

Dear Alpine Homecare Clients:

We are distributing free, washable and reusable cloth face masks for caregivers, clients and clients' household members. **We have produced more than 600 masks over the last 4 weeks!** We offer 100% cotton, three-layer masks, with a non-woven fabric layer in between the cotton for increased filtration.

Please wear these or your own (disposable surgical, N95 or other handmade), along with your caregivers when you are receiving homecare services in your home.

A FEW REMINDERS FOR YOUR SAFETY:

- You must wear a face mask while receiving care in your home. Notify us if you cannot wear a facemask for a medical reason.
- Anyone in your household must wear a face mask if they are at your home while you are receiving home care services. Notify us if your household members cannot wear a face mask for medical reasons or do not have access to a disposable or cloth face mask. We will provide one for them.
- You must screen yourself daily for symptoms of coughing, shortness of breath, fever or fatigue prior to allowing a care giver into your home to provide services.*
- You may not smoke inside your house while receiving home care services.
- Limit the shopping trips by the caregiver to once per week.
- Do not accompany your caregiver to go shopping, if possible.
- Limit trips outside your home.
- Wear a face mask when going anywhere outside your home.
- Allow for high-touch surface cleaning at the beginning and end of each service day.
- Request prescription from your doctor for general purpose face masks, disposable gloves and a digital thermometer.

*COVID-19 SYMPTOMS

People with COVID-19 have had a wide range of symptoms reported – ranging from mild symptoms to severe illness.

Symptoms may appear **2-14 days after exposure to the virus**. People with these symptoms or combinations of symptoms may have COVID-19:

- Cough
- Shortness of breath or difficulty breathing

Or at least two of these symptoms:

- Fever
- Chills
- Repeated shaking with chills
- Muscle pain

- Headache
- Sore throat
- New loss of taste or smell

When to Seek Medical Attention

If you have any of these **emergency warning signs*** for COVID-19 get **medical attention immediately**:

- Trouble breathing
- Persistent pain or pressure in the chest
- New confusion or inability to arouse
- Bluish lips or face

*This list is not all inclusive. Please consult your medical provider for any other symptoms that are severe or concerning to you.

Call 911 if you have a medical emergency: Notify the operator that you have, or think you might have, COVID-19. If possible, put on a cloth face covering before medical help arrives.