At Home Safety Planning
Sheltering at Home

If you have support services coming in, it’s ok to be cautious

Don’t be afraid to ask people, are you currently sick?

Have you recently traveled to any CDC Level 3 areas?

Do you suspect that you may have been exposed to COVID-19?

General Precautions to Take With Home Visitors

Ask people to wash hands or hand sanitize before and after services

Frequently clean high-touch surfaces

High-risk people in your household?

Isolate from people coming in

If living in close quarters, use extra precautions to protect medically fragile or elderly
General Home Precautions

• Hand wash before
• Meal prep, assisting with feeding, medications, wound care, eating, dressing etc.
• Touching eyes nose mouth

https://www.cdc.gov/handwashing/when-how-handwashing.html
Home Precautions

General Home Precautions

• Hand wash after
  • Getting mail, groceries, takeout food
  • Using/assisting in restrooms, diaper changes, etc.
  • Caring for sick, blowing nose, sneezing, coughing
  • Contact with high-touch surfaces – building doors, keypads, etc.
  • Contact with pets/animals, feeding, cleaning liter, etc.
• If DIY hand sanitizer is needed, ensure it is 60% alcohol based
Sheltering at Home

- Identify resources in your local community
- Share resources with your social networks, use those resources
- Social media can be a great tool for sharing resources

- Schools for "grab & go" daytime meals
- Low and no cost internet
- Ask about respite options
- Ask about telehealth options

Social media can be a great tool for sharing resources.
Is Telehealth an Option?

- **Which services can I get?**
  - Speech
  - Occupational Therapy
  - Behavior Services

- **Are behavior services on demand?**
  - If my child is having a really rough time who can I call?
  - Do I need special equipment?

- **How fast can I get telehealth?**
  - What’s the process?
  - Does it work?