

# How to protect yourself and your residents from COVID-19

You, as staff must protect yourself and the residents you care for. Here are tips and resources to help prevent you and your residents from getting Covid-19:

## Use Standard Precautions to Prevent the Spread of COVID-19:

- Frequent handwashing
- Cough or sneeze into elbow or tissue
- Disinfect high-touch surfaces
- Appropriate use of PPE
- Avoid touching your face
- Practice physical distancing

## It is Important to:

- 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 not feeling well
- If exposed to COVID-19, talk with your supervisor



### Be careful with high-touch surfaces

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



**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** between you and people who you do not live with.

## Protect Yourself Outside of Work

- Use standard precautions at home
- Appropriate laundering of clothes
- Wear a face mask or covering
- Practice physical distancing
- Avoid large crowds
- Monitor yourself and others in your household for symptoms
- Call your medical provider if you or someone in your household develop symptoms

## Resources

- [Oregon Care Partners](#) COVID-19 training
- [How to protect yourself and others from COVID-19](#)
- [CDC 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)