

compassionate core

HOME HEALTH AGENCY

What is Coronavirus (COVID-19)

Coronaviruses are part of a large family of viruses that can cause a variety of illnesses. The coronavirus disease (COVID-19) is a new strain discovered in 2019. Common symptoms are fever, cough, shortness of breath, breathing difficulties, and other respiratory symptoms.

Who is at risk?

Those at the highest risk for developing severe illness

- Adults over the age of 60.
- Individuals with:
 - A weakened immune system, or those who are taking immunosuppressant medications.
 - Pre Existing medical conditions (lung disease, heart disease, diabetes, obesity, etc).

How to Protect Yourself and others:

- Wash your Hands often with soap and water
- for at least 20 seconds.
 - When to wash your hands.
 - When hands are visibly dirty.
 - After coughing or sneezing.
 - Before, during and after preparing food.
 - Before you eat.
 - After using the bathroom.
 - Before touching your face.
 - If soap and water are not available, use a hand sanitizer that contains at least 60% alcohol.
- Avoid touching your eyes, mouth and nose if you have not washed your hands.
- When sneezing or coughing cover your mouth and nose with your arm or a tissue.
- Avoid non essential travel. Practice social distancing: stay more than 6 feet away from others to limit chances of exposure .



What to do if you have symptoms?

- Call ahead: If you have a medical appointment, call your doctor's office or emergency department and tell them you have or may have COVID-19. This will help the office protect themselves and other patients.
- Stay home: healthy individuals under 60 who are mildly ill with COVID-19 are able to recover at home.
- Do not leave, except to get medical care. Do not visit public areas under any circumstances.
- Stay in touch with your doctor. Be sure to seek care if you feel worse or you think it is an emergency.
- Avoid public transportation: avoid buses, ridesharing, taxis and Ubers.

Seek medical attention immediately if you have any of the following:

- Difficulty breathing, or are unable to breath Blue tinted lips or face.
- Persistent pain or pressure in the chest.
- Change in level of consciousness.



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How Home Health Care can Help?

As the leading home health agency in Central California, our main objective is to provide quality care that reduces the risk of hospital admissions. We come to you so that you can avoid hospitals and nursing facilities, while still receiving the care you need in the comfort of your home.



Statistically, the primary reasons for elderly hospital admissions are:

- Medication non-compliance
- Falls



We can provide:

- ∇ nursing care
- ∇ physical therapy
- ∇ occupational therapy
- ∇ speech therapy
- ∇ medical social worker
- ∇ home health aides

All this without you ever having to leave your home. Minimizing your exposure to large amounts of people, as encountered at hospitals and nursing facilities, is the most proactive approach you can take in preventing exposure to COVID-19.



With our skilled team, we can proactively educate on these topics, significantly reducing your risk of hospital admission. The statistics show that the first 2-3 weeks of returning home from the hospital is when you are at the greatest risk of being readmitted (for the reasons listed above). The sooner we can get out to see you, the greater chance we have of limiting this risk.

This information was compiled directly from the World Health Organization (WHO) and the Centers for Disease Control and Prevention (CDC).

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Amidst the continued concern regarding the outbreak of Coronavirus, we would like to share what Compassionate Care has put in place to help the team that treats you experience a safe and comfortable work environment.

The following proactive measures are all in place so that you can rest assured that any clinician entering your home is well prepared and has taken all safety precautions:

- **Thorough Staff Training:** has been conducted, including review of all patient assistance procedures and the requirement that any symptomatic staff members must report their condition to us and must stay at home.
- **Keeping Offices Clean:** Providing safe and clean environments for our teammates is a top priority. We are committed to upholding the highest standards of cleanliness in all three of our offices. Our offices are professionally cleaned and disinfected routinely using methods recommended by public health authorities. We are paying particular attention to high touch areas such as doorknobs, table tops, etc.
- **Employee & In-Home Support:** Our supervisors are reinforcing public health guidelines with every employee including clinicians and office associates. Please know that if office employees are feeling unwell, they are not to report to work. If at any time a clinician wants or needs to reschedule a home visit due to the suspicion of contraction, we will accommodate the request.
- **Personal Protective Equipment (PPE):** We have armed every clinician who provides care for you with the FDA approved KN95 and N95 masks, along with all other PPE to help safeguard you and our team.

Please stay safe and healthy,

Compassionate Care Home Health Agency & Hospice.