

# Keeping your loved one safe: COVID-19

The health and safety of our loved ones is a top priority. Similar to the flu, people over the age of 60, those who are pregnant, or on medications that weaken the immune system (such as chemotherapy or immunomodulators) are at an increased risk of COVID-19 infection. If your loved one is at a higher risk, here are few tips to keeping them safe:

## Loved one in a care facility

Confirm what protocols are in place in preparation for an emergency. Start by asking:

- ✓ Are they following the infection control recommendations as noted by CDC?
- ✓ What isolation and infection best practices are in place for the possibility of an infected resident and/or an infected staff at the care facility?
- ✓ Is the facility still allowing visitors?
- ✓ How will the facility communicate with families if there's an outbreak?
- ✓ What is their emergency evacuation plan?

## Loved one living at home

Here are a few topics you may want to think through if your loved one lives at home:

- ✓ If in-home support is provided through an agency or private hire, understand what precautions are being taken by aides supporting other clients.
- ✓ Are there family members or other resources available for back-up support?
- ✓ Have extra supplies readily available such as incontinence supplies, over-the-counter and prescription medications, canned goods, frozen meals, and water.
- ✓ Talk with providers about back up plans for regular treatments.

### Need help with tackling some of these tasks?

Wellthy is here to support you and your family. Lean on your Care Coordinator to:

- Set up delivery services for medications and food
- Order extra caregiving supplies and/or medication refills
- Communicate with current providers and services and ask about their protocol during an emergency
- Work with the service provider to create a back-up plan for routine treatments