

<https://www.aarp.org/caregiving/health/info-2020/coronavirus-advice-for-caregivers.html>

<http://www.eastersealsnj.org/blog/special-needs-considerations-for-coronavirus-covid-19/#more-1185>