



STATE OF CONNECTICUT

DEPARTMENT OF SOCIAL SERVICES

55 FARMINGTON AVENUE • HARTFORD, CONNECTICUT 06105

PCA Guidance – The 5 things you need to do to not get COVID 19 while you work

SCREENING – STAY APART – HAND HYGIENE- PERSONAL PROTECTIVE EQUIPMENT – ENVIRONMENTAL CLEANING

Screening

- If you feel feverish or short of breath, have a cough, aches and pains, lose taste or smell, or if you just don't feel well. Take your temperature with a thermometer to see if it is 100.4 or more. These are **symptoms or signs of COVID-19**.
- If you have some or all of these symptoms and signs, do not go to work. If you become ill like this during your shift, you should leave. Call your doctor.
- Call your consumer employer each morning on the telephone before work and ask if he or she has **COVID-19 signs or symptoms**. If he or she does, ask if your employer has personal protective equipment (PPE) for you to use.

Stay Apart

- Stay at least 6 feet away from your consumer employer as much as you can while still providing care for them.
- If you do not have to be in the room with your employer, ask them if you can stay at home and work over the telephone or by computer. This may be possible if your responsibilities DO NOT include 'hands-on assistance'.

Hand Hygiene

- Make sure you wash your hands often with soap and water for at least 20 seconds or use an alcohol-based hand sanitizer. Don't touch your face.

Personal Protective Equipment (PPE)

- Wearing PPE the right way when you work will protect you from getting COVID-19.
- A mask is one kind of PPE. It protects other people from droplets that come out of the mouth and nose of the person wearing the mask. You should be wearing a mask, and your employer and household members should wear one too. **You can wear a cloth mask if your employer does not have COVID 19, is not suspected as having COVID 19, or if you do not help with open suction, nebulizer or CPAP treatments.**
- If you usually wear gloves to perform hands-on personal care for your employer, you should continue to wear gloves.

- Medical procedures that make tiny drops of saliva, like open suction and nebulizer or CPAP treatments, can put coronavirus in the air. You could breathe it in and get sick. If you do these procedures, you should wear a special type of face mask labeled N 95, a gown, and a face shield.
- If your consumer employer has a positive test for COVID-19, you should use a N 95 mask all the time when caring for them, and gloves, a gown, and a face shield or goggles. Do this if your employer has signs and symptoms of COVID-19.
- The CDC has issued instructions on how to make PPE last by using [strategies for the conservation of PPE¹](#). They explain what to do if you do not have enough or any PPE.
- If you need additional PPE you should talk to your employer. If your employer would like you to order more PPE, you should use the form at this link: <https://portal.ct.gov/DSS/Health-And-Home-Care/PPE-Request-Form>
- You should be checked by a doctor before using an N 95. The mask should be 'fit tested' before wearing it. Talk to your employer about this. Fit test resources include Concentra Occupational Health and the Connecticut Fire Academy.
- PPE must be used correctly for it to work right. These pictures [from the CDC²](#) show how to put it on and take it off. The Occupational Safety and Health Administration ([OSHA](#)) [says how to make sure the face mask fits tight against your face before each use.³](#)

Environmental Cleaning

- If your duties include cleaning your employer's house, use U.S. Environmental Protective Agency (EPA)-[approved cleaning supplies⁴](#) that destroy COVID-19. This will keep the surfaces and things clean and safe from COVID-19. Make sure to clean surfaces that get touched a lot, and put dirty bedding and clothes in the laundry to stop the spread of COVID-19. Don't shake the laundry before washing and drying it. Wash on regular or gentle cycle. Dry laundry at high heat if that is okay for the fabric.

¹ <https://www.cdc.gov/coronavirus/2019-ncov/hcp/ppe-strategy/index.html>

² https://www.cdc.gov/coronavirus/2019-ncov/downloads/A_FS_HCP_COVID19_PPE_11x17.pdf

³ <https://www.osha.gov/Publications/OSHA4015.pdf>

⁴ <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cleaning-disinfection.html>