Prompt Medical Healthcare

7 Steps to prevent the spread of COVID-19

01   Wash your hands frequently

02   Avoid touching your eyes, nose, and mouth

03   Cover your mouth when you cough using a tissue or the bend of your elbow

04   Avoid crowded places and close contact with anyone who has fever or cough

05   Stay home if you feel unwell

06   Seek medical care early if you have a fever, coughs, and difficulty breathing—but call first

07   Get information from trusted sources

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Personal Protective Equipment (PPE)

01 During the COVID-19 pandemic, personal care attendants and members should remain safe through the use of personal protective equipment (PPE). PPE includes items like face coverings and gloves. The Occupational Safety and Health Administration (OSHA) provides the following training guidance for the proper use of PPE:

02 Specific PPE equipment may be determined by your employer

03 Change medical gloves if torn or contaminated with bodily fluids.

04 Dispose of PPE appropriately

05 Clean, disinfect, and maintain reusable equipment and PPE.