

# How to Protect Yourself and Residents from COVID-19

## Help prevent the spread of COVID-19

A COVID-19 outbreak can be devastating for residents and their loved ones, as well as for staff. Here are tips and resources to help prevent you and your residents from getting COVID-19:



**Always wear a mask covering for your nose and mouth. Be sure to correctly use all personal protective equipment, including the right type of mask.**

### It is important to:

- Follow infection control guidance at home and at work
- Know COVID-19 symptoms
- Monitor residents for symptoms and report any symptoms to facility nurse
- Separate residents who have COVID-19 from those who do not
- Stay home if you're not feeling well
- If exposed to COVID-19, talk with your supervisor.

## Disinfect high-touch surfaces

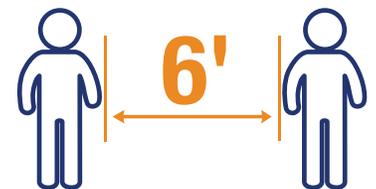
Disinfect water coolers, desks, light switches, phones, remote controls, counters, tabletops, doorknobs, bathroom fixtures, toilets, keyboards, tables and chairs.



Practice good hand hygiene with frequent handwashing for at least 20 seconds or use hand sanitizer (60-95% alcohol content).



Cover coughs/sneezes with elbow or tissue and avoid touching your face.



Practice physical distancing of at least 6 feet.

## COVID-19 symptoms



Fever



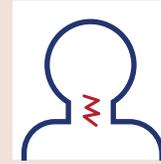
Chills



Cough



Fatigue



Sore throat



Diarrhea



Headache



New loss of  
sense of taste  
or smell



Congestion  
or runny  
nose



Shortness of  
breath or difficulty  
breathing



Muscle  
or body  
aches



Nausea or  
vomiting

## Protect yourself outside of work

- Wear a face mask that covers both your mouth and nose.
- Regularly disinfect high-touch areas and practice good hand hygiene.
- Launder clothes appropriately to ensure they are fully disinfected. Use the warmest temperatures possible and dry thoroughly.
- Practice physical distancing by staying 6 feet away from others.
- Avoid large crowds.
- Watch for symptoms; call your medical provider if you or someone in your household develops symptoms.
- Never go to work sick.

## Resources

- [Oregon Care Partners COVID-19 training](#)
- [How to protect yourself and others from COVID-19](#)
- [CDC guidance for nursing homes and assisted living \(long-term care facilities\)](#)
- [OHA guidance for long-term care facilities](#)

If you believe residents in your facility are not being adequately protected from COVID-19, please contact the Safety, Oversight and Quality Unit at [SOQ.LTCinfo@dhsosha.state.or.us](mailto:SOQ.LTCinfo@dhsosha.state.or.us)