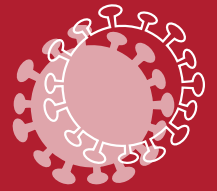
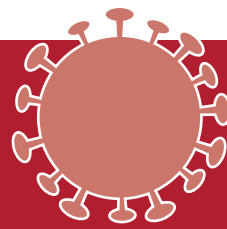


My Emergency Preparedness Guide

A Guide for Homecare Workers During the Pandemic



Everyone Should Have A Plan

Be sure to care for yourself and your family first, so you can comfortably care for your patients in the home care setting. Review your Emergency Plan with your family. Be sure your contact list is updated, and your family knows who to call if they have concerns or issues during your work time. Consider how to protect your work clothing to prevent the spread of infection.

How to Protect Yourself and Others

- Organize your visit.** Call your patients prior to your visit to screen them for signs and symptoms of COVID-19. Ensure patients are clear of symptoms, including cough, sore throat, fever, chills, recent loss of taste or smell. If a patient has new symptoms, speak with your supervisor prior to the visit.
- Protect Yourself and Others from COVID-19 and Illness.** If you are visiting a COVID-19 patient or a person under investigation for COVID-19, plan to don your PPE outside the patient's room. If possible, set up a clean area outside the patient care area to don and doff your PPE. Minimize the equipment and supplies you take into the home. Follow Standard and Transmission-Based Precautions. Be sure to perform hand hygiene before donning PPE and after doffing PPE. Wear N95 masks when available.
- Use Safe Practices.** Keep your hands away from your face. Limit all surfaces you touch. Change gloves when torn or heavily contaminated. Perform hand hygiene before donning PPE and after removing PPE.
- Review Your Patient's Contact List.** Be sure family, agency, and emergency phone numbers are up-to-date and close by.
- Prepare Supplies & Equipment.** Minimize all equipment used in the home with a COVID-19 patient. Revise bag technique for this patient population. Consider the use of disposable bags.



- Medications.** Instruct patients to keep a current list of medications they are taking including the pharmacy number, physician name, and phone number. Re-order prescriptions as soon as possible. Instruct patients to order a 90-day supply of medication.
- Instruct Patients & Family Members on the Risk for Severe Illness.** Everyone is at risk of getting COVID-19 or other pandemic illnesses. Older adults and people of any age who have serious underlying medical conditions may be at a higher risk for more severe illness. Follow your State and Local Guidelines for social distancing and travel. Remind family to protect themselves when caring for a loved one with COVID-19. Instruct on hand hygiene and facemask use as well.

Prepare Ahead of Time

- During storms and power outages, stay aware of alerts, warnings, and emergency communications. Monitor media announcements through TV, radio, web, and social media. Sign up for your community alert and notification system.
- Keep emergency phone numbers close, including your county's emergency management agency, fire, and police non-emergency phone numbers.
- Know your area's emergency and pandemic plan, including evacuation routes and shelter locations. Store information in your cell phone and in your emergency kit.

Your Emergency Supply Kit

In addition to your emergency kit, be sure to keep these items on hand for emergencies:



Water – one gallon of water per person, per day for at least three days



Soap – for frequent handwashing



Battery Powered Radio – and extra batteries



Flashlight – and extra batteries



First Aid Kit – one gallon of water per person, per day for at least three days



Whistle – to signal for help



Dust Mask – or cotton T-shirt, to help filter contaminated air



Plastic Sheeting and Duct Tape – to shelter-in-place



Wrench or Pliers – to turn off utilities when necessary



Can Opener – to open canned food



Infant Formula and Diapers – if you have an infant



Local Maps – including a map of your area and a map for where you plan to go if you are evacuated



Food – at least a three-day supply of nonperishable food

Other Considerations Following an Emergency or During a Pandemic

- Inspect your medication to see if the look or smell has changed; excessive moisture or heat can damage medications or make them less effective. If you are unsure about the safety of your medication, contact a local pharmacist or your healthcare provider.
- If you have not been able to take your medication, contact a doctor or pharmacist as soon as possible — even if you are not experiencing any negative health effects. Never take additional doses to make up for those you have missed before talking to a healthcare practitioner. Do not take medications that were not prescribed to you or share your medications with others.

More Information and Online Resources

- www.MDEmergencyPrepNetwork.org
- preparedness.health.maryland.gov
- mema.maryland.gov
- mncha.org
- <https://coronavirus.maryland.gov/>
- BeforeItsTooLateMD.org
Maryland's statewide effort to bring awareness to the heroin, opioid, and fentanyl crisis

Provided in partnership by the Maryland Department of Health
Office of Preparedness and Response and the Maryland-National Capital Homecare Association



WRITE THE NAME AND PHONE
NUMBER OF YOUR HOME CARE/
HOSPICE COMPANY IN THIS BOX.